



For tips on
how to grow
carrots visit:

[www.facebook.com/BC
CooperativeExtension/](http://www.facebook.com/BCCooperativeExtension/)

CONTACT US!

910-253-2610

brunswick.ces.ncsu.edu

www.facebook.com/BCCooperativeExtension/

www.facebook.com/brunswickcounty4h/



NC Cooperative Extension prohibits discrimination and harassment on the basis of race, color, national origin, age, sex (including pregnancy), disability, religion, sexual orientation, gender identity, and veteran status.

Plant it, Grow it, Eat
it !





Follow the Brunswick County 4-H Facebook page for easy activities to do at home to encourage learning!

www.facebook.com/brunswickcounty4h/

Morgan King, mhking3@ncsu.edu

Angie Lawrence, aflawren@ncsu.edu



Planting your carrot seeds

Place the seeds from the bag in a container, or your backyard garden spot. Make sure to space them so they have room to grow and follow the growing instructions above



Maple Glazed Carrots

INGREDIENTS:

1lb carrots, scrubbed (or peeled) cut into 2-inch chunks
2 Tbsp maple syrup
2 Tbsp olive oil
(or canola or vegetable oil)

1 tsp dried thyme

INSTRUCTIONS:

Preheat oven to 400°

Mix maple syrup, olive oil and thyme in a bowl

Add carrots and toss until well coated

Place carrots on a rimmed baking sheet

Roast in the oven for 20 minutes



For more recipes and shopping tips, see ncefneep.org. A free "online" class can be arranged by e-mailing Angie Lawrence at aflawren@ncsu.edu