REAL FOOD COMES FROM REAL GROWERS

MILES
FARMERS MARKET
FRESH PRODUCE & MUCH MORE
EST. 1971
WHERE FOOD IS OUR PASSION

Healthy Kids Brighter Futures

# MILES FARMERS MARKET KIDS CLUB

## NOVEMBER HARVEST EDITION

DISCOVER • LEARN • CREATE • GROW

**Welcome to the November edition of the Miles Farmers Market Kids Club!**

This month we're celebrating one of fall's most nutritious harvest favorites:

## SWEET POTATOES!

**INSIDE THIS ACTIVITY PACKET, YOU'LL:**

- Meet a local Ohio farmer
- Learn fun facts about sweet potatoes
- Complete coloring, matching, tracing, and word-search activities
- Discover how sweet potatoes grow
- Explore healthy eating and nutrition
- Try delicious family-friendly recipes

At Miles Farmers Market, we believe learning about fresh food should be fun. Every month we'll bring you a new Kids Club packet featuring seasonal fruits, vegetables, local farms, and hands-on activities for children of all ages!

SWEET POTATOES POWER GROWING KIDS!

FUN ACTIVITIES
HEALTHY FOOD FACTS
LOCAL FARMERS
RECIPES
HARVEST FUN

**MILES FARMERS MARKET**
**28560 MILES ROAD**
**SOLON, OH 44139**

FRESH PRODUCE • LOCAL FOODS • FAMILY FUN

FRESH OHIO HARVEST

WHERE FOOD IS OUR PASSION

# Real Food Comes from Real Growers






## Meet Farmer Adam Welly

**Fruits and veggies grown by local Ohio farmers like Farmer Adam at Wayward Seed Farm have superpowers like vitamins and minerals that help your body to be healthy and strong. They taste good, too!**

Farm Name: **Wayward Seed Farm**

**FARM SIZE**

68 acres

**SPECIAL POWER**

Fertile, Well-Drained Soil

**FARMER'S FAVORITES**

Onions



**TOP CROPS**

Greens + Root Vegetables + Peppers + Cabbage + Tomatoes



LOCAL FOODS FOR GROWING MINDS
FEED OUR FUTURE



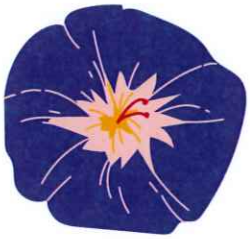
**THE FARMER SAYS:** Driving a tractor is as fun as it looks!



Let's learn about:

# Sweet Potatoes

- **Sweet potatoes are actually tubers that are part of the morning glory family.**



- **Depending on the variety, sweet potatoes can be yellow, purple, white, or orange.**

- **Even though they look the same, sweet potatoes and yams are totally different vegetables.**

