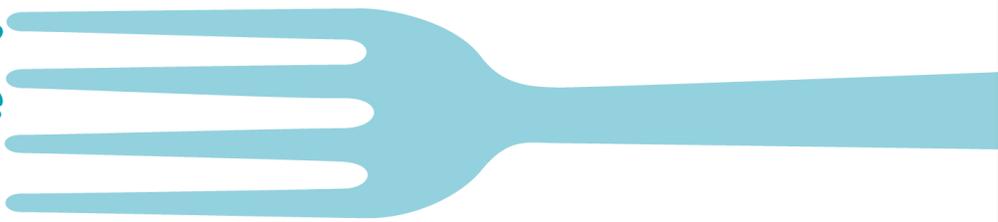


Harvest of the Month



February



Sweet Potatoes



Pick:

- Choose firm sweet potatoes with few blemishes.
- Discard potatoes with soft or rotten spots as the flavor will be affected.

Store:

- Store sweet potatoes in a dark, dry, and cool environment for up to 1 month.
- Remember to take the potatoes out of the plastic produce bag before storing.

Prepare:

- Scrub the skin of the sweet potato under cool water before cooking.
- Sweet potatoes can be consumed with the peel on!

Nutrition Info

One medium sweet potato has 100 calories.

Sweet potatoes provide vitamins A & C, fiber and potassium.

Fun Facts

China is the largest grower of sweet potatoes, although many farmers in the Coulee Region grow them too! Sweet potatoes are the official vegetable of North Carolina!

Sweet potatoes are commonly confused with yams. Yams are very large and found mostly in Asia and Africa.

Sweet potatoes are roots, whereas regular potatoes are tubers, or underground stems.

Our first president, George Washington, grew sweet potatoes on his farmland in Virginia!

Uses

Sweet potatoes can be baked whole, grilled, steamed, boiled, roasted, microwaved or sautéed! Microwaving sweet potatoes takes less time than regular potatoes – so keep an eye on it!

Sweet potatoes can also be added to baked goods such as muffins, cakes and quick breads.

Serve mashed or baked sweet potatoes with a little butter and cinnamon.

Family Friendly Activities

Identify the places mentioned in this newsletter on a map: Virginia, North Carolina, China, Africa and your hometown!

Compare regular potatoes with sweet potatoes – consider how they grow, which part of the plant you eat, and the taste and texture!

Nutrition Facts

| | |
|--|---------------------------|
| Serving Size (119g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 30 |
| % Daily Value* | |
| Total Fat 3.5g | 5% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 640mg | 27% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 4g | 16% |
| Sugars 5g | |
| Protein 2g | |
| Vitamin A 320% | Vitamin C 4% |
| Calcium 4% | Iron 4% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Sweet Potato Chips 3 Ways

Serves 4

Ingredients:

2 sweet potatoes, about ½ pound each
 1 Tbsp. olive oil
 1 tsp. salt

Seasoning Options

Option 1: ½ tsp. garlic powder & ¼ tsp. rosemary
 Option 2: ½ tsp each: basil, oregano, parsley, garlic powder
 Option 3: ½ tsp. cinnamon

Directions:

Preheat oven to 400 degrees. Wash potatoes and slice evenly; about 1/8 inch thick. Drizzle with olive oil & sprinkle with salt and seasonings; toss to coat. Place potatoes in a single layer on a cookie sheet covered in parchment paper. Bake until light brown and tender-crisp (about 15-30 minutes).

For more information on Farm2School visit:

www.laxf2s.org

Color
Sweet Potatoes!

