



# Gleaning Sweet Potatoes



## Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

**Nutrition Facts:** 1 Large Sweet Potato, **Protein:** 2 g, **Fat:** .06 g, **Carbohydrates:** 26 g, **Fiber:** 4 g, **Sugar:** 5 g, **Calcium:** 39 mg, **Magnesium:** 32 mg, **Potassium:** 438 mg, **Vitamin C:** 3 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

**Recipe:** *Mashed Sweet Potatoes*

**Season:** *Fall/Winter*

**Ingredients:** 2 pounds sweet potatoes, peeled, quartered and sliced into bite-sized pieces, 4 Tbsp. unsalted butter, 3 Tbsp. heavy cream, 1 tsp. sugar, salt and pepper to taste

**Instructions:** 1. In a large saucepan with a lid, add the potatoes, butter, 2 tablespoons of the cream, sugar and salt and pepper to taste. Cook, covered, on low heat until very tender, about 35-40 minutes.  
2. Take the pan off the heat and add the remaining tablespoon of cream, then mash with a potato masher. Adjust the seasoning if necessary, then serve.

## Fun Facts:

- ★ President George Washington grew sweet potatoes on his farm in Mount Vernon, Virginia.
- ★ Sweet potatoes are a good source of fiber when eaten with the skin.
- ★ Sweet potatoes are roots (regular potatoes are tubers - underground stems).
- ★ North Carolina is the leading producer of sweet potatoes in the U.S., producing about 40% of the national supply.

Source: [sweetpotatoes.com/About/SweetPotatoFacts.aspx](http://sweetpotatoes.com/About/SweetPotatoFacts.aspx)

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