



CORPUS CHRISTI PRODUCE COMPANY, INC.

October 2018



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Sweet Potato fries, Sweet Potato pies, and Sweet Potatoes with marshmallows on top; however you slice them, Sweet

Potatoes are a fall favorite. This popular tuber is believed to have originated in South America and parts of Polynesia as far back as 1,000 AD. There are many varieties of Sweet Potatoes, which come from the morning glory family. In fact, there are over 400 varieties of Sweet Potatoes. Skin color can be white, yellow, red, purple,



or brown, while the flesh can be white, yellow, orange, or even orange-red. These vegetables have an elongated shape with tapered ends. Among the numerous varieties of Sweet Potatoes grown in the U.S., there are two major types. Firm Sweet Potatoes, which have golden skin and paler flesh. Soft Sweet Potatoes, which have copper skin and orange flesh. The two types of Sweet Potatoes cook differently. Firm Sweet Potatoes still remain firm and a little waxy after cooking, while the soft variety becomes creamy and fluffy. As you may have seen at the grocery store, it is common to see the orange variety labeled as a Yam. It turns out, when the softer (orange) variety started getting mass imported and produced in the US, they needed a different marketing term for it, so they called it a Yam, but they are just a variety of Sweet Potato. True Yams have a bark-like skin and are firm when cooked. If you are looking for these, you can possibly find them in Asian or African international markets.

SWEET POTATOES VS YAMS



The Sweet Potato root matures in two to nine months. Sweet Potatoes grow best in tropical, temperate weather and they do not tolerate frosts or droughts. Even though they are weather-sensitive, however, under the right conditions, Sweet Potatoes are easily grown, as they have few natural enemies and require very little fertilizer. They are sown using vine cuttings, rather than seeds, and are easy to plant. North Carolina is the leader of Sweet

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Potato production in the United States, and globally, China takes first place. According to the USDA, North Carolina harvested nearly 95,000 acres of Sweet Potatoes in 2016, nearly 30,000 more acres than California, Louisiana and Mississippi combined – also top producing states. While Sweet Potatoes are best known for their root, the leaves and shoots are also edible. In Korean cuisine, the Sweet Potato starch is used to make cellophane noodles and in South America, red Sweet Potatoes are combined with lime juice to make a dye for cloth. Sweet Potatoes are a rich source of fiber as well as containing a good array of vitamins and minerals including iron, calcium, selenium, and they're a good source of most of our B vitamins and vitamin C. One of the key nutritional benefits of Sweet Potato is that they're high in an antioxidant known as beta-carotene, which converts to vitamin A once consumed.



“Recipe of the Month” BAKED SWEET POTATO WEDGES



- 2 large Sweet Potatoes, peeled (or unpeeled, if you like skin) and cut into wedges
- 2 1/2 tablespoons olive oil
- 1 1/2 teaspoons salt
- 1 teaspoon sugar
- 1 tablespoon Italian seasoning
- 1/2 teaspoon black pepper

Instructions:

1. Preheat oven to 450 degrees (F). Line a large baking sheet with tinfoil; place baking rack onto prepared baking sheet; set aside.
2. Peel the Sweet Potatoes (if preferred) and cut off the pointy ends. Cut each piece into wedges.
3. Place the wedges in a large bowl, then add in the olive oil, salt, sugar, seasoning, and black pepper. Mix well, making sure each wedge is coated with oil and spices.
4. Arrange the wedges in a single layer on the prepared baking sheet. Bake for 30 minutes, then turn on the broiler and bake for another 3-5 minutes, or until they're well browned and crispy. Keep an eye on them, can burn in broiler.

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A Tradition of Excellence

We are proud to announce that Corpus Christi Produce Company, Inc. is a BBB Accredited Business.

We work hard to provide the best service and product to our customers, and continue to strive for excellence and to maintain our A+ rating.

It is our pleasure to serve the Coastal Bend and surrounding areas. We appreciate your business and trust.

Let us know how we can help you.



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