URBAN FARMER

LOVE THE EARTH

From Seed to Harvest: A beginner's guide to growing carrots

Carrots bring bountiful nutrients to the table, as well as a burst of color. Other than the typical orange, carrots can be found in red, white, rainbow and purple colors. Carrots are rich in vitamin A, which helps prevent poor eyesight. In addition to being a tasty treat to humans, they also make a healthy treat for pets.

To plant:

Plant carrot seeds 3-4 inches apart in rows set a foot apart, with the seeds 1/4 inch deep. Carrots can be planted three to five weeks before the last frost date in the spring. Applying manure before planting seeds can cause carrots to shoot out roots from their bodies. To prevent this, do not apply manure prior to planting the seeds. Also, make sure the soil is loose and tilled deeply. If stones are in the way, they can stunt a carrot's growth or cause them to grow in a misshapen fashion.

To grow:

When plants reach 1 inch tall, thin the plants to be 3 inches apart. Instead of pulling out the plants, snip the tops with scissors to not damage nearby roots. Mulch can be spread lightly around the carrots. Keep up on weeding, and fertilizer can be used five weeks after planting.

Carrots should continue growing through a few frosts, as it enhances the flavor. After the first fall frost, cover the carrots with shredded leaves but leave them in the ground.

To harvest:

Carrots are ready for harvest two-and-a-half months after planting, when their diameter reaches about a half-inch. However, after they mature, carrots can be stored where



Rainbow Mix Carrot seeds available at ufseeds.com

they grow in the ground for an additional four weeks before they must be harvested.

Grabbing the leaves and pulling the carrot can rip the foliage off the vegetable, so loosen the soil around the carrot with a fork first. For storage, leave about 1/2 inch of green leaf at the top of the carrot, then rinse and dry the carrot before storing in the refrigerator.

What carrots crave:

Carrots prefer full sunlight, but they can grow in partial shade. They require at least 1 inch of water per week, and they do best in sandier soils with a pH of 6.0 to 6.8.

Where to buy carrot seeds:

Urban Farmer offers many varietals of carrots in colors red, white, orange, rainbow and purple. Check out our website at ufseeds.com!







