



Sweet Potatoes

THE ORGANIC BOX NEWS

Issue #76, December 14th, 2011

Holiday Hours

We will be open through the holidays this year, but with a slight change in hours on December 24th and 31st. **Members who normally pick up their boxes on Saturday, please come to the warehouse by 11 a.m. instead of by 1 p.m. on these days.** Deliveries will continue as usual from December 22nd to 24th and from December 28th to 30th. You can also pickup your box on Friday if that suits you better.

We would also appreciate knowing as soon as possible if you won't be getting a box from us over the holidays. We are making special arrangements with our producers to get the products over the holidays and our orders will be in earlier than usual so accurate numbers will help us reduce wasted food.

Sweet Potatoes – a Holiday Favourite

Sweet potatoes can be used in a wide variety of dishes. Try cooking them with savouries such as cinnamon, honey, lime, ginger, coconut or nutmeg.

Baking: Try **sweet potato bread**, loaves or muffins.



Recipe suggestion:
<http://lepetitbrioche.blogspot.com/2010/12/sweet-potato-bread.html>

Breakfast foods are a great choice for the versatile sweet potato. Try **sweet potato pancakes** or **hash browns**.



Believe it or not, they are also fantastic in **sweets** such as cakes.

Sweet potato coconut cake recipe:
<http://www.evishenanigans.com/2011/11/sweet-potato-pecan-coconut-cake/>



Finally, try this delicious **stuffing recipe** of sweet potato, cranberries and diced sweet apples:

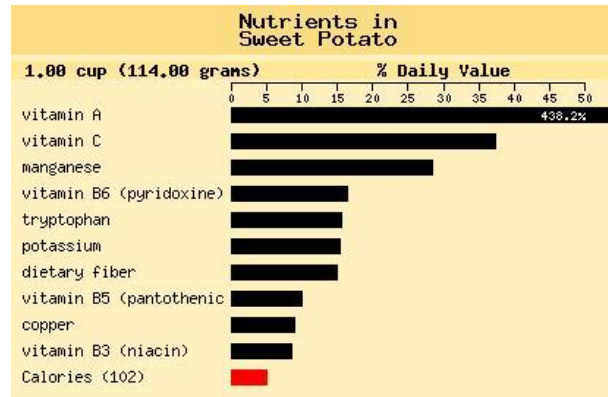
<http://www.familyfreshcooking.com/2010/11/18/stuffing-with-sweet-potatoes-cranberry-recipe/>

Nutritional Information

With organically grown sweet potatoes, you can eat the whole potato, both the flesh and skin. Steaming the potato will bring out the flavour, while maximizing the nutritional value.

Sweet potatoes are a bit misunderstood. Because they are a root vegetable, many people believe that they are starchy and will cause spikes in blood sugar levels. Believe it or not, one of the fascinating things about sweet potatoes is their ability to actually improve blood sugar regulation—even in persons with Type 2 Diabetes (Source: World Health Organization).

Orange-fleshed sweet potatoes are an excellent source of beta-carotene and Vitamin A. They also have anti-inflammatory health benefits, ample potassium, Vitamin C, Vitamin B6, riboflavin, copper, pantothenic acid and folic acid.



<http://whfoods.org/genpage.php?tname=foodspice&dbid=64>

There are so many fabulous things that you can do with this sweet tuber. Enjoy it always, but especially over the holidays.

The Organic Box
3620 98 Street
Edmonton, AB
T6E 1G6

Tel: 780 469-1900
Fax: 780 469-1971
Email: info@theorganicbox.ca
www.TheOrganicBox.ca