



Sweet Potato

Plant: Sweet potatoes are started from plants called "slips." Transplant the slips as soon as the soil warms up after the last frost to allow the maximal warm-weather growing period. To grow your own plants, place several sweet potato roots about one inch apart in a hotbed and cover with two inches of sand or light soil. Keep the soil in the bed moist throughout the sprouting period, but never allow it to become waterlogged. Keep soil temperature between 70° and 80°F. Plants are ready to pull in about 6 weeks (when they are rooted and 6 to 8 inches tall).

Grow: After early cultivation, sweet potatoes need minimal care to keep down weeds. Once the vines spread to cover the ground, little weeding is required. Do not water during the last 3 to 4 weeks before harvest to protect the developing roots.

Harvest: Early roots may be "robbed," starting in late summer, by digging into the side of the ridge and carefully removing some developing roots while leaving the plant in place. Dig the main crop of sweet potatoes around the time of the first frost in the fall. Use a spading fork or stout shovel and be careful not to bruise, cut or otherwise damage the roots

Nutrition Facts	
Serving Size 1 medium, 5" long, 2" diam. (130g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 2g	
Vitamin A 120%	Vitamin C 30%
Calcium 4%	Iron 4%

Nutritional Information:

A 7-ounce (1 cup) serving of sweet potatoes contains 65% of the minimum necessary daily amount of vitamin C. Sweet potatoes are also high in calcium, folate, potassium and beta-carotene.

How to Prepare: Sweet potatoes are delicious cooked whole. When cooking whole sweet potatoes, pierce their skin several times with a fork and bake at 400° for 40-50 minutes or until fork tender.



Sweet Potato, Kale, and Quinoa

Yields: 4 servings

Ingredients

- 1 cup quinoa
- 2 tbsp olive oil
- 2 small sweet potatoes (about 1 pound), peeled and cut into 3/4-inch pieces
- 10 oz mushrooms
- 2 cloves garlic, thinly sliced
- 1 bunch kale, stems discarded and leaves torn into 2-inch pieces
- Kosher salt and black pepper

Preparation

1. Place the quinoa and 2 cups water in a small saucepan and bring to a boil. Reduce heat and simmer, covered, until water is absorbed, 12 to 15 minutes.
2. Add the sweet potatoes and mushrooms and cook in oil, tossing occasionally, until golden and beginning to soften, 5 to 6 minutes.
3. Stir in the garlic and cook for 1 minute.
4. Add the kale, $\frac{3}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Cook, tossing often, until the vegetables are tender, 10 to 12 minutes.
5. Serve the vegetables over the quinoa.

Nutrition Facts per Serving:

320 calories, 10 g fat, 50 g carbohydrates, 13 g fiber, 5 g protein