



## Featured Recipe

### Sweet Carrot Salad

Carrots can be sweet or savory, give this easy salad a try! It might even satisfy your sweet tooth!

#### INGREDIENTS:

- 4 cups peeled, grated carrots
- 2 cups of diced pineapple
- 1 cup of raisins
- 1 cup of mayonnaise
- 1 tablespoon granulated sugar or honey
- ½ teaspoon salt
- 2 teaspoons lemon juice

#### DIRECTIONS:

1. Peel and grate the carrots
2. In a separate bowl, combine the mayonnaise, sugar, salt, and lemon juice. Wisk to combine.
3. In a large bowl, combine pineapple, carrots, raisins and dressing.
4. Stir to combine and refrigerate for at least 30 minutes.

## DID YOU KNOW...?

- The carrot is usually orange in colour although purple, red, white, and yellow varieties also exist.
- The carrot is in the top 10 of most economically important global vegetable crops.
- People first grew carrots as medicine, not food, for a variety of ailments.
- Mel Blanc, the voice of cartoon character Bugs Bunny, reportedly did not like carrots.
- A baby carrot isn't exactly a baby. Baby carrots come from a large carrot that has been rolled over blades and thrown around in a metal cage to be rubbed down to a short, round-ended baby carrot.
- It is true that eating massive amounts of carrots can sometimes cause a person's skin to turn yellowish orange.

