

ROLLING PRAIRIE

notes from rolling prairie farmers alliance

WEEK OF OCTOBER 5
2009

Coming Up

Sweet Potato Oven Fries



From *Simply in Season*, Mary Beth Lind and Cathleen Hockman-Wert

4 medium sweet potatoes 2 tablespoons oil

Scrub and dry potatoes (peeling is optional). Cut into thin sticks or wedges and place in large container with a tight lid. Pour oil on potatoes, cover, and shake to thoroughly coat fries with oil.

1/2 teaspoon salt

Sprinkle on fries and mix, along with a seasoning option below if desired. Spread fries in a single layer on baking sheets. Bake in preheated oven at 425 degrees until golden brown and fork tender, 30-45 minutes, stirring and flipping fries every 5-10 minutes. Serve immediately.

Greek-style fries:

2 tablespoons lemon juice
1 teaspoon dried oregano
1/4 teaspoon pepper
2 cloves garlic (minced)

Time to start thinking about next year! If you want to join Rolling Prairie again next year, fill out the form on the back.



MICHAEL POLLAN :
IN DEFENSE OF FOOD

FOOD FOR THOUGHT

EAT FOOD * NOT TOO MUCH * MOSTLY PLANTS

SWEET! SWEET POTATOES

It's time to start digging sweet potatoes, so you should see these delicious tubers as an item for your bag increasingly as we move through October.

What makes sweet potatoes extra sweet is their nutritional value. Not only are these delicious treats naturally high in vitamins A, B6, and C, they also excel in potassium, fiber, and alpha- and beta-carotene antioxidants.

Two researchers at Kansas State University, Soyoung Lim and George Wang, are investigating the even higher antioxidant properties of a specially bred purple sweet potato variety.

These purple sweeties have higher amounts of anthocyanin, which contributes to pigmentation in red, blue, and purple fruits and veggies. The pigments increase phenols in the food, which enhance their anti-aging and cancer-fighting properties.

K-State research has found that two chemical derivatives of anthocyanin dominant in the specially bred purple sweet potatoes -- cyanidin and peonidin-- "showed significant cell growth inhibition" in human cancer cells. Research continues, to find the exact mechanisms. (*Science Daily*, 6/30/09)



Rolling Prairie Farmers Alliance

2010 Early Enrollment

I'm interested in signing up for Rolling Prairie again next year. Please keep my name on file and contact me in the spring!

Name: _____

Address: _____

email: _____

phone: _____

Rolling Prairie site: _____

Interested in Lawrence Early Bird?

Other people we should contact? (please include name and email or postal address)