
Selection

Sweet potatoes are usually the size of regular white potatoes. They are long and tapered. Sweet potatoes have smooth, thin skins which can be eaten.

For best quality, select round, firm potatoes. Make sure potatoes are not bruised or damaged.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Firm produce should be scrubbed with a produce brush.
- ◆ Wash vegetables before you intend to use them and before cutting, even if you plan on peeling them.
- ◆ Keep produce and meats away from each other in the refrigerator.

Why Buy Local?

- ◆ What you spend supports the family farms who are your neighbors.
- ◆ The money you spend encourages sustainable and environmentally-friendly agricultural practices.
- ◆ You are making a healthy choice for you and your family.
- ◆ Buying local lets you see and meet the people who produce our food.
- ◆ Local foods taste good!



FOR MORE INFORMATION...

Contact your local Extension office:

Polk County UW-Extension
100 Polk County Plaza, Suite 190
Balsam Lake, WI 54810
(715)485-8600
<http://polk.uwex.edu>

Originally developed by: Jennifer Blazek,
UW Extension Polk County, Balsam Lake, WI;
<http://polk.uwex.edu> (June, 2014)



Sweet Potato Batata

Uses

Sweet potatoes can be eaten raw, but are usually cooked (boiled, baked, microwaved, mashed or fried).

They can be added to stir-fries, soups, and casseroles. Replace sweet potatoes for regular potatoes for a sweet side dish!



Sweet Potato Casserole

Nutrition Facts

- ♦ Fat free
- ♦ High in Vitamin A
- ♦ Excellent source of Fiber
- ♦ High in Vitamin C
- ♦ Good source of Calcium and Potassium

An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements

Try It!

Sweet Potato Casserole

INGREDIENTS

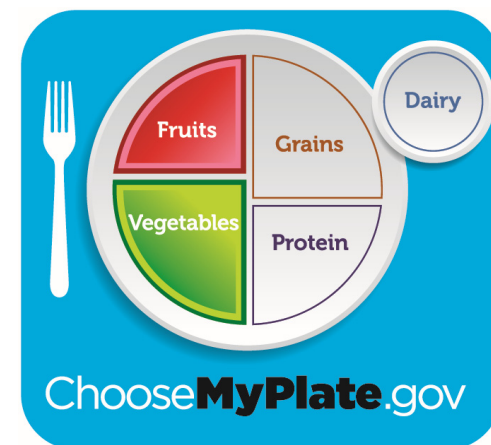
1 pound	Sweet potatoes (about 4 medium)
3	Egg whites
1/2 cup	Sugar
12 ounces	Evaporated milk, nonfat
1 Tbsp.	Vanilla extract
1 tsp.	Cinnamon
1/2 tsp.	Nutmeg
1/2 tsp.	Ginger

INSTRUCTIONS

1. Rinse sweet potatoes in cold running water and pierce with fork.
2. Microwave sweet potatoes on full power until tender, about 15 minutes. Turn them half way during baking.
3. Preheat oven to 400 degrees. Remove skin from sweet potatoes and mash with hand beaters or food processor. Add the rest of the ingredients and mix until smooth.
4. Pour mixture in an 8 inch square pan. Bake until casserole is firm in the center, about 40 minutes.
5. Remove pan from oven. Allow to stand for 5 minutes then cut into 10 squares.
6. Serve hot. Refrigerate leftovers.

Yield: 10 servings

Recipe Source: www.recipesource.com



History & Fun Facts

Sweet potatoes originated in the tropics at least 5,000 years ago. Christopher Columbus introduced sweet potatoes to Europe, and later explorers introduced them to Asia. China is now the world's largest grower of sweet potatoes.

In the U.S., sweet potatoes are commonly called yams. True yams are usually grown in Africa and Asia. Yams have a pinkish-white center and can grow up to 6 feet long and 100 pounds.