Greenmarket Kids Recipe Series

SWEET MAPLE CARROTS

DID YOU KNOW: A maple tree has to be at least 40 years old before it can be used to produce Maple Syrup. The process of collecting sap from Maple trees to make syrup is called tapping. In this process, metal or plastic spouts are inserted into the tree and buckets are hung off of them to collect the sap, with no harm done to the tree. Each tap collects about 10 gallons of sap per season, it takes about 40 gallons of sap to make one gallon of syrup! Maple syrup can be further boiled down to make maple candy, maple cream, and maple sugar.

Serves 6

Ingredients:
1 1/2 pounds carrots, peeled, cut into 1/2-inch-thick rounds*
1/3 cup water
3 tablespoons unsalted butter*
2 tablespoons pure maple syrup*
1 tablespoon dark brown sugar

* Ingredients available seasonally at your neighborhood Greenmarket

Equipment:
Large skillet
Knife

Instructions:

1. With an adult’s help, put water, carrots, butter and maple syrup into a large heavy skillet and bring to a boil.

2. Reduce heat to medium; cover and simmer until carrots are crisp-tender, about 8 minutes.

3. Uncover and cook until juices are reduced to glaze, about 5 minutes. Season with salt and pepper.

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