

How to grow carrots

Carrots are crunchy and delicious! They are also very healthy, with several vitamins and minerals that help our bodies grow. In Aotearoa, carrots can be bought from supermarkets and vegetable shops.

They are also fun to grow at home and school!
Why don't you give it a try?

Quiz!
What is the percentage of water in a carrot?

Answer on the back of the sheet

Prepare

What do I need to grow carrots?

- Fresh carrot seeds
- Potting mix soil
- Containers at least 30cm deep
- Water

Glossary

Sow: this is the word we use for planting seeds.

Harvest: this is the word we use when we gather ripe crops from the fields.

When should I sow the seeds?

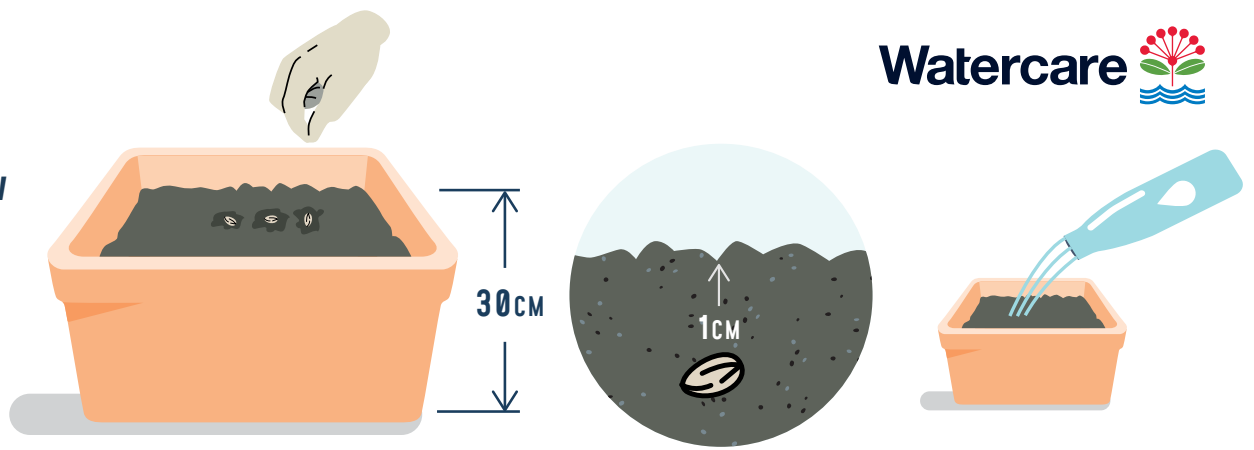
Carrots seeds can be sowed in autumn, winter, and spring in Tāmaki Makaurau.

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Grow

How do I sow the seeds?



1. Fill the container with potting mix soil at least 30cm deep.
2. Place the seeds 3cm apart in the containers.
3. Cover with potting mix soil that is 1cm deep.
4. Water.

Top tip!

Water is a precious resource, and we shouldn't let any go to waste. If there is any water left in your drink bottle at the end of the day, you could pour it on your carrot plants!

Nurture

How do I care for my carrots while they are growing?

1. Water your carrots regularly, particularly during dry periods.
2. When the seeds start to grow, pull some out if they are too close together. This will ensure your carrots grow long and straight. You want there to be at least 5cm between each plant.



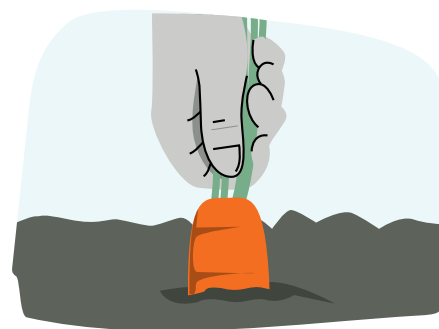
HARVEST

How long will my carrots take to grow?

Carrots are usually ready to be harvested in 50 to 65 days. You will see the orange tops of the carrots poking up out of the potting soil.

How do I harvest the carrots?

1. Water the carrots so that the soil is moist. This will make it easier to pull them up. If the soil is dry, the carrots may snap as you pull them up.
2. Hold the carrots at the base of the stalk and gently pull upwards.



You can grow carrots in your garden too. Pick a sunny spot that has free-draining soil. You will need to dig up the soil so that it isn't too hard, and the carrots' roots can grow easily.