

Eat More Carrots | Growing Carrots Indoors

Benefits of Carrots

Carrots are known to speed up your metabolism, boost your immune system and heighten your brain function. Carrots are packed with vitamins to naturally give your hair shine, strength, and thickness. This amazing vegetable has other beauty benefits including glowing nourished skin, wrinkle prevention, and even protects against cavities. Now that you are completely sold on eating more carrots; let's talk about how to grow them in your home.

Inside Carrot Knowledge

You may think that a root vegetable will be incredibly challenging to grow inside, but carrots thrive in a controlled environment full of moisture. Growing carrots outside can be taxing. They are at constant risk of dehydration. Even though they grow in zones 3-10, the high heat temperatures outdoors can cause the carrot roots to taste bitter. They grow and taste best while in 80-degree weather or cooler.

Pro Tip: Stalks inside can be weak because there is no wind forcing the plant to become stronger to survive. Running a fan on low two feet away from the plants for a few hours a day will help the carrot stalks think there is wind and thicken. Running your fingers across the leaves a few times per day will also help strengthen the stalks. This is how plants build muscle.

The Perfect Container

Choose a pot from 8-12 inches deep depending on if you are growing baby carrots or standard-length carrots. The width should be at least 4 inches. If you want to grow many carrots, then choose a pot that is 20 inches wide. All your containers need to have a drainage system on the bottom with a tray to catch excessive water.

Carrot Types

Chantenay Red Cored- Grows in an 8-inch-deep container
Little Finger- Grows in an 8-inch-deep container
Royal Chantenay- Grows in any size container
Danver- Grows in 10-inch-deep pots
Sweet Treat Hybrid- Grows in a 12-inch-deep container

Necessary Supplies

- Carrot seeds of your choice
- Potting soil for vegetables
- Fertilizer: either a concentrated liquid houseplant fertilizer or a dry low-nitrogen; 5-10-10 fertilizer
- A grow light for colder climates or if you don't get enough sunlight through the window the plants will be in

Planting

Fill your pots with quality potting soil almost to the top, leaving an inch from the rim. If you choose dry fertilizer, follow the instructions on the package for the proper fertilizer and soil ratio depending on the size of the container. If you're using liquid fertilizer, wait two weeks to add, giving the seedlings time to grow.

Watering

Moisten the soil and sprinkle your seeds right on top two inches apart. Once the seeds have become seedlings, watering should be a long pour to ensure the roots are getting enough moisture. As the seedlings grow, check how wet the soil is by sticking your finger in an inch near a seedling. If the soil is wet, wait till it dries an inch down to water again.

Sunlight

Your potted carrots will do best in a window that gets lots of sun. Carrots need at least six hours of sunlight. If your window doesn't allow enough time for this, you will need a grow light. An LED light is perfect to not wilt the leaves but make sure to keep the light 2-3 inches away from the seedlings. If the light is 5 inches or more away, the plants won't get the sun they need unless the type of light you purchased gives specific direction because of the bulb's intense strength.

Fertilizing

Once the seedlings are 3 cm tall, you will need to fertilize every other week with a concentrated liquid houseplant fertilizer. If you have chosen to use the dry fertilizer, keep following the directions on the package for how frequently you should add fertilizer and new soil.

Pruning

Clipping begins once your seeds start sprouting. Clip enough to make sure the sprouts are 1 cm apart from each other. After the seedlings have grown to 3 cm, now you will clip the weakest ones; you will be able to feel which ones are stronger.

Harvesting

Carrots take about 2-2 1/2 months to mature before harvesting. The variety of carrots you are growing vary for when they are ready to be harvested. Often the carrots will be sticking out of the soil with vivid color and the root will be about 1" in diameter when they are fully grown.

Once they are ready, pull the carrots straight out of the soil when they are at full size and don't dig around because this disrupts the other carrots' growth. If you are having a hard time pulling them out, use your fingers to gently make room for the carrots to come out.

Carrot Happiness

No matter if you are planning on eating your carrots raw, making a carrot ginger puree or a carrot cake; you're going to need carrots.

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