



Harvest of the Month

SWEET POTATOES

FUN FACTS:

- Sweet Potatoes are a dark orange root vegetable and are actually very different from the common potato.
- Sweet Potatoes and Yams look similar but are very different. Sweet Potatoes are a root while yams are a tuber. Sweet Potatoes have a smooth, thin skin while Yams have a rough scaly skin. Sweet Potatoes are much higher in beta-carotene and are much sweeter than Yams.
- The dark orange color indicates the presence of beta-carotene. Your body turns beta-carotene into Vitamin A.
- Vitamin A is a fat soluble vitamin so it is best to include a small amount of a healthy fat when eating sweet potatoes and other foods high in beta-carotene.
- Sweet Potatoes are a perennial crop which means in the right weather conditions they will just keep growing bigger and bigger.
- The largest sweet potato recorded weighed more than 80 pounds!

Why We LOVE Sweet Potatoes!



Sweet Potatoes are a wonderful root vegetable that provides beta-carotene/Vitamin A, Vitamin C, potassium, calcium, iron, and fiber along with other nutrients.

Sweet Potatoes are nutrient dense and are one of the most nutritious vegetables you can eat!

Sweet Potatoes are versatile and can be prepared a variety of ways.

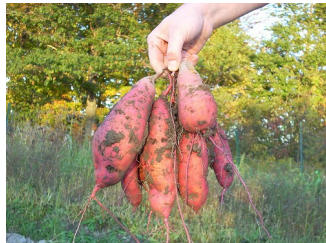
Sweet Potatoes can be eaten alone or combined with other vegetables.

Sweet Potatoes are a great addition to soups and stews and can also be mashed and added to baked goods.

Sweet Potatoes have natural sugars which gives them a sweet flavor.

Sweet Potatoes are easy to prepare and taste great!

Meet the Farmers:



Growing Sweet Potatoes in Wisconsin is not typical. Sweet Potatoes usually prefer warmer climates. However there are several farms in southern WI that are successfully growing sweet potatoes! The recommended variety is Beauregard; it produces well in our Wisconsin summer climate. Sweet Potatoes are grown from "slips" that shoot out from the main tuber after it is placed into peat moss. Try your hand at planting sweet potatoes this year!

Read more at: <http://harmonyvalleyfarm.blogspot.com/2009/10/sweet-potatoes-theyre-not-really.html>



Nutrition Facts

Serving Size 1/2 cup sweet potato (164g)	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 2g	
Vitamin A 520%	Vitamin C 35%
Calcium 4%	Iron 6%

Source: snaped.fns.usda.gov

RECIPE: Sweet Potato Pancakes

Ingredients:

3 medium sweet potatoes
cooked and cooled
1 cup non-fat milk
1 egg, beaten
2 tablespoons vegetable oil
1 cup whole-wheat flour
2 teaspoons baking powder
1/4 teaspoon salt

Makes 4 servings

Directions:

1. Peel and mash the sweet potatoes in large mixing bowl; add milk, beaten egg, and oil. Beat until well blended.
2. In separate mixing bowl combine flour, baking powder, and salt.
3. Add dry ingredients to the sweet potato mixture and stir just until blended; do not over mix.
4. Heat non-stick skillet or griddle to medium heat. Add a small amount of oil. Cook pancakes until slightly dry around edges; turn and continue cooking until done.
5. Serve warm with local maple syrup!

<https://www.whatscooking.fns.usda.gov/recipes>



What is Farm to School?

The Farm to School Program in Waupaca County is serviced by two positions, the nutrition educator and the community outreach coordinator. The goals of Farm to School are to increase opportunities for students and families to try fresh, local foods and also to connect local growers and producers to schools, families, and other community food service facilities as a viable resource for fresh, local, wholesome foods.

How To:

Select:

Choose firm, sweet potatoes that are small to medium size.

Discard sweet potatoes with soft or rotten spots as the flavor will be affected.

Store:

Store sweet potatoes in a dark, dry, cool environment for up to one month.

Remove sweet potatoes from plastic bag before storing. (Do not store in refrigerator.)

Prepare:

Sweet potatoes can be peeled or cooked with the skin on.

Gently scrub and rinse with cool water prior to preparing if leaving skin on.

Sweet potatoes can be grilled, steamed, boiled, baked, roasted, sautéed or used in baked goods.

Additional Resources:

<http://waupaca.uwex.edu/4-h-youth-development/community-youth-topics/farm-to-school-program/>
<http://www.farmentoschool.org/> ◇ <http://www.farmentoschool.org/our-network/Wisconsin>
<http://public1.co.waupaca.wi.us/FarmFresh/> ◇ www.nutrition.gov ◇ www.choosemyplate.gov
<http://www.farmfreshatlas.org/> ◇ www.fruitsandveggiesmorematters.org ◇

Please contact Waupaca County UW-Extension for more information at 715-258-6230