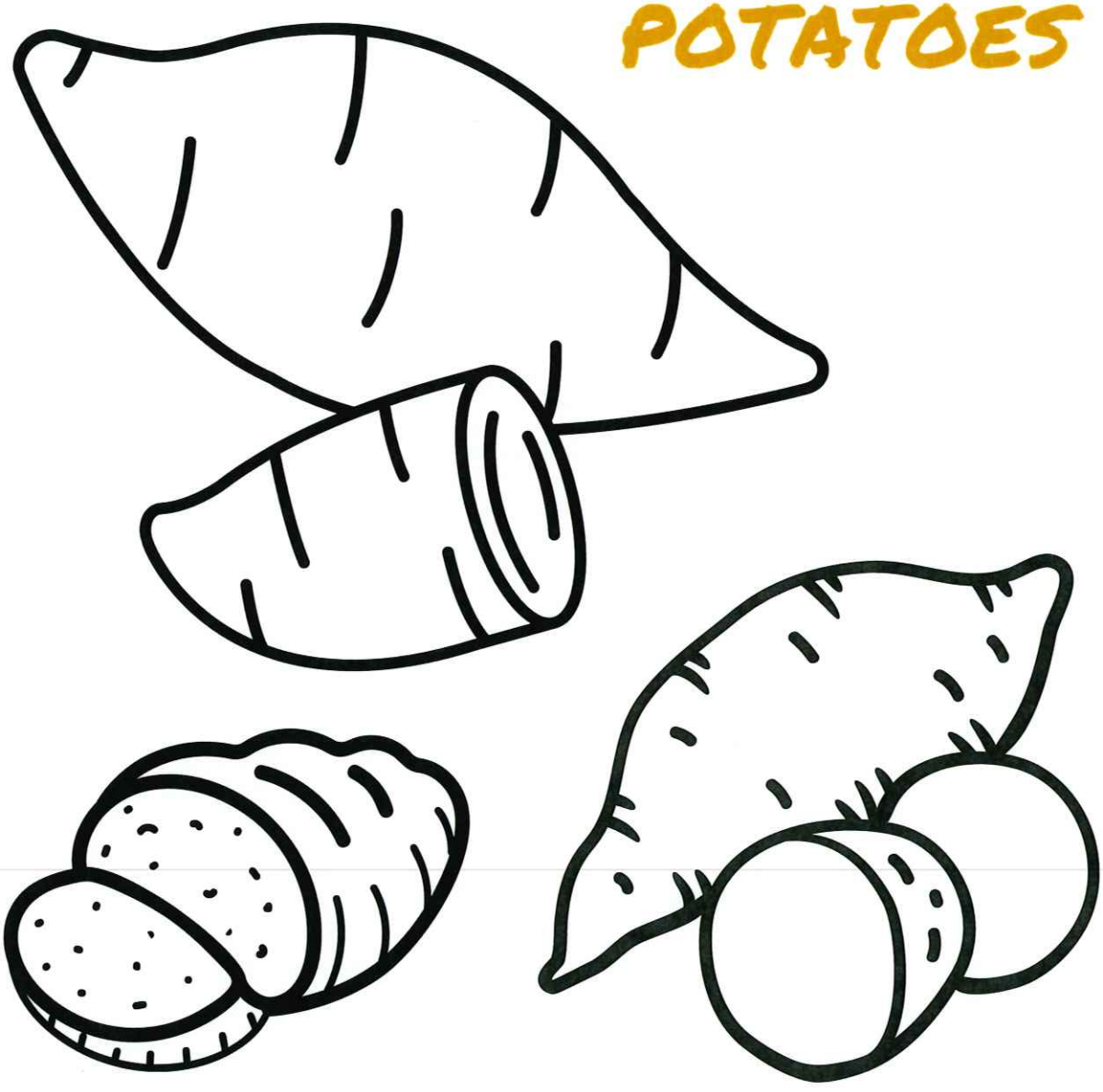


- **Sweet potatoes start off their growing cycle as "slips", which are shoots that grow from mature sweet potatoes.**

Name _____

# Color Me!

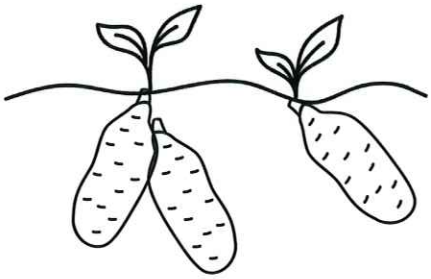
## SWEET POTATOES

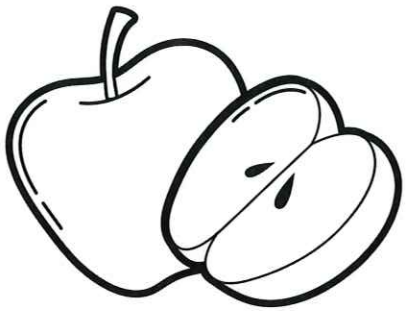


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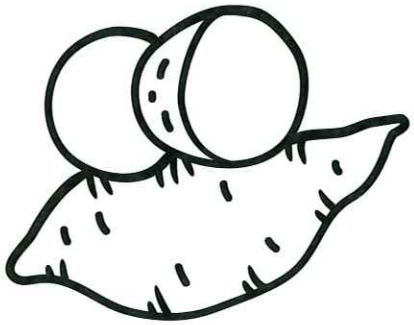
Name _____

