

SAMPLE LESSON

Bunny Luv



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What vegetable comes in a rainbow of colors, was first recorded as a medicine in 512 A.D., is grown around the world, and was the first vegetable to be canned commercially? Every year, China produces 274 million tons of carrots. There's as much calcium in nine carrots as a glass of milk. A French variety, Jaune Obtuse du Doubs Carro—first mentioned in 1894, is a thick carrot of bright lemon-yellow color. Originally used for livestock feed, this big yellow carrot has caught the eye of chefs and gardeners for its sweet, fine taste seldom experienced in modern carrots.



The first known account of carrots is recorded in the *Juliana Anicia Codex* of 512 AD, where carrots were described and illustrated as a medicine. Carrots have been found to contain many valuable minerals, vitamins, and antioxidants. It's been said that "three carrots give enough energy to walk three miles." This savory, sweet, full-flavored food, high in fiber, appears on the menu as a juice, a snack, salad, side dish, main dish, and dessert. Carrots are a major ingredient in mire-poix, a broth base of aromatic vegetables.



Carrots grown around the world are divided into two groups. Anthocyanin carrots from Central Asia possess reddish-purple to purple black external layers and a yellow core. These carrots bleed their water-soluble outer colors into the liquid they're cooked in, describes the author, Harold McGhee, in his book, *On Food and Cooking*. Western carrots grown in Europe and the Americas, called *Daucus carota*, are the more common orange to red-colored, carotene carrots. Carotene and lycopene, the orange and red, oil-soluble pigments found in these hybrids of European and Mediterranean culture hold their colors in spite of cooking.

Carrots, of the species *Daucus carota* are root vegetables belonging to the family Umbelliferae. The root shapes vary between long cylinders of 7-12 inches with 1-2 inches in diameter, to short, spherical shaped roots of only 1-2 inch size. Carrots generally take about 75 days from planting to maturity and do best in well-cultivated soil. Harvest can be year round but the usual harvest time is fall and early winter.



The Carrot family includes many herbs, spices, and other root vegetables. Angelica, Celery, Chervil, Coriander, Dill, Fennel, Lovage, Mitsuha, Parsley, and Parsnips all belong to the carrot family. "Holtville, California dubs itself 'The Carrot Capital of the World.' with the Annual Festival in its 60th year," according to Carrot Trivia on the Internet.



Packaged carrots come in one, two, and five pound bags. Baby carrots are large carrots peeled and cut into small cylindrical size for easy snacking. Large bags of 25 and 50 pounds of carrots are sold to individuals and restaurants big on juicing. Normally, it takes one and a fourth pounds of carrots to make eight ounces of juice. Farmers' Markets and some grocery stores sell carrots by the bunch with the greens still attached. The greens are an indicator of how fresh the carrots are. Limp greens with some brown or black discoloration say, "old carrots."

So what does a bunny love? The report is that wild bunnies don't love carrots. However, there's a brand of carrots called Bunny Luv, marketing consistently sweet, organic, carrots. The rabbits may not eat them, but that's no problem. "You can pass the carrots this way, please."



This sample text, one-fourth the length of regular lessons, demonstrates all of the parts, except the Practical Assignment, contained in each lesson: 1) Text, 2) Bibliography, 3) Supplemental Reading and Viewing, 4) Quiz, and 5) Practical Assignment.

Bibliography – Sample Lesson

Baker Creek Heirloom Seeds, online catalog

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Gisslen, Wayne, *Professional Cooking Fifth Edition*, New York, John Wiley & Sons Publishing, copyright 2003

Matthews, Brad and Paul Wigsten, *Produce*, The Culinary Institute of America, Delmar Cengage Learning, copyright 2011

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World Carrot Museum

Supplemental Reading and Viewing Sample Assignment

1. View Website, World Carrot Museum

[View Now](#)

2. View demonstration on *Making Carrot Juice*

[View Now](#)

3. View recipe for making Vegetable Blend (pdf)

[Click To Download](#)

Now that you've read the Sample Lesson, Bunny Luv, it's time to take a quiz. Click on QUIZ below and you will see the quiz. Fill in the blanks at the top, then take and submit the sample quiz.

When you are done click on the submit button at the end of the quiz. A new screen will come up to show the results. A copy of the quiz will go to your instructor. In the eighteen-lesson course, your instructor will send comments about your quiz and attach the Practical Assignment for that lesson.

With the feedback from this quiz, your culinary instructor will be better prepared to discuss whether or not this course is right for you.

Wishing you the best,

Chef Sharon Christensen, CEC

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