

# SWEET POTATOES



Sweet potatoes are the Nebraska Harvest of the Month item at your school! Locally grown sweet potatoes include varieties like red jewel, beauregard, murasaki, orleans, and stokes purple. Include your children in cooking and food preparation, which provides skills needed to support a lifetime of healthy eating.

## SELECTION, STORAGE & COOKING

- Choose firm, smooth roots with bright, evenly colored skins. Avoid holes or cuts, a source of decay.
- Store in a cool, dry place. Do not refrigerate as it causes a hard core and unpleasant taste.

## NUTRITION TIP

The flesh of the sweet potato ranges from white, red, pink, violet, yellow, orange, and purple and is high in vitamin A and C.

## SEASONAL AVAILABILITY



## ROASTED SWEET POTATOES

Serves 6

### Ingredients:

- 3 pounds sweet potatoes, about 4 medium
- 2 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. black pepper

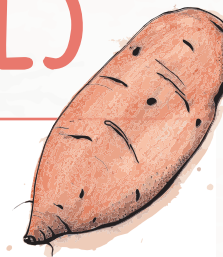
### Directions:

1. Preheat oven to 425°F. Line a rimmed baking sheet with foil.
2. Wash and peel sweet potatoes. Cut into cubes.
3. Toss with oil, salt and black pepper. Put potatoes in a single layer on baking sheet.
4. Bake for 35 minutes, stirring halfway through. Serve warm!

<https://houseofyum.com/herb-roasted-sweet-potatoes>



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# FUN WITH SWEET POTATOES

## WORD SEARCH

A D R A G E R U A E B E  
G P W B H J W G W J N G  
R E D R H Q F S G E F U  
P O S R R S N O T I B D  
F F A F V A A O D I A W  
O C A S E Z R U T K C K  
W P S L T A E Z Q A L I  
T Q R P C E N L H S C D  
A O Z A W S D S P A D Y  
L I T K F E R T Z R M I  
R E T N I W Y P W U U K  
B N V H E P G Y Z M D P

ORLEANS  
BETACAROTENE  
ROASTED  
BEAUREGARD  
PURPLE  
RED  
WINTER  
SQUASH  
MURASAKI

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A D R A G E R U A E B E  
G P W B H J W G W J N G  
R E D R H Q F S G E F U  
P O S R R S N O T I B D  
F F A F V A A O D I A W  
O C A S E Z R U T K C K  
W P S L T A E Z Q A L I  
T Q R P C E N L H S C D  
A O Z A W S D S P A D Y  
L I T K F E R T Z R M I  
R E T N I W Y P W U U K  
B N V H E P G Y Z M D P

ORLEANS  
BETACAROTENE  
ROASTED  
BEAUREGARD  
PURPLE  
RED  
WINTER  
SQUASH  
MURASAKI



## SWEET POTATO GROWING ACTIVITY

Sweet potatoes aren't started by seed like most other vegetables, they're started from slips. Slips are shoots that are grown from a mature sweet potato. You can start slips from a sweet potato you bought at the store or one from your garden. Each sweet potato can produce up to 50 slip sprouts. Learn how to start slips, root, plant and grow them here: [www.diynetwork.com/how-to/outdoors/gardening/how-to-plant-and-grow-sweet-potatoes](http://www.diynetwork.com/how-to/outdoors/gardening/how-to-plant-and-grow-sweet-potatoes)



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