



Our Farm to School News

Featuring



GA Grown Collards

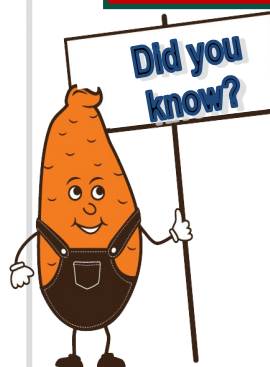
harvested from Baker Farms



Don't miss our
Southern Recipes

Coming Soon

Sweet Potatoes



*Sweet potatoes grow underground and love hot, moist temperatures like our Georgia climate.

*Sweet potatoes are in season in Georgia from August through November.

*Ocilla, GA is home to the annual Georgia Sweet Potato Festival that has been celebrated since the 1960s.

GET READY to SHAKE IT UP
With Georgia grown sweet potatoes

Scenes From Our Cast & Crew:



Amazing Cooks

Of Clayton County School Nutrition



Collard Greens Recipes

Traditionally, collards and other types of greens, are cooked with bacon fat or ham hocks, which adds too much fat and salt to the greens. To retain desired flavor with less fat and salt, try these variations on an old southern recipe.

Quick Collard Green Sauté:

Recipe courtesy of Paula Deen

- 1 large bunch collard greens
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1/2 teaspoon red pepper flakes
- kosher salt
- black pepper, ground
- 1/4 cup chicken broth

Wash the collard greens thoroughly. Remove the stems that run down the center by holding the leaf in your left hand and stripping the leaf down with your right hand. The tender young leaves in the heart of the collards don't need to be stripped. Stack 6 to 8 leaves on top of one another, roll up, and slice into 1/2-inch-thick slices.

Heat a large sauté pan over medium high heat and add the olive oil. Once hot, add the garlic and red pepper flakes and sauté until fragrant. Add the collard greens, and sauté until bright green, about 4 minutes. Season with salt and pepper. Stir in the chicken broth and cook until the liquid evaporates, another 2 minutes.

Collard Greens with Smoked Turkey

- 1 smoked turkey drumstick (about 1 1/4 lb.)
- 2 quarts water
- 2 lbs. fresh, young collard greens
- 3 cloves garlic
- 1 large onion, chopped
- 2 hot chili peppers, seeded and chopped
- 2 cups chicken stock, canned or homemade

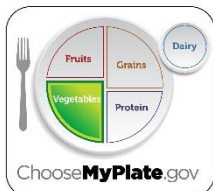
Heat water to a boil and add turkey. Simmer for 1-1/2 hours, or until turkey is almost tender. Drain and reserve cooking liquid. While turkey is cooking, pick through collards, removing yellow leaves, thick stems and large central veins from leaves.

Fresh greens can be very dirty. Wash greens in several changes of cold water. Run the sink full of water, add the greens and wash the greens by swishing them through the water one handful at a time. Make sure all of the grit and dirt are removed from the greens before cooking. The final rinse should leave no grit in the bottom of the sink. Stack the wet greens and roll into a scroll. Slice crosswise into thin strips, or chop. Bring chicken stock to a boil. Add greens, garlic, onion, peppers, and turkey. Reduce heat to simmer and cook 20 minutes. Stir greens from the bottom as they cook down. Continue cooking until greens are tender. Depending on maturity of collards, cook 30 to 40 minutes.

*The bitter flavor of cooked collards is enhanced when served with vinegar. Flavored vinegar such as chili vinegar or the vinegar from pickled peppers is especially good. Also use onions, sun-dried tomatoes, garlic, and crushed red pepper to season collards



Sweet Potatoes



NUTRITION NOTES

- A medium sweet potato (5" long, 2" diameter) contains about 100 calories, no fat, and 4 grams of fiber.
- Sweet potatoes are in the Red and Orange Vegetable Subgroup.
- Sweet potatoes are high in **vitamin A** (*good for your vision*), **vitamin C** (*helps heal wounds and fight infections*), and a good source of **potassium** (*needed for muscle and nerve functioning*).

Sweet potatoes are a root vegetable, with a sweet taste packed with nutrition! Try them in sweet and savory dishes all year long.

USES AND TIPS

Select sweet potatoes that are firm, with smooth skin and free from cracks or bruises. Store sweet potatoes in a cool, dry place; do not refrigerate.

Sweet potatoes are very versatile. Try them baked, roasted or mashed for a healthy side dish. Substitute sweet potatoes for white potatoes in hash browns or potato salad, or bake sweet potatoes into muffins or pies.

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

The sweet potato plant grows as a vine.

The sweet potato is native to Central America and belongs to the Morning Glory family.

Sweet potatoes are a source of complex carbohydrates which are metabolized at a slower rate, meaning a steady release of energy.

The world's heaviest sweet potato weighed over 81 pounds!

George Washington, our first president, grew sweet potatoes on his farm in Mount Vernon, Virginia.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- Sweet potatoes are in season in Georgia from August through November.
- Sweet potatoes are a warm-weather vegetable that need a long growing season; they grow well in Georgia!
- Sweet potatoes are ready to harvest about 90-120 days after planting.
- Sweet potatoes grow from "slips", which are plants that are produced from the roots of previous crops.



Georgia Department of Education School Nutrition Program

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