

Carrots

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Carrots are an excellent source of vitamin A and add color to a meal. They can be served cooked or raw, by themselves or in salads or other dishes.

🌱 Grow it

Varieties

- It is best to plant short-rooted varieties like Little Finger or Nantes as opposed to long-root varieties like Imperator 58 or Danvers 126.

Soil Preparation

- Carrots do best in loose soils that are well drained. Add compost into garden beds or potting mix into containers.

Site Selection

- They grow best in full sun and do well in containers, small gardens, and flower beds.

Planting

- One square foot will yield about 16 carrots when placing the carrot seeds 3 inches apart and ½ inch deep.
- Plant carrots in early spring or mid-fall.

Fertilizing

- Incorporate a cup of 15-5-10 fertilizer or ¼ to ⅓ cup of organic fertilizer prior to planting. When the tops are about 3 to 4 inches high, scatter 2 tablespoons of nitrogen fertilizer per 10 feet of row over the plants and water it in.
- Fertilize again when tops are 6 to 8 inches high.



Watering

- Water the plants as required to keep the soil moist to about 3 inches deep.

Care During the Season

- Keep the carrots in your garden free of weeds, especially when they are small. Weeds will take nutrients and moisture from the soil and reduce your carrot yields.

Harvesting

- Carrots should be ready for harvest 70 to 80 days after planting.

Insects and Diseases

- If something does not look right with your plant, contact your county Extension agent for more information.

Storing and Serving

- Wash the carrots and store them in the bottom of the refrigerator. Carrots will keep for several weeks if you place them in a plastic bag to increase humidity and store them at a temperature near 32°F.



Sun:
Partial to
full sun



Soil:
Loose;
Well-
drained



Planting:
Cool



Harvest:
Late Fall-
Early Spring



Life Cycle:
Annual



Container
Friendly



Buy it

- Choose well-shaped, smooth, firm, crisp carrots with deep color and fresh, green tops.
- Avoid soft, wilted, or split carrots.

Store it

- Refrigerate carrots in a plastic bag with tops removed for up to 2 weeks.
- For canning and preservation instructions, visit nchfp.uga.edu.

Use it

Balsamic Glazed Carrots

This recipe is so easy and tastes so good.

Course: Side Dish
Serves: 4

Ingredients:

- 16 oz baby carrots
- 1 tsp olive oil (extra virgin)
- 2 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- ½ tsp thyme, dried

Instructions:

Place oil in a saute pan over medium to high heat. Add carrots. Let them cook for 10 to 12 minutes or until slightly soft.

Add balsamic vinegar, brown sugar, and thyme. Cook for an additional 5 minutes and serve immediately.

Learn about it

- Carrots can be found in orange, purple, white, red, or yellow varieties. They were the first vegetable to be commercially canned.
- They are free of fat, saturated fat, and cholesterol.
- Carrots are low in sodium and calories and high in vitamins A and C.

Information gathered by Aggie Horticulture

