

## WHAT TO DO WITH ALL OF THOSE DELICIOUS CARROTS!

By this time, you have more than likely picked your fresh garden produce. Carrots, potatoes, beets, and other root vegetable are usually the last veggies to be brought in. Leaving them in the ground until after the first frost brings an added sweetness to our palate.

Root vegetables can be enjoyed throughout the year with no issues if they are stored properly. Root crops are best preserved “as-is” in a cool, humid place. (AKA unwashed. They will keep for months if the conditions are right.) Between 32 and 40 degrees Fahrenheit with 95% humidity will keep them crisp and fresh. Hence, the refrigerator. But who has enough room in their fridge for the roots? Healthy cultures of the past utilized root cellars for this task. If you are lucky enough to have a cellar on your property, store the veggies in single layers in a plastic tote with newspaper between each layer.

If you are like most people, a basement or temperature-controlled garage is the only option available. Plastic totes, coolers, or wooden crates work well for this option. The sides, tops, and bottoms of the containers should be lined with an insulating material with the roots placed in the middle. Peat moss is ideal because it helps to self-regulate the humidity level in the container. For best results, spread a layer of peat moss in between each layer of roots as well. Moisten the peat moss slightly and leave the lid off so the roots can breathe. Set a pan of water on the floor to evaporate and add humidity. Buy a few thermometers and leave them in the storage area to monitor. Cover the top of the container with peat moss and enjoy the roots of your labor for months!

Try this delicious and healthy breakfast bread!

### BANANA CARROT BREAD

$\frac{3}{4}$ c almond flour	$\frac{1}{2}$ c pitted dates, chopped
1 tsp baking soda	$\frac{1}{2}$ c carrots, grated
$\frac{1}{2}$ tsp cream of tartar	$\frac{1}{4}$ c blueberries
$\frac{1}{2}$ tsp cinnamon	$\frac{1}{4}$ c desiccated or shredded coconut
2 large eggs, beaten	$\frac{1}{4}$ c walnuts, chopped
$\frac{1}{4}$ c coconut oil, melted	2 ripe bananas, mashed
1 cup rolled oats or meusli	

Preheat oven to 350 degrees. Grease a non-stick bread pan with olive or coconut oil. Combine the dry ingredients in a large bowl. Combine the wet ingredients in a bowl and slowly stir into the dry ingredients until well combined. Pour the batter into a loaf pan. Bake at 350 degrees for 40 minutes or until inserted knife pulls out clean. Let rest to cool slightly before serving.

Notice that this recipe uses only fruit for sweetness. If you find that it is not sweet enough for your liking, feel free to add a natural sweetener before baking. Do your best to reduce your desire for sweetened foods by slowly cutting back on amounts consumed.