

Sweet Potatoes

Choose a greater "tater":

- Select round, firm potatoes without any bruises. Deeper colored varieties are usually better tasting.
- Store in a cool, dry place. Do not refrigerate—it will cause the potato to dry out and have an unpleasant taste.
- For the best flavor, use within a week or two after purchase.
- Clean sweet potatoes with warm water and a vegetable brush.

Two words: beta carotene. Beta carotene can be turned into vitamin A in the body. Vitamin A is important for your immune function and skin health. You can remember this by thinking of the sound a sneeze makes: "Aaah-choo!" and the way you feel when you just get out of the shower and your skin is clean: "Aaaah." Maybe they should change the saying to "a sweet potato a day keeps the doctor away"...

*Why sweet potatoes?
 Why me? Why now?*

Recipes

Sweet Potato Sandwich Wraps

Adapted from the North Carolina Sweet Potato Commission

- 1 medium sweet potato
- 1/2 tsp chopped garlic
- 2 T lemon juice
- 1/4 tsp salt
- Pepper
- 1/4 tsp thyme
- 1/4 tsp basil
- 4-10 inch flour tortillas
- 8 slices turkey breast
- 1 large ripe tomato, thinly sliced
- 1 avocado, pitted and sliced



Boil sweet potato until softened. Remove skin and puree in food processor. Stir in garlic, lemon juice and seasonings and set aside to cool. Spread puree to 1/2" of the edges of the tortillas. Add toppings and roll each tortilla.

"Bravery" is your middle name... so try a sweet potato:

- Despite popular belief, sweet potatoes and yams are two different vegetables that aren't even related! However, that which we call a "yam" in the U.S. is actually a sweet potato. True yams are found in Latin America and the Caribbean.
- Cooked sweet potatoes freeze well.
- Sweet potatoes can be cooked in the microwave, but poke them with a fork first to prevent explosion!
- Rub a small amount of vegetable oil over the skin of the sweet potato. Place on baking sheet and bake at 400 degrees for 15 minutes. Reduce temp to 375 and bake for 45 more minutes or until it feels soft.
- You can also make sweet potato fries. You can basically eat sweet potatoes the way you would eat regular potatoes.

Stuff it! Sweet potatoes

From the North Carolina Sweet Potato Commission

- 6 medium sweet potatoes
- 1/2 cup softened butter or tub margarine
- 1/4 cup chopped toasted almonds
- 1 T grated orange peel
- 2 T maple syrup
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon



Wash and dry sweet potatoes. Bake at 425° for 40 minutes or until tender. Cut a lengthwise slice from the top of each sweet potato. Remove skin from slice and place meat of sweet potato in bowl. Gently scoop out sweet potatoes leaving 1/4 inch shell. Place in bowl. Add remaining ingredients; blend well. Pipe or spoon into reserved shells. Arrange on baking sheet. Bake uncovered at 425° for 15 minutes or until lightly browned.

Viva Vegetables!

- The sweet potato is the official state vegetable of North Carolina.
- Sweet potatoes helped children fight diseases in colonial times. Sweet potatoes will help you fight diseases, too! Another vegetable superhero to the rescue!
- Sweet potatoes are originally from central and South America. The ancient Aztecs and the Incas ate them.
- Christopher Columbus introduced the sweet potato to Europe.
- Some scientists believe that dinosaurs might have eaten these delicious vegetables. Go prehistoric and try one yourself!
- George Washington was a sweet potato farmer.

Did you know???

Viva Vegetables!
For Kids



Growing a sweet potato vine.

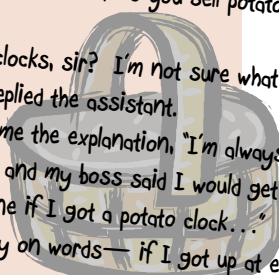
GROW A SWEET POTATO VINE!

- Step 1:** Poke a sweet potato around the middle with three toothpicks and set over a glass jar. Make sure the pointier end of the sweet potato is down.
- Step 2:** Fill the jar almost to the top with warm water.
- Step 3:** Set it on a bright windowsill.
- Step 4:** Wait for 7-14 days for your sweet potato to grow roots and sprouts.
- Step 5:** When your vine is 6-8 inches long, transplant outside or in a pot.

Have a hearty laugh!

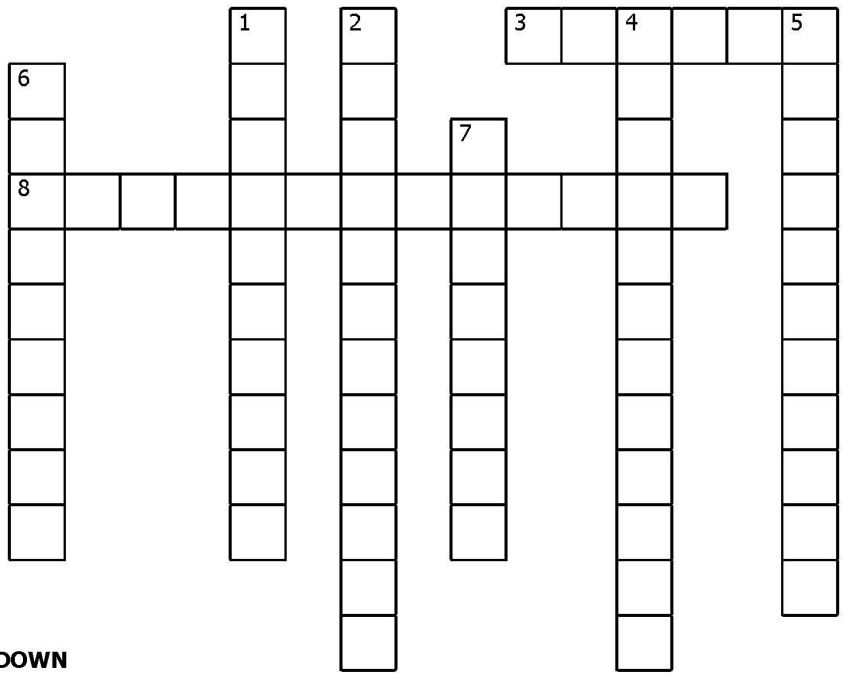
Knock, knock.
Who's there? Spectator.
Spectator who?
Do ya' spectators will grow well this year?
(It's supposed to sound like "expect taters"!)

A man went into a department store and asked an assistant, "Do you sell potato clocks?"
"Potato clocks, sir? I'm not sure what you mean," replied the assistant.
"Well," came the explanation, "I'm always late for work, and my boss said I would get there before nine if I got a potato clock..."
(It's a play on words — if I got up at eight o'clock).



PUT A LABEL WITH YOUR COUNTY INFORMATION HERE

Sweet Potato Search



DOWN

- 1** The last name of a famous man who farmed sweet potatoes
- 2** The main vitamin in sweet potatoes.
- 4** The name of the holiday in November when lots of sweet potatoes are eaten.
- 5** November's vegetable of the month
- 6** May have eaten sweet potatoes prehistorically

- 7** The last name of the man who introduced sweet potatoes to Europe

ACROSS

- 3** The name of the ancient group of people who ate sweet potatoes
- 8** The name of the state that has sweet potatoes as the state vegetable.

YOU CAN FIND THE ANSWERS TO THE PUZZLE IN THIS NEWSLETTER!



Sweet potatoes are the champion of vegetables!