



Farm to School Goes Home

First Week of November



LOCAL FOOD RECIPE

Sweet Potato Apple Sauce

Home Recipe: 4 servings

- 1/2 local sweet potato, peeled and chopped
- 2 local apples, peeled and chopped
- 1/2 handful old fashion oats
- 1/2 handful raisins
- 1 Tbsp honey
- 1 tsp cinnamon
- 1 cup water
- ice

Steps

1. Put all ingredients into blender and blend until well combined. The consistency should be that of applesauce. Enjoy!



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GARDENING IDEAS FOR PARENTS AND KIDS

Grow a Sweet Potato

Historically, people grew sweet potato vines as houseplants. In addition to making delicious edible roots, the plants have beautiful leaves. You and your child can easily produce a sweet potato plant at home! To sprout a sweet potato, cut a sweet potato in half and stick toothpicks into the potato about halfway up the piece. Place the potato in a small glass so that the toothpicks rest on the container's rim. Fill your jar or glass with enough water so that it covers the bottom half of your sweet potato. Put it on a sunny windowsill and change the water every couple of days. It may take a few weeks or even a month before you see sprouts, but once they start, the vines and roots grow quickly. Once the plants get bigger, you can eat the leaves and shoots when they are tender and young. They have a mild, yet slightly spicy flavor, and are used extensively in recipes around the world.

Once your potato has sprouted, you can either continue to let it grow in water, or you can plant it in a pot or in your garden. You can choose to treat the vine like a houseplant or grow the plant to produce sweet potatoes. Whichever way you want to grow it, you will need to plant the "slips." Slips are the sprouts that grow out of the sweet potato. You can carefully remove the slips from the your sweet potato and plant them into the garden or into a container with the stem under the soil and leaves above the soil.



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Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).

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