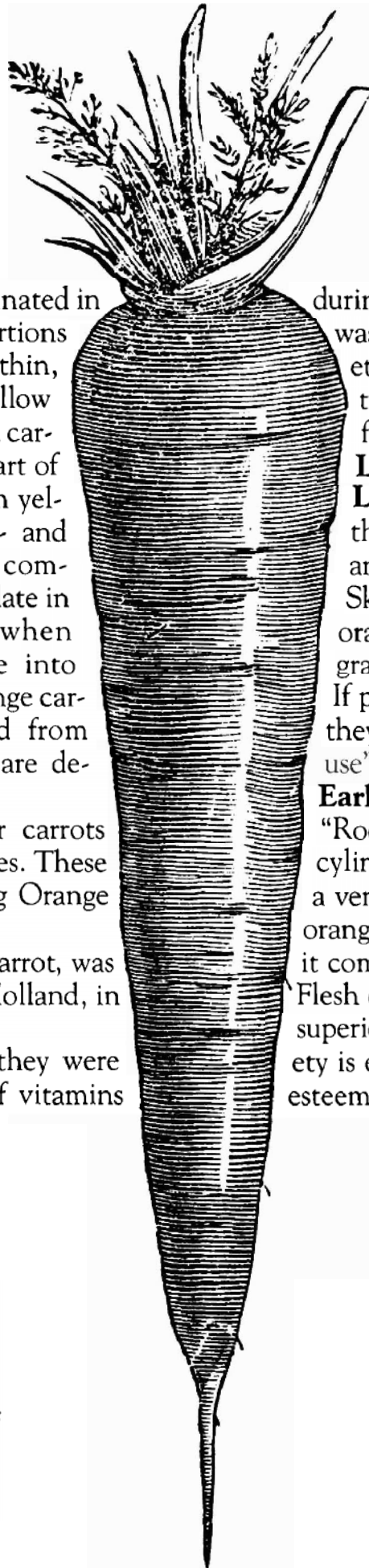


Carrots

It is believed that carrots originated in Europe and the adjoining portions of Asia. The wild types had thin, wiry roots that were white, yellow red, or purple. Orange-rooted carrots developed in the early part of the seventeenth century from yellow types. However, yellow- and white-rooted carrots were commonly grown in France until late in the eighteenth century, when orange-rooted carrots came into favor. Two major types of orange carrots seem to have evolved from which all modern varieties are descended:

- Large, long-rooted winter carrots evolved from long yellow types. These were selected until the Long Orange variety came into existence.
- A finer type, called Horn carrot, was developed around Utrecht, Holland, in about 1620.

Since carrots store well, they were once an important source of vitamins



during the winter months when it was impossible to obtain fresh vegetables. In the nineteenth century, carrots were also used to feed livestock.

Long Orange or Improved Long Orange. "Root long, thickest at or near the crown, and tapering regularly to a point. Skin smooth, of a reddish-orange color. Flesh close grained, succulent and tender . . . If pulled when young and small, they are mild, and good for table use" (3).

Early Horn or Early Scarlet Horn "Roots six inches in length, nearly cylindrical, and tapering abruptly to a very slender tap-root. Skin orange-red but green or brown where it comes to the surface of the ground. Flesh deep orange-yellow, and of superior flavor and delicacy. The variety is early, and as a table carrot much esteemed" (2).

CARROT FRITTERS

Beat two or three boiled carrots to a pulp with a spoon; add to them six eggs and a handful of flour; moisten them with either cream, milk or white wine, and sweeten them. Beat all together well, and fry them in boiling lard. When of a good color, take them off and squeeze on them the juice from a Seville orange, and strew over fine sugar.

The Cook's Own Book, 1833, p. 45.

CARROTS

Carrots, if young, need only be wiped when boiled; if old, they must be scraped before boiling. Slice them into a dish, and pour melted butter over them.

The Housekeeper's Book, 1837, p. 109.