

Insider!

INSPIRED KITCHEN: CARROTS

Carrots are one of the most widely used and enjoyed root vegetables in the world. They are versatile in several dishes and cuisines and come in a variety of colors such as purple, yellow, white, and most commonly known, orange. Carrots are naturally fat and cholesterol free, low in sodium, and packed full of fiber, making them a great food to help lower the risk of heart disease and high blood pressure.

Fresh, frozen, pickled, or canned, carrots provide a well-rounded mix of vitamins and minerals. This includes vision supporting Vitamin A and skin healing, Vitamin C. Both are also immune boosting antioxidants.

Carrots add texture and flavor to salads, stews, side dishes, and are also a great crunchy snack on their own. Support your local farmers and stop by for a bunch of carrots to enjoy!

GET THIS PAR-TEA STARTED

June is National Iced Tea Month, so pour a refreshing tea and celebrate! Tea has been studied for its many health benefits including fighting inflammation in the body and boosting the immune system. Iced tea can be enjoyed in so many delicious ways that you won't need any extra sugar!

Make it citrusy by adding fresh lemon or oranges, get an herbaceous drink by adding fresh herbs like mint or basil, or keep it local with fresh berries and honey.

STAYING HYDRATED THIS SUMMER

As the weather warms up, it is even more important to focus on hydration. And forget 8 cups of water per day! Men should aim for 15 ½ cups and women 11 ½ cups each day. Hydrating foods like celery, cucumbers, lettuce, and watermelon will help reach this, but stepping up your water game is key. Here are some tips:

- Pick a reusable water bottle and measure out how many times you need to finish it to hit your goal.
- Add fresh fruit and herbs to your water for some exciting flavors.
- Have 1-2 cups of water first thing in the morning.
- Have 1 cup of water after dinner.



CHEF TIP: CARROTS AND LOW FOOD WASTE

Carrots are such a versatile friend for low food waste! Skip the peeling, give them a scrub, and have fun with some of these ideas! For the tops, wash with plenty of cold water before use to remove any sandy soil.

- After juicing carrots, roast the pulp and add it to your next batch of hummus
- Mince your carrot tops and use them to replace the parsley in your favorite tabbouleh recipe
- Blend a blueberry carrot top smoothie for the perfect balance of sweet and savory flavors. You won't even know they're in there!
- Tear carrot tops and add to your summer panzanella recipe
- Roast baby carrots with carrot top pesto for new life to your side dish game
- And another favorite - juice a few carrots with a slice of ginger then mix with seltzer, a splash of lime juice, and some coconut water for a lively summer refresher. Enjoy!

