

# Plant your own carrots

**Carrots have many uses and can be eaten fresh, in salads, cooked on its own, or as part of a stew. They can also be preserved through canning and freezing.**

Carrots are healthy, as they contain carotene or pro-vitamin A, which plays an important part in helping to build the body's immune system and protecting one's eyesight. Carrots grow in almost any climate, but prefer cooler conditions between 10 and 25°C – not too hot and not too cold.

## Prepare the soil

- Carrots require deep, well-drained, well-prepared and loose soil. This will allow them to grow straight and smooth.
- Loosen the soil to about 30 cm deep and fertilise it with fertiliser, manure or compost.
- Mix the soil and compost well. Water the soil, so that it is damp (not too wet).
- Rest the soil for a week.


## Plant the seeds

- Carrots grow well from seeds and can be sown in early spring (August/September).
- Make furrows and ridges that are approximately 30 cm apart. The furrows will be used for watering.
- Sow the seeds on the side of the ridges, next to the furrows.
- Sow seeds in stations or cells (holes) that are approximately 5 cm apart. Put 3 seeds in every cell.

## Care for your carrots

- Do not plant seeds in recently manured ground, as the carrots may become deformed.
- Water your carrots regularly by letting water run into the furrows alongside the ridges.
- Remove weeds carefully and do not disturb the young plants.
- Use only certified chemicals to protect the carrots against nematodes, aphids, red spider mite and soil insects such as cutworms.
- If you want to prevent disease such as blight and white mould, be sure to plant only certified seeds and cultivars that are tolerant to fungi.

## Harvesting

- Harvest your carrots after three months.
- Wet the ground before harvesting.
- Pull the carrots from the ground by holding the stem close to the carrot. 

# Carrots

1. Sow carrot seeds in early spring.
2. Carrots prefer well-drained soil. Dig the soil and loosen to 30 cm deep. Apply fertiliser.
3. Make furrows 30 cm apart and plant seeds in little holes – 3 seeds per hole.
4. Water regularly and pull up weeds.
5. Fertilise after 6 weeks.
6. Harvest after 3 months.



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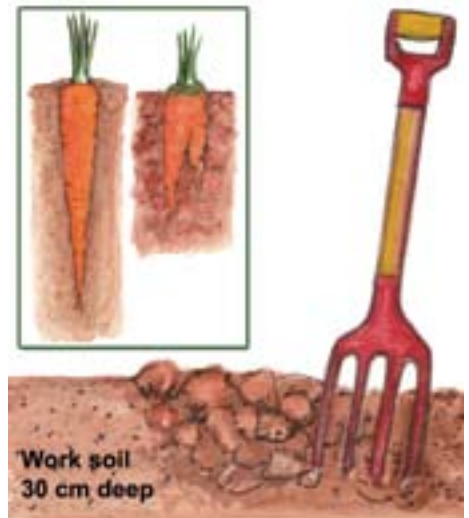
## Wortels

1. Saai wortelsaadjes vroeg in die lente.
2. Wortels verkies goed-gedreineerde grond. Spit die grond en maak los tot 'n diepte van sowat 30 cm. Voeg kunsmis by.
3. Maak slote 30 cm uit mekaar en plant saad in gaatjies – 3 saadjies per gat.
4. Maak gereeld nat en trek onkruid uit.
5. Bemes na 6 weke.
6. Oes na 3 maande.

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## Iziqathi

1. Tshala iziqathi intwasahlobo isandakungena.
2. Iziqathi zithanda umhlabathi ongenamanzi kahle hle. Yimba inhlabathi bese uyihlukanisa ibe ngama-30 cm ukujula. Faka umanyolo.
3. Yenza imisele ehlukenene ngama-30 cm bese utshala izimbewu ezi-3 emigodini emincane.
4. Nisela ngokuvamile futhi usuphule nokhula.
5. Faka umanyolo emva kwamasonto ayi-6.
6. Vuna emva kwezinyanga ezi-3.





## Dihwete

1. Jala peo ya dihwete mathwasong a selemo.
2. Dihwete di batla mobu o lokolotsweng. Epa mobu o o lokolle botebo ba 30 cm. Tshela fetlelaese.
3. Etsa diforo tse arohaneng 30 cm mme o jale peo masobaneng a manyenyane.
4. Nosetsa kgafetsa mme o hlaole lehola.
5. Tshela fetlelaese ka mora dibeke tse 6.
6. Kotula ka mora kgwedi tse tharo.

## Iminqathe

1. Tyala imbewu yeminqathe msinyane entlakohlaza.
2. Iminqathe ithanda umhlaba owome ngokwaneleyo. Yomba umhlaba uze uwuhluze i-30 cm ubunzulu. Faka isichumiso.
3. Yenza imisele yahluke ngezithuba ezi-30 cm uze utyale iimbewu ezi-3 kwimingxuma emincinci.
4. Nkcenkceshela rhoqo uze uxhwithe ukhula.
5. Chumisa emva kweeveki ezi-6.
6. Vuna emva kweenyanga ezi-3. 