**Fruits and vegetables grow in the garden, waiting to be picked. Can you match them?**

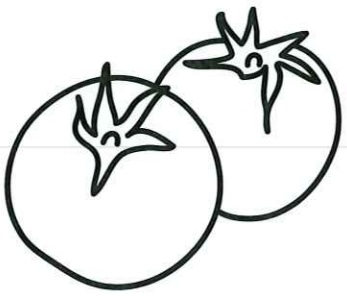








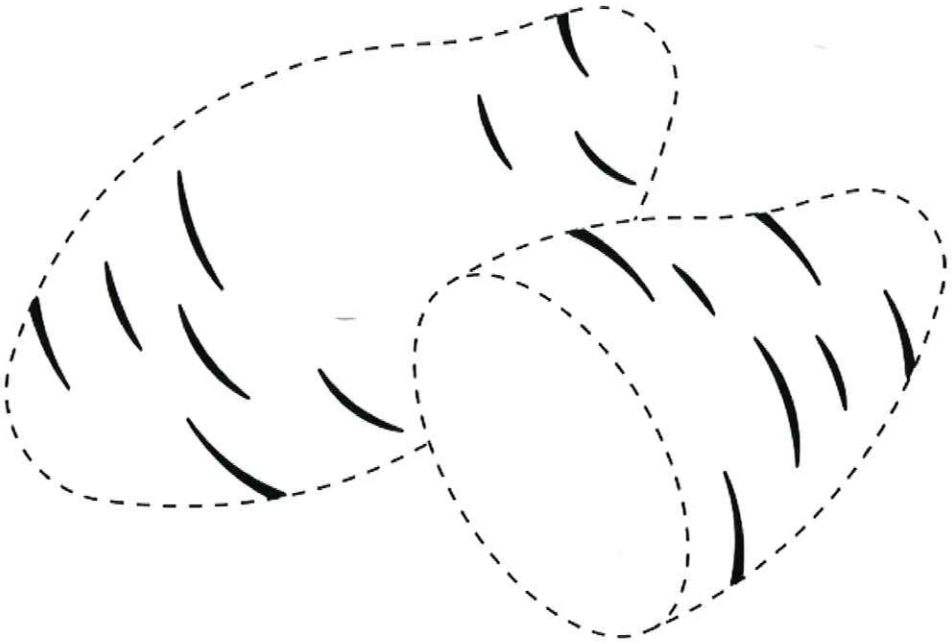




Name _____

# Trace Me!

## SWEET POTATOES



**Sweet potatoes are orange.**
**They're great to eat in the Fall.**
**Did you know they're filled with nutrients**
**that will help you grow tall?**

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*Local Foods for Growing Minds*

# Word Search

**DIRECTIONS**: Locate the list of words that are hidden in the grid. They can run horizontally, vertically or backwards. Mark them off as you go. Good luck!

## Sweet Potatoes

| P | D | M | U | I | S | S | A | T | O | P | K | I | H |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| U | R | O | O | T | V | E | G | E | T | A | B | L | E |
| R | N | U | T | R | I | T | I | O | U | S | U | N | E |
| P | H | B | R | S | M | O | G | E | L | B | D | O | N |
| L | O | N | P | T | O | R | S | T | K | R | A | D | A |
| E | G | N | O | L | F | R | E | N | C | H | F | R | Y |
| N | R | T | H | A | N | K | S | G | I | V | I | N | G |
| I | M | V | I | T | A | M | I | N | A | Y | I | R | T |
| G | B | A | A | S | U | G | O | R | G | E | A | G | R |
| S | A | M | S | L | H | R | V | H | R | L | N | H | N |
| R | K | E | N | H | A | P | I | E | B | L | M | V | W |
| E | E | P | G | N | E | W | P | P | G | O | N | L | A |
| T | D | O | G | E | G | D | A | I | E | W | P | L | R |
| R | K | E | I | H | Y | G | I | U | A | E | N | R | M |

PIE
NUTRITIOUS
ORANGE
MASHED
THANKSGIVING
DARK
ROOT VEGETABLE
LONG
PURPLE
POTASSIUM
YELLOW
BAKED
WARM
FRENCH FRY
VITAMIN A

Play this puzzle online at : https://thewordsearch.com/puzzle/3592282/

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HOME RECIPE

# Sweet Potato Hummus

**Featured Item: Sweet Potatoes**
Serving Size: 1/4cup • Yield 4

**Fun Facts:**
Orange is the sweetest version of sweet potato.

**Try It!**
Bake a sweet potato instead of a white potato and put toppings on it.



## INGREDIENTS

| | | | |
|---|---|---|---|
| **1/2** | Sweet Potato, LOCAL | **1 1/4 teaspoon** | Lemon Juice |
| **1 1/4 teaspoon** | Extra Virgin Olive Oil | **1 1/4 teaspoon** | Maple Syrup |
| **1/3 teaspoon** | Cinnamon | **1 1/4 teaspoon** | Vanilla Extract |
| **1/4 teaspoon** | Kosher Salt | **2 1/4 teaspoon** | Cinnamon Sugar |
| **1 1/2 cups** | Garbanzo Beans | **1 1/2 teaspoon** | Coconut Milk |

