

HARVEST OF THE MONTH
 NEWSLETTER 02/2022


February


 Sweet potatoes

FUN FACTS

- China is the largest grower of sweet potatoes. Many farmers here in the Coulee Region grow them too!
- Sweet potatoes are commonly confused with yams. Yams are very large and found mostly in Asia and Africa.
- Sweet potatoes are roots, where as regular potatoes are tubers, or underground stems.

NUTRITION INFO

One medium potato has 100 calories and provides vitamins A & C, fiber and potassium.

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!

USE

Sweet potatoes can be baked whole, grilled, steamed, boiled, roasted, microwaved or sautéed! Microwaving sweet potatoes takes less time than regular potatoes – keep an eye on it! Sweet potatoes can also be added to baked goods like muffins, cakes and quick breads.


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

Directions:

Preheat oven to 400°F. Wash potatoes and slice evenly; about 1/8 inch thick. Drizzle with olive oil and 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).

Per Serving (119g): 130 calories, 3.5g fat, 0.5g saturated fat, 2g protein, 23g carbohydrates, 4g fiber, 640mg sodium

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