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virginia home food production

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CARROTS

DEPARTMENT OF HORTICULTURE

BLACKSBURG, VIRGINIA

Reprinted January 1981

MH 424

ENVIRONMENTAL PREFERENCES

LIGHT: sunny

SOIL: well-drained, deep loam,
free of rocks

FERTILITY: rich
pH: 5.5-6.5

TEMPERATURE: cool (60-65°F)

MOISTURE: moist, but not water
logged.

CULTURE

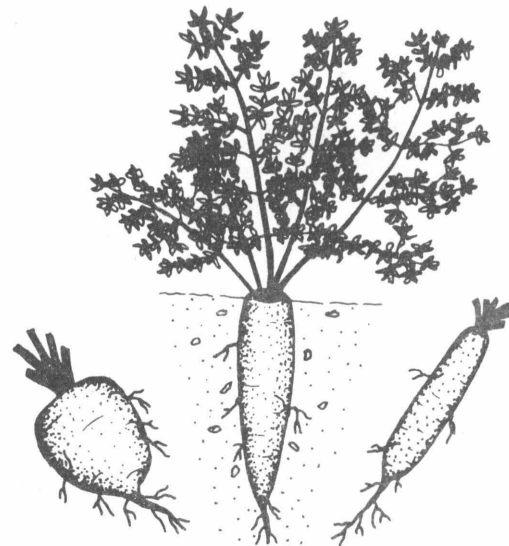
PLANTING: sow seeds as soon as
soil can be worked, $\frac{1}{4}$ - $\frac{1}{2}$ " deep

SPACING: 1-2" x 12-18"

HARDINESS: hardy biennial

FERTILIZER NEEDS: light feeder
(2 pounds 10-20-10 per 100 sq.
feet before planting)

CULTURAL PRACTICES: Carrot seed-
lings are weak and slow to grow
when young. It is therefore
important to keep weeds down.
Cultivate shallowly until plants
are 12" high.



Seedlings should be thinned at 1"
high to no more than 3 plants per
inch for finger carrots, 1-2 plants
per inch for carrots that will be
harvested young, and 1 plant per
inch for larger varieties.

A good amount of moisture is
required to keep the plants grow-
ing quickly, but as carrots ap-
proach maturity, decrease water
to prevent cracking.

COMMON PROBLEMS

DISEASES: Aster yellows

INSECTS: Cut worms, rootknot,
nematodes

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CULTURAL: Green crowns (sun-burning, cover crowns with mulch or loose soil as crowns begin to swell)
 Forked, twisted roots (seed-ing too thickly, inadequate thinning)

Storage: in cool (32°F) moist (95% RH) conditions
 2-4 weeks-immature carrots
 4-5 months-mature carrots

Preservation: canning, freezing

NUTRITIONAL VALUE

1 cup cooked, drained carrots

	% US RDA		
<u>Grams</u>	<u>Calories</u>	<u>Vitamin A</u>	<u>Vitamin C</u>
155	5	330	15

Prepared by: D. Relf, B. Adler, A. McDaniel.

HARVESTING AND STORAGE

Days to maturity: 55-80 days

Harvest:

Carrot roots may be harvested whenever roots reach an acceptable size. Dig only the amount needed for immediate use and allow the remainder to increase in size. Carrots may be left in the ground in the winter and dug as needed. Roots are normally harvested when 1/2-3/4" in diameter.

Carrot sizes:

<u>type</u>	<u>length</u>
Finger	3-4"
Short	2-4"
Half Long	5-6"
Cylindrical	6-7"
Standard	7-9"

Approximate yields: (per 10 ft. of row) 7-10 pounds

Amount to raise per person:
 11 pounds