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Carrots Food Preservation Series  
Michigan State University Extension Service  
Sandra L. Andrews, Food Science and Human Nutrition  
Revised July 1989  
2 pages

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# CARROTS

Michigan State University Extension  
 Menominee County,  
 P.O. Box 157  
 Stephenson, MI 49887-0157

### AVAILABILITY

Late June to November

### TRIM LOSS

About 10 percent from outer skin and tops.

### YIELD

Quantities shown are without tops.

2½-3 pounds	2 pints frozen
2-3 pounds	1 quart canned
17½ pounds	canner load of 7 quarts
11 pounds	canner load of 9 pints
1 bushel (50 pounds)	32-40 pints frozen 17-25 quarts canned (average of 2½ pounds per quart)

### RECOMMENDED VARIETIES

Gold Pack and Pioneer are long (8-10 inches) carrots that are excellent for fresh use and for canning and freezing. Danvers Half Long, Nantes and Royal Cored Chantenay are medium (6-8 inches) length carrots that are excellent for fresh use and for freezing and canning. Little Finger and Baby Finger Nantes are short (less than 4 inches) carrots that are excellent cooked and served whole.

### FREEZING

**Prepare carrots:** Select tender, young carrots. Remove tops, wash and peel. Leave small carrots whole. Cut others into ¼-inch cubes, thin slices or lengthwise strips.

**Blanch:** Water blanch small, whole carrots for 5 minutes, diced or sliced and lengthwise strips for 3 minutes in boiling water. Cool promptly in cold water and drain in a colander.

**Pack:** Pack carrots into airtight freezer containers or bags leaving ½ inch headspace.

Alternatively, freeze individual carrots or carrot pieces on a cookie sheet or tray. Pack into freezer containers or bags and remove as much air as possible. Seal, label and freeze.

Freeze no more than 2 pounds of food per cubic foot of freezer capacity per day. A cubic foot will hold 7.4 gallons.

### CANNING

**Pressure canning:** Pressure canning is the ONLY safe method for canning carrots. Place jar rack, 2 inches of water and sealed jars in canner. Fasten lid and heat canner on high heat. After exhausting a steady stream of steam for 10 minutes, add weighted gauge or close petcock to pressurize the canner. Start timing when the desired pressure is reached.

When processing is complete, remove canner from heat. Air-cool canner until it is fully depressurized. Then slowly remove weighted gauge or open petcock, wait 2 more minutes, and unfasten and carefully remove canner lid.

Remove jars from canner with a jar lifter and place them on a towel or rack. DO NOT retighten screw bands. Air-cool jars 12 to 24 hours. Remove screw bands and check lid

seals. If the center of the lid is indented, wash, dry, label and store jar in a clean, cool, dark, dry place.

If after 12 to 24 hours the lid is still unsealed, examine and replace jar if defective, use a new lid and a screw band, and RE-PROCESS as before. Dump out carrots and liquid into a pan, reheat until boiling, fill hot jars with carrots and liquid, leaving 1 inch headspace. Place NEW LIDS and screw bands on jars and process for the time recommended below. When jars have sealed and cooled, remove, wash and store screw bands separately.

(Major Revision) July 1989  
 Cooperative Extension Service  
 Michigan State University



Carrots are best if consumed within a year and safe as long as lids remain vacuum sealed.

**Prepare carrots:** Select small carrots, preferably 1 to 1 1/4 inches in diameter. Larger carrots are often too fibrous. Slice or dice carrots.

**Raw Pack:** Wash jars. Wash, peel and rewash carrots. Slice or dice. Pack jars tightly with raw carrots, leaving 1 inch headspace. Add 1/2 teaspoon salt per pint, 1 teaspoon salt per quart, if desired. Remove air bubbles. Adjust lids and process.

**Hot pack:** Wash jars. Cover carrots with boiling water; bring to boil and simmer for 5 minutes. Pack hot jars, leaving 1 inch of headspace. Add 1 teaspoon of salt per quart to the jar, if desired. Remove air bubbles. Adjust lids and process.

### Carrots in a Dial-Gauge Pressure Canner

Recommended Process Times

Style of pack	Jar size	Process time	Canner pressure (pounds pressure) at altitudes of			
			0-2,000 ft.	2,001-4,000 ft.	4,001-6,000 ft.	6,001-8,000 ft.
Raw	Pints	25 min.	11 lb.	12 lb.	13 lb.	14 lb.
Raw	Quarts	30	11	12	13	14
Hot	Pints	25	11	12	13	14
Hot	Quarts	30	11	12	13	14

### Carrots in a Weighted-Gauge Pressure Canner

Recommended Process Times

Style of pack	Jar size	Process time	Canner pressure (pounds pressure) at altitudes of	
			0-1,000 ft.	Above 1,000 ft.
Raw	Pints	25 min.	10 lb.	15 lb.
Raw	Quarts	30	10	15
Hot	Pints	25	10	15
Hot	Quarts	30	10	15

### Fresh Microwave Carrot Coins (4 servings)

1 pound carrots, sliced crosswise  
1/4 cup water

Wash, trim and pare carrots. Cut into crosswise slices 1/2 inch thick. Combine carrots and water in a 1-quart casserole dish. Cover and set microwave at full power (HIGH, 600-650 watt oven) for 9 to 10 minutes or until tender, stirring once. Let stand covered 3 minutes. Drain and serve.

### Carrot Raisin Salad (4 servings)

2 cups shredded raw carrots  
1/2 cup raisins  
1/2 cup salad dressing or mayonnaise  
1 tablespoon lemon juice (optional)

Combine all ingredients and mix thoroughly. Chill and serve.

### Orange Glazed Carrots (6 servings)

1/2 cup water  
2 1/2 cups sliced carrots  
1/2 cup unsweetened orange juice  
1 tablespoon cornstarch  
2 tablespoons margarine  
1 orange, peeled and diced

Cook carrots in 1/2 cup water until barely tender. Drain cooking liquid into a measuring cup. Add orange juice. Add enough water to make 1 cup of liquid. Remove carrots from pan. Mix liquids and cornstarch in the pan. Cook over medium heat until thickened and clear, stirring constantly. Add margarine, carrots and orange pieces. Mix thoroughly and heat through.

### Quick Carrot-Nut Bread (one 5 x 9-inch loaf)

1 1/2 cups flour  
1 1/2 teaspoons baking soda  
1/4 teaspoon cinnamon  
3/4 cup sugar  
2 eggs, beaten  
1 cup vegetable oil  
1 teaspoon vanilla  
1 1/2 cups grated carrots  
1 1/2 cups pecans or walnuts, chopped

Mix flour, baking soda and cinnamon. Combine sugar, eggs, oil and vanilla. Stir into flour mixture. Blend in carrots and walnuts. Pour batter into a greased bread pan. Bake about 1 hour at 350 degrees F. Cool in pan 10 minutes, then turn out onto a rack for further cooling.

Prepared by Sandra L. Andrews, Ph.D., R.D., Extension Specialist, Department of Food Science and Human Nutrition, Michigan State University.

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**This bulletin was originally prepared by Shirley Hamman, Allegan County Extension home economist, Kathleen Staskiewicz, Ottawa County Extension home economist, and Penny Ross, Extension Food and Nutrition Specialist, MSU.**