

LOCAL CHEF RECOMMENDS - - GLAZED CARROTS AND PARSNIPS WITH CHIVES

1 lb (500 g) carrots
1 lb (500 g) parsnips
3 tbsp (45 mL) butter or olive oil
1/2 cup (125 mL) orange juice
2 tbsp (25 mL) lemon juice
1/2 cup (125 mL) chicken stock
Salt and freshly ground pepper
2 tbsp (25 mL) chopped chives

1. Cut carrots and parsnips into batons, about the size of French fries, 3-inches (8-cm) long by 1/2-inch (1-cm) thick. Heat butter in skillet on medium heat, add vegetables and sauté for 5 minutes or until vegetables are tinged with brown at the edges.

2. Add orange and lemon juice, stock and pepper. Bring to boil, reduce heat to low, cover pan and simmer for 8 to 10 minutes or until vegetables are cooked. Reduce liquid until syrupy. Season with salt, extra pepper and chives.

Serves 8

For additional recipes and produce information
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HOLLAND MARSH CARROTS

FACTS

Carrots are a naturally sweet and tasty root vegetable. The two main types of carrots are regular and baby, with many varieties in between. Generally, carrots are long with orange skin and an orange, crunchy interior. There are also yellow, white and purple varieties. Some market fresh carrots come with their inedible green tops. Carrots are delicious roasted, boiled, steamed, stir-fried and grilled. They team up beautifully with almost any vegetable companion. Of course carrots make a perfect raw snack!

Health Benefits: Carrots are an excellent source of Vitamin A and a source of Fibre, Vitamin C, Vitamin B6, Folate, Vitamin K, Potassium and Manganese.

Number of acres farmed in the Marsh annually: 4,000 acres