



Farm to School Goes Home

Fourth Week of November



LOCAL FOOD RECIPE

Slow Cooker Sweet Potato with Applesauce

Home Recipe: 4 servings

- 6 medium sweet potatoes
- 1 1/2 cups applesauce
- 1 tsp cinnamon
- 1/2 cup chopped nuts

Steps

1. Cut up sweet potatoes into cubes, and place in slow cooker.
2. Place remaining ingredients, except nuts, on top of the sweet potatoes.
3. Cover and cook 6-8 hours, on the low setting, until potatoes are tender.
4. Sprinkle with nuts. Enjoy!



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GARDENING IDEAS FOR PARENTS AND KIDS

Sweet Potato Tasting

This week help your child put on a raw sweet potato tasting for family, neighbors, or friends. First, look up sweet potato facts with your child. The more your child feels and is recognized by others as a "vegetable expert" the more likely they're going to be to eat vegetables they wouldn't otherwise try. A few fun sweet potato facts are: George Washington Carver, a famous scientist, developed 118 products from sweet potatoes including glue for postage stamps. Sweet potatoes are the official vegetable for North Carolina. North Carolina is the leading producer of sweet potatoes in the United States, producing around 40% of the national supply. Once you've collected fun facts to share, it's time for the tasting. To put on a sweet potato tasting, just wash and peel a sweet potato and then cut it into thin sticks. The sweet potato will look and taste a bit like a carrot. Offer the sweet potato to friends and family and ask them what they think about the snack. Once everyone has a taste, reveal that they are eating raw sweet potato. If you'd like, try offering carrot and sweet potato tastes side-by-side. Which do participants like more?



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