



"We learn from our gardens to deal with the most urgent question of the time: How much is enough?"

~Wendell Berry~

## History of the Sweet Potato

It is believed that the sweet potato has its origins in Central America where it was domesticated thousands of years ago. Christopher Columbus has been documented taking back the first sweet potato to Europe after his voyage in 1492. By the late 16<sup>th</sup> century the sweet potato made it to China, and then spread through to Asia and Africa by the 18<sup>th</sup> centuries.

The sweet potato is in the Morning-glory (*Convolvulaceae*) family. The sweet potato is actually quite different from a true yam (in the Lilly family), but many people today use both words interchangeably. Yams are starchier and drier than sweet potatoes.

George Washington Carver developed 118 products from the sweet potatoes, including glue for postage stamps and starch for sizing cotton fabrics.

Sweet potatoes are North Carolina's official state vegetable. North Carolina is the leading producer of sweet potatoes in the United States, producing about 40 percent of the national supply.

China grows about 80 million tons of sweet potatoes each year, Africa produces about 14 million tons, Central and South America churn out about 2 million tons and the United States harvests about 1 million tons.

Sweet potatoes are not always orange-fleshed on the inside but can also be a spectacular purple color, or even white. Sweet Potatoes are really healthy for you. They contain a lot of Vitamin A, C, manganese, and also fiber.



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## This week's CSA share contains:

- Broccoli
- Kale
- Stir-Fry greens mix
- Rainbow Carrots
- Spaghetti Squash
- Cherry Tomatoes
- Lettuce Mix
- Sweet Potatoes
- Habanero Pepper
- Krimzon Lee Pepper
- Bell Pepper



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Here is a recipe that incorporates sweet potatoes, kale, broccoli, and habanero pepper from this week's CSA share!

## Sweet Potato, Kale and Broccoli Lentil Dahl

Total Time: 60 mins.

Servings: 2



### Ingredients

- |   |                                   |
|---|-----------------------------------|
| 1 Tbsp. sesame oil                            | 1 onion, finely chopped           |
| 1 garlic clove, crushed                       | ½ habanero pepper, finely chopped |
| 1 ½ tsp. ground turmeric                      | 1 ½ tsp. ground cumin             |
| 2 sweet potatoes, cut into even ½ inch chunks | 2 ½ cups of vegetable stock       |
| ½ lb. red lentils                             | 1 handful broccoli, chopped       |
| 1-inch piece of ginger, grated                | 1 bunch kale, chopped             |
| 1-cup dry grain of your choice, cooked        |                                   |

### Preparation

1. Heat oil in a wide-based pan with a tight-fitting lid. Add the onion and cook over a low heat for 10 minutes, stirring occasionally, until softened. Add the garlic, ginger and habanero and cook for 1 minute. Add the spices and then cook for another minute.
2. Turn up the heat to medium, add the sweet potato and stir everything together so the potato is coated in the spice mixture. Add the lentils and stock. Bring the liquid to boil, then reduce the heat, cover and cook for 20 minutes. Until the lentils are tender and the potato is just holding its shape. Add the broccoli for the last 5 minutes of cooking.
3. Taste and adjust the seasoning, then gently stir in the kale. Cook for a few minutes until the greens are just wilting. Serve warm over your grain of choice.