

Harvest of the Month



January: Sweet Potato

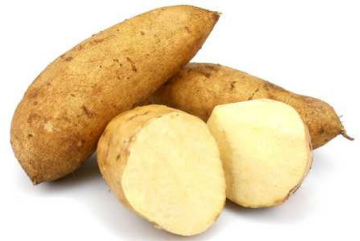


Sweet Potatoes Colors

Sweet potatoes aren't just orange! They can be purple, pink, brown or white too! Here are some varieties of sweet potatoes that might be new to you



Charleston Sweet Potato



White Sweet Potato



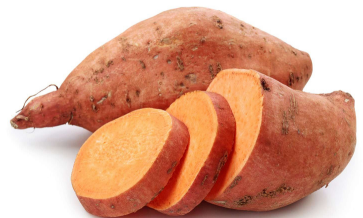
Japanese Sweet Potato



Okinawan Sweet Potato



Garnet Sweet Potato



Jewel Sweet Potato

Ways to Enjoy Sweet Potatoes

Sweet potatoes can be in sweet or salty foods! Here are some delicious sweet potato dishes



Sweet Potato Pie



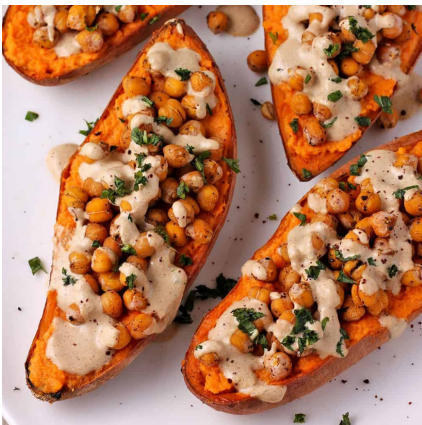
Mashed Sweet Potato



Sweet Potato Casserole



Sweet Potato Fries



Loaded Baked Sweet Potatoes



Sweet Potato Soup

Sweet Potato Slips

Sweet potatoes don't actually grow from seeds like most plants do! They grow from little sprouts that come out of sweet potatoes that farmers call "slips"



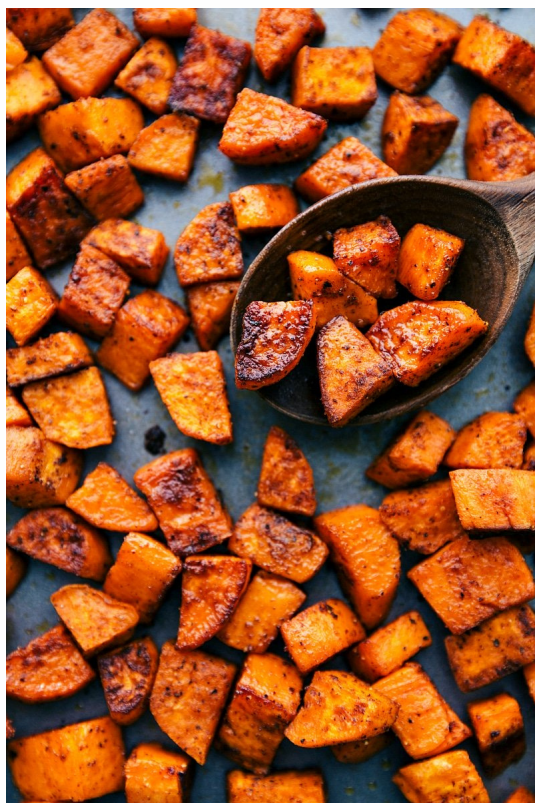
Sweet potatoes slips are easy to make at home!

Here's how you do it:

1. Put a sweet potato in a jar of water. Keep the round side submerged under the water and leave the pointy end a few inches above water. You can poke a few toothpicks in sweet potato (as shown in the picture) to keep the top above water
2. After one to two months, you can separate the individual slips. Each of them is a new plant. You can plant them in your garden in the spring or keep them inside as a house plant!

Ingredients

- 2 pounds (~3 large) sweet potatoes, peeled and cut into 1/2-inch pieces
- 2 tablespoons oil
- 1 tablespoon light brown sugar, lightly packed
- Salt to taste



Directions

1. Preheat the oven to 425 degrees
2. Peel and cube the sweet potatoes into 1/2 inch pieces. Add to your largest sheet pan and add the oil, salt, and brown sugar on top.
3. Toss to coat all the sweet potatoes and then spread out to arrange in an even layer. You don't want any potatoes overlapping or you'll end up with steamed potatoes instead of roasted potatoes.
4. Flip every 10-15 minutes cooking for a total of 27-35 minutes.