

# freshpick review

## Experience The Magical Goodness of SWEET POTATOES



Sweet Potatoes, which should not be confused with regular potatoes, are smooth with skins that can vary in color depending on the variety ranging from light yellow to pink to red and orange. Sweet potatoes are the root of the plant, while regular potatoes are actually the underground part of the stem. The Native Americans were already growing sweet potatoes when Columbus came to shore in 1492, making them as American as apple pie.

Sweet Potatoes can be baked, boiled, broiled, stuffed, steamed, stir-fried, microwaved or even served raw. They are the perfect complement to pork, poultry or fish, and can be used in baked goods such as moist breads, pies, custards and cakes due to their naturally sweet flavor. For the most nutritional value and the greatest flavor, always select sweet potatoes with a deep orange color and use them within a week or two after purchase.

## Nutrition NOTES

Sweet Potatoes are among the most nutritious foods in the vegetable kingdom, offering a variety of healthy essentials such as Vitamins A and C, fiber, potassium, copper and manganese. Current research has also found that these root veggies may also be a good choice for someone on a diabetic diet, playing a role in stabilizing and lowering blood sugar. Sweet Potatoes are a good source of dietary fiber, which helps to promote a healthy digestive tract, and they are virtually fat and cholesterol free.

The *Fresh Pick Review* is an informative newsletter designed to provide a variety of interesting facts, figures and health benefits as they relate to our featured **Fresh Pick** item of the month. We hope you enjoy this newsletter and if you have any feedback on how to make our *Fresh Pick Review* even better, please email your suggestions or comments to [freshpick@ideaworksfoodmarketing.com](mailto:freshpick@ideaworksfoodmarketing.com).

## Did You KNOW?

- North Carolina is the leader in sweet potato production, supplying the US with 40% of their sweet potatoes.
- Sweet potatoes grown in Louisiana are commonly referred to as “yams.”
- Sweet potatoes are an important source of beta-carotene and have consistently shown to reduce the risks for certain types of cancer.
- Both Louis XV’s and Empress Josephine’s fondness of the sweet potato encouraged two short periods of popularity for this veggie in the late 18th and early 19th centuries.
- Yams can grow up to 100 pounds!





## Let's Get Cooking

### HERB ROASTED VEGETABLES (SERVES 4-6)

#### INGREDIENTS:

- 3 medium sweet potatoes, washed (about 2 pounds)
- 1 red pepper
- 1 yellow pepper
- 1 red onion
- 1/2 lb asparagus
- 8 cloves garlic, coarsely chopped
- 3 tablespoons fresh rosemary, chopped (or 3 teaspoons dried and crushed)
- 2 tablespoons fresh thyme (or 2 teaspoons dried leaves)
- 2 tablespoons olive oil
- 1/2 teaspoon salt

#### NUTRITION FACTS:

281 calories, 6g fat, 248mg sodium

#### DIRECTIONS:

1. Cut sweet potatoes in half lengthwise and then into 1/2" slices. Cut peppers and onions into 1"x 2" wedges. Cut asparagus into 1" lengths.
2. Put all of the vegetables in a large bowl.
3. Add garlic, rosemary, thyme and olive oil and stir to distribute seasonings.
4. Spread vegetables evenly on a cookie sheet and sprinkle with salt.
5. Bake in 500°F oven for 18-20 minutes.

Source: North Carolina Sweet Potato Commission

## By The NUMBERS

**2** The number of varieties of **SWEET POTATOES**; the pale yellow with a dry flesh and the dark orange with a moist flesh.

**118** THE NUMBER OF PRODUCTS **GEORGE WASHINGTON CARVER** IS SAID TO HAVE CREATED FROM SWEET POTATOES.

freshpick  
for better health  
by sodexo

# For The RECORD



## LARGEST POTATO PIE

**WHO** District Municipality of Carmen de la Legua Reynoso

**WHERE** Peru

**WHEN** July 16, 2004

**DETAILS** The largest potato pie weighed 5.37 tons (11,858 lb) and was made by the District Municipality of Carmen de la Legua Reynoso and displayed in the main square of Miguel Grau Seminario, Carmen de la Legua Reynoso, Callao, Peru on 16 July 2004.



## It's All HISTORY

Sweet potatoes were grown in Peru as early as 750 BC. In 1543, Spanish explorers found sweet potatoes growing in "Indian Gardens" in what is known today as the state of Louisiana. The sweet potatoes were also cultivated in the Carolina area of North America before European colonization. The sweet potato was an essential food for all the colonies, for it helped fight hunger for many of our ancestors. During the trying times of the Revolutionary and Civil Wars, it was a staple food. It was given to children for combating childhood nutrition diseases. It also became a substitute for coffee during times of shortages in the Southland. The sweet potato was ranked second among vegetable crops in the United States in the early days of this century. It became associated with hard times to those who lived through the war. Because of this, sweet potatoes have lost their prominent position on the dinner tables of North America, with per capita consumption at only 5.3 pounds per year.