

Week 14



We hope you truly enjoyed your HeartBeet Farms CSA experience!

Week 14 is here!! We can't believe it! This week we are featuring sweet potato soup. Our main crop of Japanese sweet potatoes is not ready as of yet. However, we had enough orange sweet potatoes to prepare your last soup for the 2017 CSA! Our main crop of sweet potatoes will be ready shortly and can be purchased at our various mobile farm stand locations. You can check out our calendar for details on where to find us! Sweet potatoes are an excellent source of vitamin A (in the form of beta-carotene) and a great ingredient for many recipes. Nothing 'beets' a baked sweet potato though! Enjoy! We will miss seeing you!

Peace, Love & Sweet Potatoes, Ann & Jen

Weekly Soup or Sauce: Sweet Potato Soup

Ingredients

- Sweet Potatoes
- Organic coconut oil
- Onion
- White pepper
- Fresh nutmeg
- Veggie stock

*Soups prepared by Jason's Food Service Group & Catering

What else is included in your box this week?

- Leeks
- Tomatoes
- Peppers?
- Green Cabbage?
- Eggplant – all varieties
- Spaghetti Squash
- Butternut squash
- Patty Pan Squash
- Arugula
- Herbs

Recipe Idea...

Roasted Patty Pan Squash

Check out the recipe @ heartbeetfarms.com/blog

YAMS vs. SWEET POTATOES – WHAT'S THE DIFFERENCE?

Both are tuberous root vegetables that come from a flowering plant, but they are not related and actually don't have much in common. Yams are native to Africa & Asia. They are related to lilies, and can be as small as a regular potato or jumbo in size (some grow five feet long!). Yams have a cylindrical shape with blackish or brown, bark-like skin and white, purple or reddish flesh. Compared to sweet potatoes, yams are starchier and drier. True yams can be tough to find. They aren't carried in many local grocery stores. They may be found in international & specialty markets.

There are many varieties of sweet potatoes, which come from the morning glory family. Skin color can range from white and yellow to red, purple and brown, while the flesh can be white, yellow, orange or even orange-red. These vegetables have an elongated shape with tapered ends.