

Harvest of the Month

November Sweet Potatoes



Nutrition Info

One medium sweet potato is only about 100 calories. Sweet potatoes provides vitamin A, C, fiber, and potassium. Eat sweet potatoes with the skin on for the best nutrition!

Fun Facts

Sweet potatoes are the official vegetable of North Carolina! Sweet potatoes are commonly confused with yams. Sweet potatoes are roots, where as regular potatoes are tubers, or underground stems. Our first president, George Washington, grew sweet potatoes on his farmland.

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 to baked goods such as muffins, cakes and quick breads. Serve mashed or baked sweet potatoes with a little butter and cinnamon.

Family Friendly Activity

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

Baked Sweet Potato Fries



Ingredients

- sweet potatoes – 1 per person
- 2 tsp. constarch per large potato
- 1 Tbs. **olive oil** per large potato
- **spices:** cinnamon-sugar or salt, cayenne, curry, pumpkin pie spice, garlic – anything you please

Instructions

1. Preheat oven to 400°F (204°C). Line a large baking sheet with parchment paper or a silicone baking mat. Set aside.
2. Wash and peel the potatoes. Cut off the ends. With a ***very*** sharp knife, cut the potatoes into thin slices about 1/4 inch wide. Place in a large bowl or ziplock bag and toss with cornstarch. You want a nice thin coating. Pour the potatoes into a strainer to get rid of any extra cornstarch. Discard the extra cornstarch out of the mixing bowl too. Place potatoes back into the bowl and add the olive oil and seasoning(s) of choice.
3. Line the sweet potatoes onto the baking sheet. Try not to crowd them or else they won't bake, they'll just steam. Bake for 15 minutes. Remove from the oven and flip. Place back into the oven for 10-15 more minutes. Make sure to rotate the pan to avoid uneven browning. Don't fret if the edges are a little brown, they will taste more caramelized than burnt.
4. Turn the oven off and keep the fries inside as the oven cools down for about 30 minutes. This step will help the fries get crispier. Enjoy immediately.

*Recipe adapted
Sally's baking addiction website



JACKSON COUNTY

FARMERS MARKET

WE Grow It

2020 INDOOR WINTER MARKET

Located @ American Legion Hall
Hwy 54 West, Black River Falls, WI

SATURDAYS 9-NOON
NOV. 21 & 28
DEC. 12 & 19

WE'VE GONE VIRTUAL FOR 2020!

7TH ANNUAL THANKSGIVING DAY WALK/RUN,
SPONSORED BY JACKSON IN ACTION & KC FITNESS



GOBBLER GIVEBACK 5K

Help us continue the Gobbler Giveback tradition of getting some Turkey Day physical activity while supporting local non-profit organizations.

WHEN: ANYTIME NOVEMBER 26-29, 2020

WHAT: COMPLETE A 5K RUN/WALK/HIKE

WHERE: ANYWHERE! OUTDOORS OR INDOORS

Walk around your neighborhood, hike your favorite trail, or run in the comfort of your home. Maybe you will even be able to snowshoe or ski! Everything works. Just get up and be active this Thanksgiving weekend!

REGISTER AT:

<https://runsignup.com/Race/WI/BlackRiverFalls/GobblerGiveback5K>

Donations will be collected on the registration website, for Project Christmas, Jackson County Animal Shelter, and Jackson in Action.

Scan to register:



For more information, contact Kathleen Clemons at 715-299-0870.



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