

# August 4

## Week 1 - Carrot Harvest



### Lesson Plan #13 and review of last lesson

It is a good time to check on all of your plants! Is there anything that needs to be harvested? A lot of plants will continue to grow and produce ripe vegetables. Make sure to continue picking them!



Welcome to the thirteenth lesson of the Junior Garden Club! In the last lesson we learned how to harvest and cook with cucumbers.



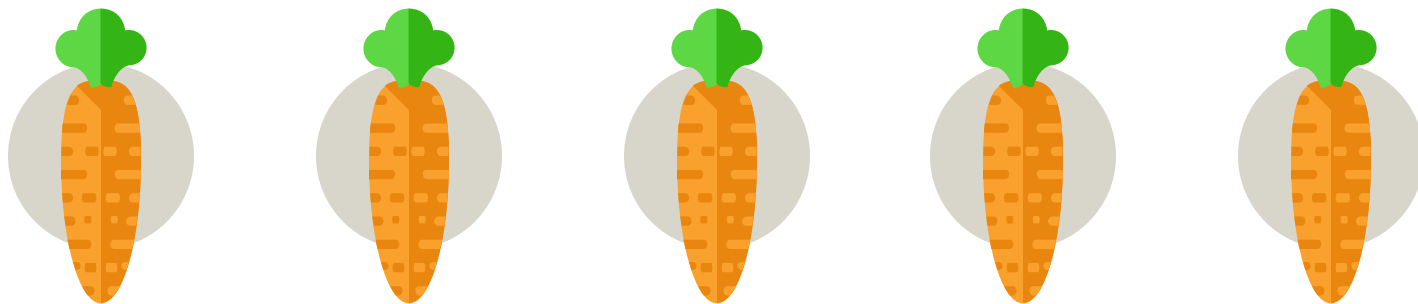
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# How to: Harvest and Store

Carrots are ready to be harvested when they have reached their desired size. Smaller carrots are good for snacking and larger carrots are great for cutting up into sticks to enjoy with dip or chopping into a meal. Make sure to harvest early in the day or on a cool day. Hot temperatures can cause carrot roots to grow fibrous. Gently pull to lift the roots from the ground.

The green leaves should be removed by cutting off all but ½ inch from the top of the carrot. Scrub off any dirt under cold running water and air dry. Seal in airtight plastic bags and refrigerate.



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# Activity: Flower Suncatchers

<https://www.agricultureforlife.ca/post/flower-suncatchers>

## Materials:

- 2 paper plates
- Flower heads, petals, and leaves (Flat ones like pansies work best)
- Cling wrap
- Glue
- Tape
- Scissors



## Instructions:

1. Cut out the middle of the two paper plates, leaving an outer rim about two inches thick.
2. Flip over one of the paper plates so the bottom of the plate faces up. Place a piece of cling wrap over it and secure it with tape as tightly as possible.
3. Gently place your flowers on the plastic, securing them with a dab of glue. Let it dry.
4. Place another piece of cling wrap over the flowers and secure tightly with tape. Then place the second plate over the first plate so they stack. Glue the outer rims of the plates together. Let it dry.
5. You now have a flower suncatcher!



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# Oatmeal Carrot Muffins

## A recipe by Alberta Milk

Makes: 12 muffins

### Ingredients:

- 1 cup buttermilk or soured milk
- 1 cup quick-cooking rolled oats
- ½ cup carrot, grated
- ¼ cup brown sugar, packed
- ¼ cup melted butter
- 1 large egg, slightly beaten
- 1 teaspoon orange rind, grated
- 1 cup all-purpose flour
- ¼ cup sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- ½ teaspoon baking soda
- 1 cup raisins



### Method:

1. Preheat the oven to 400°F (200°C). Lightly butter or spray a 12 non-stick muffin pan, or use muffin cups.
2. In a large bowl, pour buttermilk over oats; stir to mix. Cover and let stand for 10 minutes.
3. Mix together carrots, brown sugar, melted butter, egg, and orange rind. Stir into oat mixture.
4. In a separate bowl, sift together flour, sugar, baking powder, salt, and baking soda, then stir in raisins.
5. Stir into batter just until moistened. Spoon into the prepared muffin pan, filling almost to the top.
6. Bake for 20–25 minutes or until the tops are firm to the touch.
7. Note: For an adventure and something new, try dried cherries, blueberries, or cranberries instead of raisins.



*Keep an eye out for next week's lesson plan where you will learn how to harvest and cook with potatoes!*

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## References:

The Old Farmer's Almanac—Growing Carrots <https://www.almanac.com/plant/carrots>

Alberta Milk—Oatmeal Carrot Muffins <https://albertamilk.com/recipes/oatmeal-carrot-muffins/>

Johnny's Selected Seeds—Carrot Harvesting Handling, & Storage  
<https://www.johnnyseeds.com/growers-library/vegetables/carrot-harvest-handling-storage.html>



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