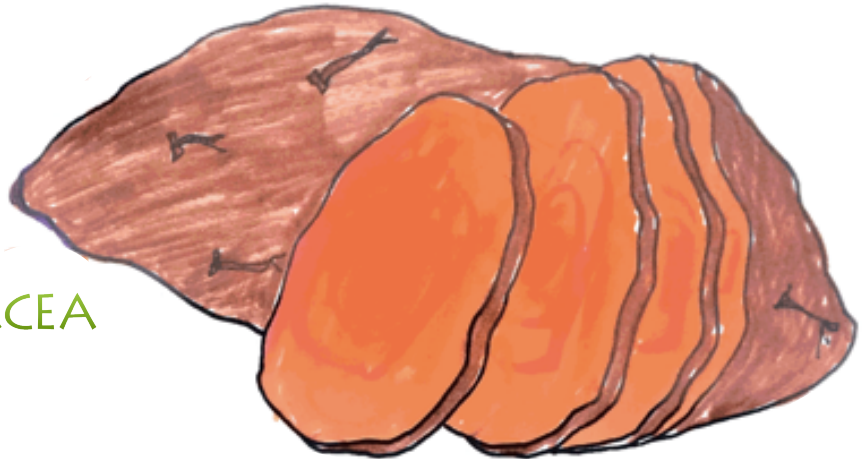


LET'S EXPLORE: SWEET POTATOES!



PATH TO PANACEA



FUN FACTS

- You can eat the whole plant! Sweet potatoes are a root.
- Native Americans were growing sweet potatoes when Columbus arrives in 1492.
- They are very nutrient dense, packed with vitamins A & C, calcium and potassium
 - Vitamin A helps you see clearly, its good for your eyes.
 - Vitamin C keeps your immune system healthy.
 - Potassium helps your heart and muscles work better.
 - Calcium is important for healthy bones.
- Sweet potatoes are roots where as potatoes and yams are tubers (underground stems).

SEASON

Harvested in fall, but available through winter, spring, and summer

STORAGE

in a cool dark place

SELECT

choose potatoes that are firm with dark skin

RECIPE FOR SWEET POTATO PANCAKES

Ingredients:

- 1/2 cup potatoes (mashed)
- 2 pastured eggs
- Pinch of salt, ginger, allspice
- Butter or coconut oil for pan frying

Instructions:

- Whisk or mash together sweet potatoes and egg
- Scoop out mixture into pancake sized rounds
- Pan fry for 3-5 minutes in butter or coconut oil.