

CHEQUAMEGON BAY

Harvest  
of the  
Month  
Growing Healthy Students

November



## Did you know...

- ✓ The Center for Science in the Public Interest (CSPI) ranks the sweet potato as one of the best foods to eat.
- ✓ It would take 23 cups of broccoli to provide the same amount of vitamin A as one medium sweet potato.
- ✓ Sweet potatoes are more nutritious when cooked with the skin.
- ✓ Sweet potatoes are commonly grown in southern states with warmer climates, but with the aid of season extension techniques, such as high tunnels, they can be grown in our region as well.

## Sweet Potatoes

### How to Select and Store Sweet Potatoes

Choose firm, dark, dry, and smooth sweet potatoes without wrinkles, bruises, sprouts, or moldy spots. Do not store sweet potatoes in the refrigerator. To keep fresh, store in a dry, cool place, like a pantry or garage. If stored properly, sweet potatoes can keep for one month or longer. Do not wash sweet potatoes until you are ready to cook them.

### How to Eat Sweet Potatoes

Wash with cold water and scrub before using. Instead of potato chips, peel and slice raw sweet potatoes and serve with a fat free dip for a healthy snack. Bake strips of sweet potatoes on a lightly oiled pan at 425 F for 25–30 minutes to make sweet potato fries, or bake sliced sweet potatoes with apples and cinnamon for a hot dessert. What is your favorite way to eat sweet potatoes?

### Nutrition Benefits of Sweet Potatoes

Sweet potatoes are an excellent source of vitamin A and vitamin C. They are also a good source of fiber, vitamin B6, and potassium. Vitamin A helps keep your vision good, fight infections, and keep your skin healthy.



## \*\*BUY LOCAL\*\*

These local stores are committed to selling wholesome foods, including local and regional produce whenever possible.

### Homestead Gardens - (715) 373-2770

77065 State Hwy 13 Washburn, WI

Hours: Mon & Sat 10am-5pm all year  
(Fridays through Thanksgiving)



*A wide assortment of sustainably grown vegetables, fruits, and herbs; bulk foods to include organic and gluten free legumes, whole grains, flours, nuts, dried fruits, spices; as well as locally produced grass-fed beef, organic bacon, sausages, brats, etc.*

### Chequamegon Food Coop - (715)-682-8251

215 Chapple Avenue Ashland, WI

Hours: Mon-Fri 8am-8pm,  
Sat 8am-7pm, Sun 10am-5pm



*Fresh fruits and veggies...more than 90% organic and local when we can get 'em. What's not to love! We stock our shelves by working with a number of local, regional, and national distributors. Kids 12 & under can sign up to be a part of our Cheeky Monkey program and receive a FREE carrot, apple, or banana every time they visit!*

# EAT A RAINBOW For Health!



## Cooking Corner



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## Hearty & Healthy Sweet Potato Soup

### Ingredients

- 2 Tbsp olive oil
- 1 large onion, diced
- 2 carrots, peeled and diced
- 1 large sweet potato, peeled and diced
- 1/3 cup barley
- 3 Tbsp tomato paste
- 3 cloves garlic, minced
- 1 tsp cumin
- 1 ½ tsp chili powder
- 1 tsp paprika
- 4 ½ cups vegetable or chicken broth
- 1 cup lentils
- 1 bunch of kale, stems

- 1 Sauté** onion, carrot, and sweet potato in oil over medium heat for 8-10 minutes until onions are translucent and carrots and sweet potatoes are starting to soften.
- 2 Add** barley, tomato paste, garlic, cumin, chili powder, and paprika. Stir to combine and cook for 2-3 minutes until barley is lightly toasted.
- 3 Add** broth. Bring to a boil, then reduce heat to low and simmer for 15 minutes. Add lentils and kale and cook for another 15-20 minutes. If reheating later, add more broth/water as needed.