

FEATURING... SWEET POTATOES

There are three weeks left of 3Acres, Tastebuds' Local Harvest Program. Right now in Hamilton, we're able to enjoy local food that was preserved when it was in season – like frozen blueberries, apples and pears from cold storage, and sweet potatoes.

Tastebuds sources local sweet potatoes and sweet potato cookies from Bob and Juli Proracki at Round Plains Sweet Potato Plantation in Waterford, **52 km** from the Tastebuds Hub.

If you haven't tried them yet, check the sweet potato cookies out! Juli bakes them herself in their farm kitchen. The cookies were specially developed for student nutrition programs and are a local way to offer a serving from the Grain food group during your program.

Thank you for your participation and continuous support in sprouting healthy relationships with food!

DID YOU KNOW?

- Sweet potato is believed to have originated in Central and South America and possibly Polynesia many thousands of years ago.
- Christopher Columbus discovered sweet potato when he came to the Americas in the 1500's. He took the sweet potato back to Europe but it never became very popular. Europe also didn't have the right climate for growing sweet potato.
- Sometimes sweet potato and yam are considered to be the same thing, but in fact they come from very different plants. So next time you hear someone saying that they are the same thing, be sure to correct them.
- Like carrots, sweet potatoes are high in Vitamin A. Some developing countries have used sweet potatoes to fortify foods so that people get their Vitamin A, in order to improve and prevent night blindness.
- Sweet potatoes are not just high in Vitamin A but also contain other minerals and vitamins. Try to include them in your meals if you don't already do so. They are very nutritious (and delicious!).

NUTRITION FACTS

- Sweet potatoes are part of the Vegetables and Fruit food group in Canada's Food Guide. A serving is ½ cup (125 mL) or ½ a medium potato.
- Canada's Food Guide recommends we eat one orange vegetable, like sweet potato, every day.
- Sweet potatoes are high in Beta-Carotene (a special kind of Vitamin A) and Vitamin C, which help your immune system fight disease.
- A medium sweet potato with the skin on has 4 grams of fibre.

WHEN ARE SWEET POTATOES IN SEASON?

MAY JUN JUL AUG SEPT OCT NOV DEC



Nutrition Facts

Serving Size 200 g

Amount Per Serving	
Calories 180	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 72mg	3%
Total Carbohydrate 41g	14%
Dietary Fiber 7g	26%
Sugars 13g	
Protein 4g	
Vitamin A 769%	Vitamin C 65%
Calcium 8%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

!nutritionData.com

RECIPE - TRY IT AT HOME!

GRILLED SWEET POTATOES

INGREDIENTS

- Sweet potatoes
- 1-2 Tbsp Olive oil
- Parsley
- Seasonings of choice: paprika, garlic powder, thyme, chili powder, or low sodium seasoning mix
- Maple syrup (optional)
- Dijon mustard (optional)

METHOD

1. Scrub, rinse and boil potatoes with skins on.
2. Cook until tender but firm. Let potatoes cool.
3. Slice potatoes in half lengthwise then into three or four wedges.
4. Brush the wedges with olive oil.
5. Add any seasoning you like: paprika, garlic powder, thyme, chilli powder, pepper or low-sodium seasoning mix.
6. Wrap in foil.
7. Grill (or broil in the oven) for about 6 minutes.
8. Top with chopped parsley and serve.

OPTIONAL: Whisk maple syrup with a little Dijon mustard together and brush on wedges during the last couple minutes of cooking.



TIP: Add these to wraps, low-sodium vegetable soups, or mix with couscous, frozen peas and canned chickpeas.

PROGRAM SPOTLIGHT

DAWN PATROL - BRIDGE PROGRAM

SERVES: 16 students daily

WHAT STUDENTS ARE EATING: Veggie tray with fresh carrots, kohlrabi, tomatoes and sweet potatoes for this veggie tray, delicious pasta sauce using the tomatoes, garlic and herbs that from Heart's Content to add some exciting flavors to our dish! We also had fresh apples and pears to eat or make apple bread or apple and pear cobbler for them as a special treat!

