



# ISLAND GROWN

## HARVEST OF THE MONTH

- November, 2014 -

## SWEET POTATO

### FEATURED FARM OF THE MONTH: WISE OWL FARM

This season, Laurie David and her crew at Wise Owl Farm in Chilmark planted 3000 sweet potato slips. Slips—the shoots that grow from mature sweet potatoes—are planted in early June and harvested in October, and produce an average of 6 sweet potatoes each. Last year, Wise Owl donated 1600 pounds of sweet potatoes to local schools and to islanders in need.

#### HEALTHY SERVING IDEAS

Sautee diced sweet potatoes with onion and bell pepper for a delicious hash.

Cut sweet potatoes into wedges, place on a lightly oiled pan, and bake at 425 F for 25 to 30 minutes for a tasty sweet potato fry.

Bake chopped sweet potatoes with apples and cinnamon for a warm desert.

Simply roast a whole sweet potato in the oven at 350 F until soft, about 30 minutes. Serve as a side for any meal!

#### HEALTH BENEFITS

VITAMIN A

VITAMIN C

VITAMIN B6

FIBER

POTASSIUM

BETA-CAROTENE

MANGANESE

ANTIOXIDENTS

#### SHOPPER'S TIPS

Look for firm, dark and evenly colored sweet potatoes free of sprouts, wrinkles or bruises.

Store sweet potatoes in a cool, dark place such as a pantry or garage. With proper storage, sweet potatoes will keep for a month or longer.

Do not store sweet potatoes in the fridge or they will develop a hard core and an “off” taste.

Wash sweet potatoes just before using them.



HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS AND GROCERY STORES. THE PROGRAM HELPS CHILDREN, THEIR CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING, WHILE SUPPORTING LOCAL FARMS.

For more information visit

[ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH](http://ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH)



This material is adapted from Harvest of the Month by California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 866.950.3663

