**Nutrition Info**
One medium sweet potato has 100 calories.

Sweet potatoes provide vitamins A & C, fiber and potassium.

**Fun Facts**
China is the largest grower of sweet potatoes, although many farmers in the Coulee Region grow them too! Sweet potatoes are the official vegetable of North Carolina!

Sweet potatoes are commonly confused with yams. Yams are very large and found mostly in Asia and Africa.

Sweet potatoes are roots, where as regular potatoes are tubers, or underground stems.

Our first president, George Washington, grew sweet potatoes on his farmland in Virginia!

**Uses**
Sweet potatoes can be baked whole, grilled, steamed, boiled, roasted, microwaved or sautéed! Microwaving sweet potatoes takes less time than regular potatoes – so keep an eye on it!

Sweet potatoes can also be added baked goods such as muffins, cakes and quick breads.

Serve mashed or baked sweet potatoes with a little butter and cinnamon.

**Family Friendly Activities**
Identify the places mentioned in this newsletter on a map: Virginia, North Carolina, China, Africa and your hometown!

Compare regular potatoes with sweet potatoes – consider how they grow, which part of the plant you eat, and the taste and texture!
Sweet Potato Chips 3 Ways

Serves 4

**Ingredients:**
- 2 sweet potatoes, about ½ pound each
- 1 Tbsp. olive oil
- 1 tsp. salt

**Seasoning Options**
- Option 1: ½ tsp. garlic powder & ¼ tsp. rosemary
- Option 2: ½ tsp each: basil, oregano, parsley, garlic powder
- Option 3: ½ tsp. cinnamon

**Directions:**
Preheat oven to 400 degrees. Wash potatoes and slice evenly; about 1/8 inch thick. Drizzle with olive oil & sprinkle with salt and seasonings; toss to coat. Place potatoes in a single layer on a cookie sheet covered in parchment paper. Bake until light brown and tender-crisp (about 15-30 minutes).

For more information on Farm2School visit: www.laxf2s.org