

Carrot

(*Daucus Carota*)

Recommended Varieties

Disease Resistance

Baby or Gourmet (3-5"—good in containers in garden)

Short n' Sweet

Little Finger

Amstel

Kundulus (round)

Lady Finger

Amsterdam

Minicor

Elevated Vitamin A

A-Plus Hybrid (8", tapered)

Vitasweet 500 (4-5", tapered)

Vitasweet 721 (9-10", slender)

Vitasweet 750 (5-8", blunt tip)

Vitasweet 771 (10", slender)

C

Long Tapered (7-10"; require deep soil)

Gold Pak 28

Imperator

Danvers

AAS, C

Medium-long (5-6"; for shallower soils)

Nantes

Chanteray

Danvers

A, C

Seeds germinate best under cool, moist conditions in the spring, but may be started in slightly warmer weather if the soil is kept moist. Use or prepare soil that is deep and friable to avoid misshapen roots. Do not plant in areas where young plants may be subject to long periods of cold temperatures, which favors bolting. Thin so that plant roots are 1 to 2 inches apart in the row.

Carrots are ready to harvest about 90 days after seeding but continue to grow and enlarge thereafter. Harvest when the roots are of good size, but still tender. Carrots may be stored in the ground during cool winter months, unless freezes are expected. If frosts are predicted, dig up and store the carrots. If carrots are left too long in the soil or allowed to overmature, the roots become tough, woody, and may crack.

Nutritional Value of Carrot

Serving size:	1 (2-1/2 oz), raw	<u>Primary Nutrients</u>	<u>%RDA(m)</u>	<u>%RDA(f)</u>
Calories	31	Vitamin A	2,025 RE	203
Fat	0.1 g	Vitamin C	7 mg	11
Calories from fat	4%	Vitamin B6	0.11 mg	6
Cholesterol	0	Folic Acid	10 mcg	5
Sodium	25 mg			
Protein	0.7 g			
Carbohydrate	7.3 g			
Dietary Fiber	2.3 g	Potassium	233 mg	<u>% Min Requirement</u>
				6

Problem Diagnosis for Carrot

What the Problem Looks Like	Probable Cause	Comments
Carrots twist around one another	Plants are too close together	Thin carrots to 1 - 2 inches apart when plants are small.
Carrots rot or have enlarged white "eyes"	Overwatering	Water less often. Do not plant carrots in heavy soil.
White growth on leaves	Powdery mildew	Use fungicide if extensive Sulfur may help
Thin, spindly growth	Weed competition	Control weeds
Rotted roots. White fungus growth on soil surface and clinging to root. Small, oval honey-colored to brown sclerotia in fungal growth.	Southern blight or white mold. Caused by <i>Sclerotium rolfsii</i>	Avoid planting in infested soil. Nitrogen fertilizers may help.
Roots with surface tunnels filled with rusty mush. Stiff, white maggots may be visible, but no above ground symptoms.	Carrot rust fly. A small fly that lays its eggs in crowns of carrots.	Peel off damaged area before using. Harvest carrots as soon as possible Control weed hosts. Do not store carrots in ground through winter.

Problem Diagnosis for Carrot (continued)

What the Problem Looks Like	Probable Cause	Comments
Roots hairy, forked, misshaped	Root knot nematode Overwatering , Carrot roots in contact with fertilizer pellets or fresh manure Hard soil or rocks Overcrowding	Rotate. Soil solarization. Remove rocks. Thin carrots early.
Carrots fail to emerge	Soil crusting High soil temperatures Seedling pests	Maintain uniform soil moisture until seedlings emerge. Protect soil surface from rain or sprinklers. Do not plant too deeply.
Yellowed, curled leaves Stunted plants	Leafhoppers	Use insecticidal soap.
Brown spots on leaves or roots	Leaf blight	Avoid planting in infested soil. Nitrogen fertilizer may help
Tiny holes on leaves	Flea beetles	Control weeds. Use rotenone with insecticidal soap.
Inner leaves yellowed; outer leaves reddish purple roots stunted and bitter	Aster yellows (mycoplasma disease)	Remove affected plants. Control weeds. Control leafhoppers with insecticide.
Green root tops	Roots exposed to sunlight	Cover exposed roots with soil or mulch.