

FACT SHEET

CARROT ALL SEASONS

Carrots are a fun veggie to grow as each time you pick a carrot it's like pulling buried treasure out of the ground! They can be used in so many ways – eaten crunchy and fresh by themselves, mixed into yummy salads or cooked until they are tender and delicious.

Best time to sow:	Temperate and cool zones – all year round, warm zones – late summer to early spring
Best in:	Veggie patches
Where to grow:	Full sun
Harvest time:	12 weeks
Recipe Ideas:	Honey glazed carrots, carrot cake, carrot & cumin dip



PLANTING TIPS

- Carrots love soft soil which doesn't have any hard lumps or stones in it – otherwise the carrots might grow into some weird shapes! So before sowing the seed, dig around in the soil really well and break up any hard pieces.
- Carrots need at least 6 hours of sunshine a day, so sow your carrot seeds in a sunny spot.
- Carrot seeds only need to be sown 6mm deep, so don't be tempted to plant them too deeply otherwise they won't be able to grow.

GROWING GUIDELINES

- Carrot seeds need to be kept moist while they are germinating. To help keep the soil moist, you can place some damp newspaper over the area where you've sown the seed (weighed down with some bricks or bits of wood). It's really important to check under the newspaper every day to see if the seeds have started to sprout, and then remove the newspaper straight away.
- When your carrot seedlings are about 5cm tall, they will probably need to be thinned out. This gives the carrots enough room to grow.

HARVESTING TIPS

- You can start picking some baby carrots as soon as they are big enough to eat and then leave the rest in the ground to harvest gradually over the next few months.