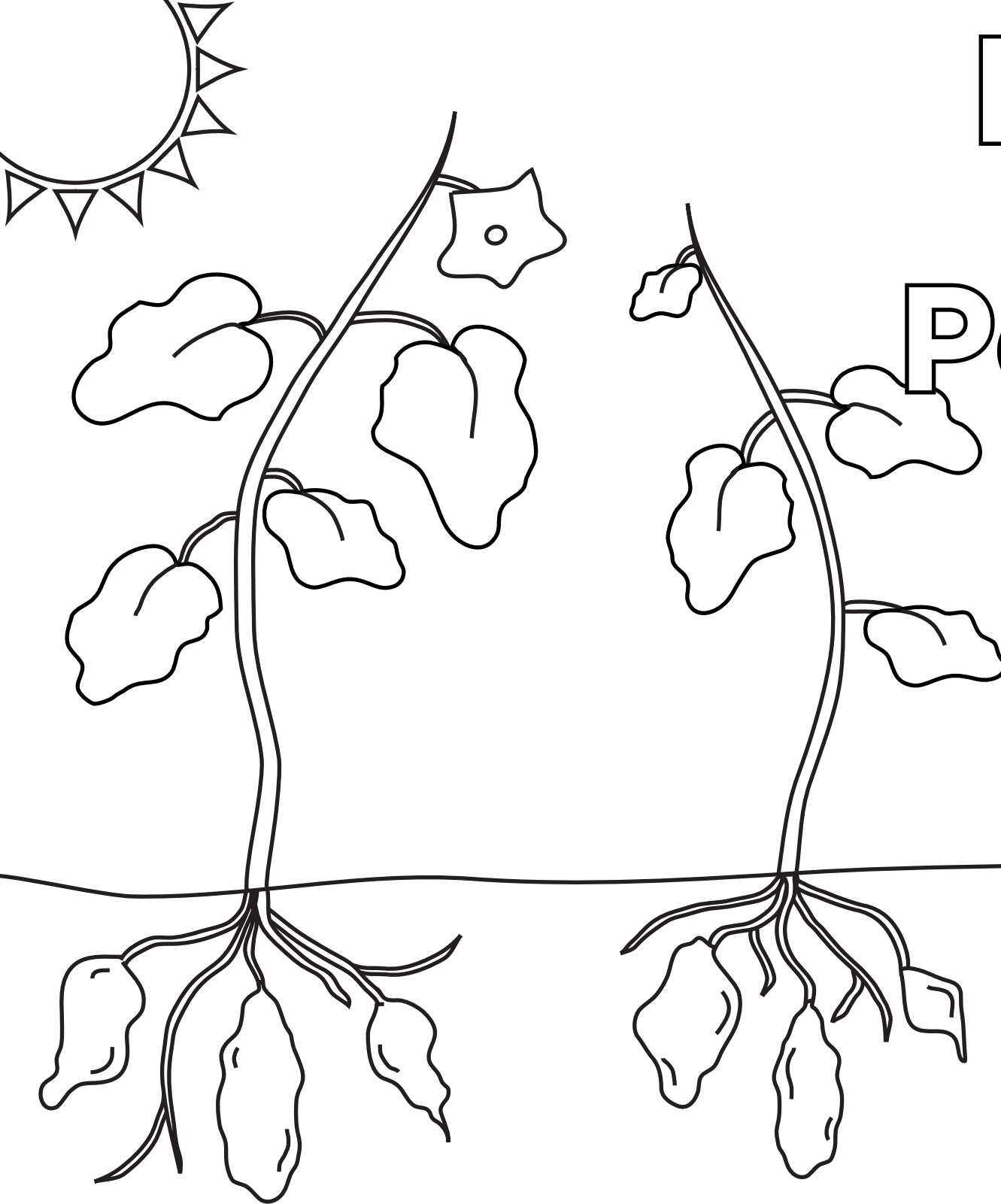


# How Do Sweet Potatoes Grow?



# FARM TO SCHOOL LESSON

## Sweet Potatoes

Sweet potatoes are vegetables which grow in the ground as tuberous roots.

Nickname: **YAMS**

### NUTRITIONAL FACTS

- Fat-free
- High in vitamin C, which helps your immune system, wound healing, and maintenance of cartilage, bones, and teeth.
- High in vitamin A, which helps your eyes, immune system, bones, growth, and acne.
- Good source of calcium and potassium
- Excellent source of fiber

### PREPPING TIPS

Fresh sweet potatoes can be roasted, mashed, baked, or prepared in a casserole as a nutritious side dish.

You can also add sweet potatoes to other foods such as soups, casseroles, whole grain pasta, and chicken dishes.

### SPICY SWEET POTATO FRIES

- 2 large sweet potatoes, peeled
- 2 teaspoons olive oil
- 1 teaspoon cayenne pepper\* (or to taste)
- 2 teaspoons paprika
- 1/2 teaspoon salt

1. Preheat oven to 400°F.
2. Slice the potatoes in half lengthwise and then cut each half into four wedges.
3. Toss wedges in the oil and spices. Then lay the pieces on a baking sheet.
4. Bake for 35 to 45 minutes until browned on the outside and tender.

*\*Cayenne pepper is very spicy. Season to taste and use less then directed if needed.*

Color the smiley face that reflects how you felt about sweet potatoes after you tried them.

