

# Sweet Potatoes

The sweet potato is a member of the morning glory family and has its origins in the American West Indies. These lush, vining plants spend the summer collecting and funneling energy into their roots, culminating in a fall crop of beautiful, bronze tubers. The sweet potato's rich and creamy orange flesh and earthy, sweet flavor is incredibly versatile, lending itself to both sweet and savory dishes.

## STORAGE

Keep unwashed sweet potatoes in a cool, dark place, such as a loosely closed paper bag in a cupboard or cool basement, and use them within a two to three months. Do not store in the refrigerator; cold temperatures can darken sweet potatoes and adversely affect their taste.

## HANDLING

Scrub sweet potatoes gently before cooking. Peeling is a matter of preference. If you will be puréeing or mashing sweet potatoes, bake or boil them whole and then remove the skins.

## Sweet Potato, Broccoli, and Tomato Stew

Make this tasty, one-pot vegetable stew and you'll have dinner on the table in no time and with little mess. Put your kids or even your dog on this simple project and go relax—dinner will be served within the hour no matter what. This stew will go well with your favorite corn bread. *Angelic Organics Kitchen.*

Serves 4

2 tablespoons olive oil  
1 large onion, sliced  
4 cloves garlic, thinly sliced  
1 28-ounce can stewed tomatoes  
2 cups cooked or canned garbanzo beans, drained  
1 1/2 cups chicken or vegetable stock or water  
3 medium sweet potatoes (about 1 pound), cubed  
1 medium head broccoli, cut into large chunks (about 2 cups)  
salt  
freshly ground black pepper

1. Heat the oil in a soup pot over medium heat. Add the onion; cook until soft, about 5 minutes. Stir in the garlic and cook for 1 more minute.

2. Add the tomatoes, garbanzo beans, stock, and sweet potatoes. Simmer, partially covered, for 15 minutes. Add the broccoli, cover, and simmer until the sweet potatoes and broccoli are tender, about 5 minutes. Season with salt and pepper to taste.

## Sweet Potato Pancakes

Serve these for breakfast or as a side dish. Small, even tiny, pancakes, topped with spicy pineapple salsa or something creative of your choosing, make ideal hors d'oeuvres. *Friend of the Farm.*

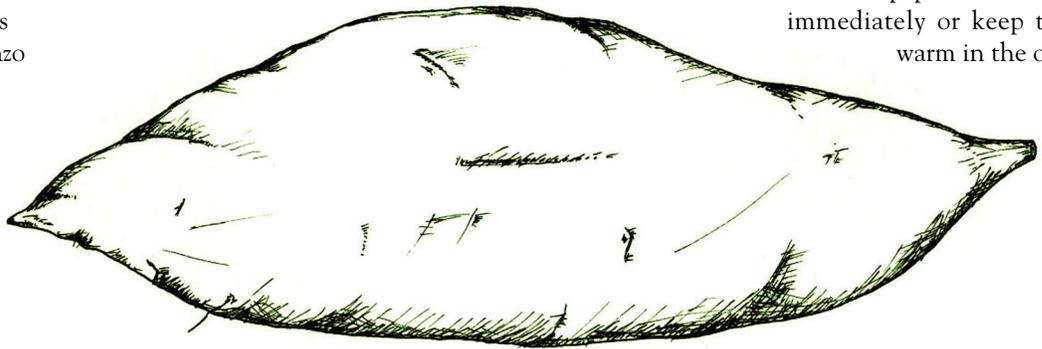
Makes about twenty 3 1/2- to 4-inch pancakes

6 medium sweet potatoes (about 2 pounds), peeled and grated  
1 medium red onion, thinly sliced or finely chopped  
1 cup all-purpose flour  
3 large eggs, lightly beaten  
3 tablespoons olive oil  
1/2 cup milk  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1/2 cup vegetable oil

1. Combine the sweet potatoes and onion in a large bowl. Add the flour, eggs, and olive oil; mix well. Stir in the milk, salt, and pepper.

2. Heat the vegetable oil in a heavy skillet over medium heat. Test the heat by dropping a small amount of batter in the pan—if the oil immediately bubbles up around the batter, it has reached the proper temperature. Be careful not to let the oil overheat and smoke.

3. Using a ladle, 1/2 cup measuring cup, or large spoon, drop the pancake batter into the hot oil and then lightly press it into a pancake shape with a spatula. Cook until pancakes are golden brown on the bottom, about 5 minutes, then flip them and cook until brown on the other side, 5 minutes. Remove pancakes and drain on paper towels. Serve immediately or keep them warm in the oven.



## Overheard

I had a ginger snap yesterday, and it was so much better than any ginger snap I had ever had before that I announced to the table that if anyone there ever found a lover as much better than other lovers as this ginger snap was better than other ginger snaps, then that lover was a soul mate.

Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at [www.AngelicOrganics.com/cookbook](http://www.AngelicOrganics.com/cookbook).

