

# Food of the Month

Nutritional Information  
& Recipes

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A healthy community through the  
power of good food

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## FEATURED FOOD: CARROTS

Carrots can be traced back to central Asia and the Middle East. Carrots are considered one of the richest vegetable sources of pro-vitamin A carotenoids, which can be converted into an active form of Vitamin A. This supports a healthy immune system and eye health.

Carrots are grown year-round in some climates like California, but typically they are harvested at their nutritional peak in summer and fall. Buying carrots during their peak growing season is also when there are most affordable. When selecting carrots it is best to select a bunch that is relatively straight, firm, & are bright in color. Carrots will last the longest if you reduce their respiration rate which will keep crisp for 2-3 weeks. If the stems are attached cut these off, do not wash carrots before storing but wet a paper towel and roll the carrot bunch inside the towel then place into a sealed plastic bag and place in your crisper.

Carrots are also an excellent source of Vitamin K, Vitamin C, and good source of dietary fiber. One cup of carrots is 50 calories and has a low glycemic index.



## RECIPE: 5-MINUTE CARROT CAKE ENERGY BALLS

1/2 cup rolled oats  
1 cup pitted dates  
1 large carrot, grated

3/4 cup unsweetened shredded coconut flakes  
1 tsp cinnamon  
pinch of sea salt

Place oats in a blender or food processor and process to break them down for 1 minute. Add in the rest of the ingredients, except 1/4 cup of coconut you will reserve for rolling. Process until everything is well combined and is a sticky consistency. Take 1 tablespoon of the mixture and roll it into a ball in your hands. Place the reserved coconut onto a plate and roll the balls until they are coated in coconut. This will make 12 balls, which will keep in the fridge for 1-week.

## RECIPE: GLAZED ROSEMARY MAPLE CARROTS

2 lbs carrots, chopped  
2 tbsp Olive Oil  
1 tbsp Dijon mustard

1-2 tbsp rosemary, chopped  
Pinch of Salt & Pepper  
2 tbsp maple syrup

Preheat the oven to 400 degrees and line a baking sheet with parchment paper. Wash carrots and slice them lengthwise into long pieces. Whisk remaining ingredients in a bowl, and brush the dressing onto the carrots. Bake for 30-40 minutes, until tender and caramelized.



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*Next Markets:*

April 3 (11am-2pm)

May 17 (3pm-6pm)

June 5 (3pm-6pm).

*Location:*

Glenwood Community League (16430-97 Ave).