



Carrot

Variety: CHANTENAI

Did you know?

Fruits and vegetables provide higher yield per unit area compared to staple cereal crops. They can be produced without tractors and ploughing oxen in home-stead simply with hand tools, family labor, and minimum external inputs (without inorganic fertilizer and pesticide). Therefore, fruits and vegetables enable rural households to achieve food and nutrition security from a small plot of land with minimum production inputs. Most vegetables have a shorter growing season compared to major staple cereal crops (sorghum, finger millet, maize, etc.). They can be harvested two to three times per year, which helps mitigate seasonal food shortages.

What about me?

...How do I grow?

...What are my health benefits?

...What is my nutritious value?



How do I grow?

– Facts & Figures



Water requirement:

500 mm (rainfall), irrigation after seed sown, irrigation schedule depends on the soil type and production season



Fertilizer/compost:

5.5–10 ton/ha



Day:

20–25 °C

Night:

10–15 °C



Yield/ha:

20 tons on farmer lands



Growth period:

2.5–3 months

Types of sowing:

Direct



Soil type:

light to moderate water holding capacity with pH 5.5–7

Spacing b/n plants:

25 x 5 cm

Intercropping (every 3 yrs):

cabbage, lettuce, pumpkin, and tomatoes



Fertilizer/vermicompost:

6.5–8 ton/ha



Altitude for growth:

2,201–3,000 masl = suitable

1,701–2,200 masl = most productive

500–1,700 masl = suitable



Seed Rate:

0.5 kg/ha



Date of germination:

7–21 days

Duration on the bed:

90–120 days



What is my nutritious value?

– General Nutrition Guidelines

Vegetables and fruits are rich sources of vitamins, minerals and fiber. Minerals and vitamins help our body fight diseases and function properly. Fiber absorbs harmful chemicals, slows digestion, and improves the absorption of nutrients from food. Some fruits and vegetables are rich in carbohydrates (potato, sweet potato, banana, mango, etc.) and fat (avocado, etc.), which are essential for energy. To the extent possible, one should eat a variety of fruits and vegetables of different colors such as banana, papaya, kale, carrot and tomato every day.

A boiled carrot contains per 100g:

- Rich in mineral (calcium) and fiber
- Source of vitamin A, vitamin B6, and vitamin K
- **Vitamin A:** helps form and maintain healthy teeth, bones, soft tissue, mucous membranes, and skin.
- **Vitamin B6:** good for the conversion of food into energy.
- **Vitamin K:** needed because without it, blood would not stick together and important for bone health.
- Carbohydrates: 6.1g
- Energy: 27.8kcal
- Fat: 0.4g
- Iron (Fe): 0.5mg
- Proteins: 0.4g

Recommended serving per day:

Average population:

eat 2 carrots

Children 2–5 years old:

eat 2 carrots

Children 6–18 years old:

eat 2 ½ carrots



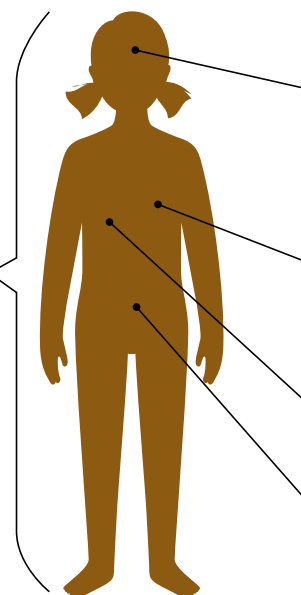
Maintain skin healthy

Strengthen the immune system

Slow the ageing process

Reduce the risk of certain types of cancer

Reduce complications associated with diabetes**



Keeps good eyesight

Good for the heart, intake of carrots has been linked to lower cholesterol levels

Improve lung function

Reduces the risk of prostate and some other cancers

* Cholesterol is a substance that helps build cells and vitamins but an excess of it is unhealthy.

** Diabetes is a disease characterized too much sugar in the blood, which leads over time to serious damage to the heart, blood vessels, eyes, kidneys and nerves.