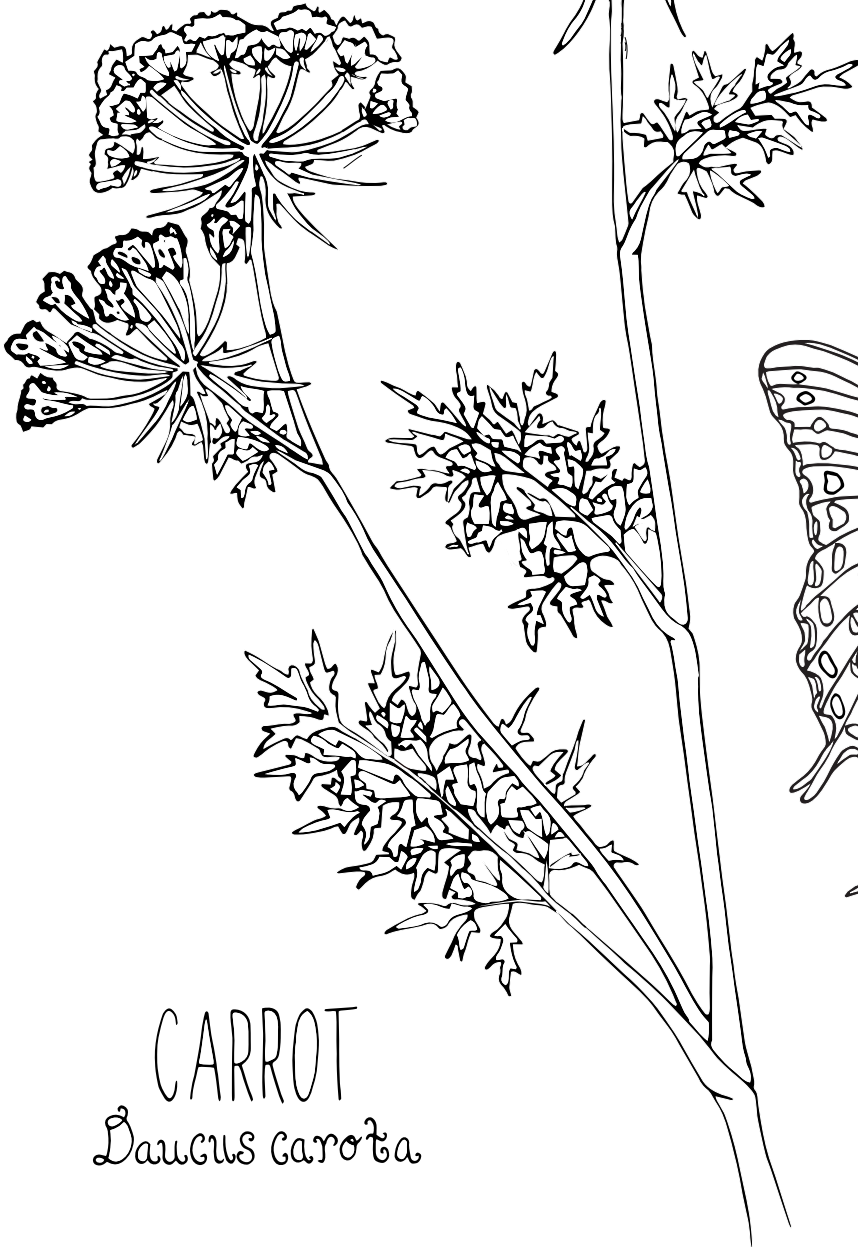


SPICEBUSH  
SWALLOWTAIL

*Papilio troilus*



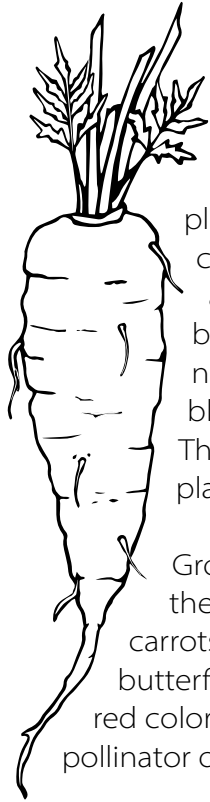
CARROT  
*Daucus carota*



CARDINAL FLOWER  
*Lobelia cardinalis*

# CARROT

*Daucus carota*



# SPICEBUSH SWALLOWTAIL

*Papilio troilus*

Carrots are veggies that most everyone likes. When carrots are planted in soft soil and have plenty of room to grow, their roots will be crunchy and sweet! Carrots are **biennial** plants, meaning they take two years to complete their life cycle. In the first year of growth, a carrot plant will develop a thick **taproot**, which stores energy for producing a flower stalk and seeds the following year. The tiny white flowers are held in large clusters that attract butterflies like the Spicebush Swallowtail, giving them a platform to balance on as they sip nectar. Most people do not keep carrots in the ground long enough to see their beautiful blooms, because the root becomes tough and is not as sweet as it was in the first year. Though the root of the carrot does not require pollination to develop, we wouldn't have the plant without the seeds that the pollinators help to create!

Growing carrots in your garden also provides food for butterflies (nectar) and caterpillars of the Black Swallowtail, a close relative of the Spicebush Swallowtail, which eat the leaves of carrots, and others in the carrot family (such as parsley, dill, and fennel). Spicebush Swallowtail butterflies mainly pollinate native plants, such as the Cardinal Flower. They can detect the bold red color of Cardinal Flower blooms, as can the Ruby-throated Hummingbird, the most important pollinator of the Cardinal Flower.

## Honeyed Carrots

Servings: 4

Estimated Time: 20 minutes

### Ingredients:

- 1 pound carrots, any color (about 5), cut diagonally into ¼ inch rounds
- 2 teaspoons butter + 1 tablespoon olive oil
- 1 tablespoon water (more if needed)
- 2 teaspoons apple cider vinegar
- 1-2 tablespoons honey
- 1 tablespoon chopped parsley or mint (1 teaspoon if dried)
- Salt and pepper to taste

### Instructions:

1. Heat butter in medium-large skillet.
2. Add carrots and stir to coat with butter.
3. Add salt, water and apple cider vinegar, stir, and cover with a lid to steam the carrots until they are **al dente**, stirring every 5 minutes and adding water if liquid evaporates (you can turn the heat down a bit).
4. Drizzle honey over carrots, and cook uncovered until they start to caramelize and soften to desired tenderness.
5. Remove from heat, sprinkle with black pepper to taste and mix in herbs while still hot.

# CARDINAL FLOWER

*Lobelia cardinalis*



Can you find the sweat bee foraging for pollen in these Cardinal Flower blooms?