LINDY BURLINGHAM, PROGRAM COORDINATOR: "The students enjoyed tasting the difference between the fresh locally grown fruits and vegetables compared to the pre-packaged items sold in the grocery store. The most noticeable difference for them was the carrots. They really were amazed at the difference in the taste between the store bought carrots and the carrots delivered from ManoRun Farm! It was also great for them to be able to try new things without having to worry about spending their own money, just in case they didn't like it. They tried kohlrabi (which was a HUGE hit) and they couldn't get enough of the sweet potato cookies....we could never keep our tray full of these!"

"It is very important for Bridge to have access to local fresh foods as most of our students live independently or come from low income homes. They must budget their monthly food expenses and would not be able to afford to purchase locally grown foods instead buying the cheaper less tasty pre-packaged fruits and vegetables or going without these because of their cost. Our students often eat only what we serve them throughout the day and therefore serving them the freshest and most nutrition-rich items is vital for them to maintain healthy diets.

We absolutely loved participating in the 3Acres program and look forward to see what we can purchase and offer our students this year!"



Co-coordinator of the Bridge Program, Moe Guernard, working in the compost pile at ManoRun Farm.

FOR SNP'S!

Cooked Sweet Potato Bowls

REQUIRED TOOLS:

Fork, knife, microwave, spoons, and plates/napkins for serving.

METHOD:

- Scrub, rinse, then prick sweet potatoes with a fork.
- Microwave on high for 10-12 minutes, until tender.
- Let cool.
- Slice in half and serve to students on a plate or napkin with a spoon.

JOKES

Why do potatoes make good detectives?

Because they always keep their eyes peeled.

What do you call a stolen yam?

A hot potato.

What do you get when you cross a potato and an elephant?

Mashed potatoes.

HOMEGROWN HERO ROUND PLAINS PLANTATION

Round Plains Plantation is a sweet potato farm and bakery operated by Bob and Juli Proracki. They grow non-GMO soya beans, organic sweet potatoes, butternut squash, garlic, spelt and rye.

Farming is in the Proracki family, but it wasn't food they were farming at first. Back in 1930, Bob's grandfather started growing tobacco. About fifty years later, Bob decided to follow in his grandad's footsteps and started farming tobacco too. It was at the turn of the millennium that Juli and Bob switched to sweet potatoes: they started the Round Plains business and stopped growing tobacco.

What is the Proracki's favourite way to eat a sweet potato? Roasted! Cut them into large wedges, mix in some coconut oil and sprinkle sea salt on top. (You could also try adding Montreal steak spice or curry powder). Roast them in the oven for about an hour. They're also good barbecued.

The Round Plains bakery uses sweet potatoes to create delicious desserts such as tarts, cookies and muffins (including gluten and dairy free options!)

What the Proracki's like about farming:

- To be close to nature
- Working hard to survive
- Enjoy growing healthy foods for others to eat like the perfect food which sweet potatoes are
- Being a part of a small world service to others which must come alive again in a new way

Round Plains Plantation

Phone: (519) 443-5847

Location: #8 Townsend Rd. 7

Mailing Address: R.R. #4, Waterford, ON N0E 1Y0

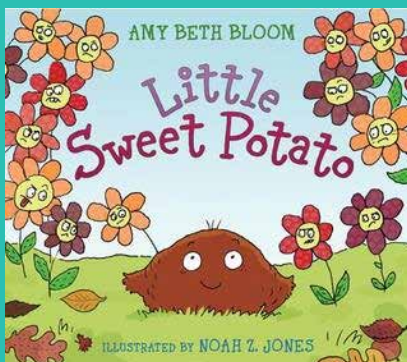
<http://www.ontariosweetpotato.com/>



PHOTOS BY YOUSIF HADDAD

BOB AND JULI

RECOMMENDED READING




LITTLE SWEET POTATO BY AMY BETH BLOOM


When Little Sweet Potato rolls away from his patch, he is forced to search for a new home. He stumbles upon some very mean plants on his journey and begins to wonder if maybe he is too lumpy and bumpy to belong anywhere. Will Little Sweet Potato ever find a home that's just right for him?

Available at Hamilton Public Library

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