



# FARM to Early Care and Education

Boulder County Public Health

November 2023



## Carrots & Cauliflower

Carrots and cauliflower are November's harvests of the month! Below are a few fun facts about these veggies. Leave carrots in the garden until you're ready

to use them in the kitchen. As fall temperatures drop, these vegetables often become sweeter. Make sure to harvest them before the ground freezes (usually by mid-November). Did you ever wonder why most cauliflower is white? Cauliflower's green leaves cover the flower buds of the cauliflower plant preventing chlorophyll (the green color in plants) from developing, leaving the heads white in color.

## Carrot Cupcake Recipe

**Carrots have been used to sweeten cakes since medieval times when pure sugar was too expensive.**

### Ingredients

- ½ cup vegetable oil
- ½ cup sugar, honey, agave or maple syrup
- 2 large eggs
- ½ pound carrots, scrubbed and grated (about 2 cups)
- ½ cup chopped nuts or seeds (i.e., pecans, walnuts, pumpkin seeds, etc.), optional
- ½ cup all-purpose flour
- ½ cup whole wheat flour
- 1 teaspoon baking soda
- ½ teaspoon salt



### Instructions

1. Turn the oven on and set the heat to 350°F.
2. Put cupcake liners in 12 cupcake or muffin tins.
3. Put the oil, sugar, and eggs in the large bowl or in a stand mixer with paddles attached.
4. Beat the mixture until everything is evenly blended.
5. Add the rest of the ingredients and mix until just combined.
6. Using the scoop, fill each of the prepared muffin tins 2/3 of the way to the top.
7. Put the muffin tins in the oven and bake 22-25 minutes or until the tops are slightly browned and rounded. (When they're done, a toothpick should come out clean.)
8. Let sit until cool (10-15 minutes). Then remove the cupcakes from the tins.

Source: [Chop Chop Family Carrot Cupcakes](#)



## Free Trainings, Classes, and Field Trips

### Trainings for Staff

#### NEW! Join a Farm to ECE Work Group

CDPHE's Farm to Child program is convening a group of child care providers that participate in Farm to ECE! This work group will provide a space for providers to share their Farm to ECE experiences and learn from others working on Farm to ECE across Colorado. Register [here](#).

### Classes and Field Trips for Children

#### Cooking with Kids

CSU Extension Community Health Specialist, Emma Dhimitri, will prepare and conduct a hands-on food preparation activity with your kids featuring some of the locally-grown fruits and veggies you've seen in this year's produce bags. Kids will have the chance to taste, play with, explore and cook with new foods! Please email Heather Hauswirth ([hhauswirth@bouldercounty.gov](mailto:hhauswirth@bouldercounty.gov)) to schedule your class! Limited space available.



Columbine Elementary School in Longmont and Farm to ECE were featured in the Boulder Daily Camera last month! Check out the article [here](#) (and attached)!