## DIRECTIONS

1. Preheat oven to 350*F.
2. Scrub and wash sweet potatoes. Peel and dice into cubes. Place on a baking sheet and toss with half of the ground cinnamon. Roast for 30 minutes or until tender. Cool.
3. Drain beans.
4. Mix beans with roasted sweet potatoes in food processor.
5. Add vanilla, lemon juice, maple syrup, rest of olive oil and cinnamon, and blend. Add coconut milk and blend until creamy.
6. Serve 1/4 cup and sprinkle top with 1/2 teaspoon of cinnamon sugar. Pairs well with apple slices.

## NUTRITION FACTS

**Calories:** 67
**Total Fat:** 2g
Saturated Fat: 0g
Trans Fat: 0g
**Cholesterol:** 0mg
**Sodium:** 112mg
**Total Carbohydrate:** 12g
Dietary Fiber: 2g
Total Sugars: 5g
**Protein:** 2g

*Nutrition facts may vary based on specific products used.*

Scan the code to learn more about Harvest of the Month.

Make this dish. Make an impact. When you choose to buy, prepare, and eat fresh, local foods, it's better for you and your community!

**Cook and share with #feedourfutureohio.**

Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.

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HOME RECIPE

# Mashed Sweet Potatoes

**Featured Item: Sweet Potatoes**
Serving Size: 1/2 cup • Yield 4

**Fun Facts:**
Orange vegetables are great for your eyes!

**Try It!**
Use sweet potatoes for healthier french fries.

## INGREDIENTS

- **3** Sweet Potatoes, LOCAL
- **3 tablespoons** Butter, unsalted
- **3 tablespoons** Brown Sugar
- **1/2 teaspoons** Kosher Salt



## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Wash sweet potatoes and remove excess dirt.
3. Place sweet potatoes into hotel pan and cover them with aluminum foil.
4. Bake for 1 1/2 to 2 hours or until a fork slides easily into the potato.
5. When potatoes are cool enough to handle, slice the potatoes in half and scoop the inside portion of the sweet potato from the skin into a steamtable pan. Discard skins.
6. To the sweet potatoes, add butter, brown sugar, and salt. Mash all together with masher or immersion blender until smooth.
7. Serve immediately.

## NUTRITION FACTS

**Calories:** 189
**Total Fat:** 8g
Saturated Fat: 5g
Trans Fat: 0 g
**Cholesterol:** 22mg
**Sodium:** 268mg
**Total Carbohydrate:** 28g
Dietary Fiber: 3g
Total Sugars: 12g
**Protein:** 2g

*Nutrition facts may vary based on specific products used.*

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HOME RECIPE

# Roasted Vegetable Medley Protein Bowl

**Featured Item: Sweet Potatoes**
Serving Size: 1 bowl • Yield 4

**Fun Facts:**
Sweet potatoes are actually not related to potatoes.

**Try It!**
Drizzle maple syrup over cooked sweet potatoes to satisfy your sweet tooth!

## INGREDIENTS

| | |
|---|---|
| **4** | Eggs, Hard Boiled |
| **1/4 cup** | Red Onion, sliced |
| **2/3 cups** | Sweet Potato, LOCAL, cubed |
| **1 cup** | Cauliflower Florets |
| **1 cup** | Kale, chopped |
| **2 1/2 teaspoons** | Extra Virgin Olive Oil |
| **2/3 teaspoon** | Chili Powder |
| **1/4 teaspoon** | Salt |
| **1/4 teaspoon** | Black Pepper |
| **1/4 cup** | Hummus |



## DIRECTIONS

1. Onions should be cut into small chunks. Sweet potatoes should be scrubbed, peeled, and cubed. Cauliflower should be in florets. Kale should be chopped with the stems removed.
2. Preheat oven to 350 degrees. Toss sweet potatoes, onions, and cauliflower with olive oil, chili powder, salt, and pepper. Spread vegetables onto a rimmed baking sheet. Roast in the oven for 20-30 minutes or until potatoes are just tender and vegetables are slightly browned. Add kale to the baking sheet and cook another 10 minutes.
3. To serve: In a bowl, place 1/2 cup of vegetables with 1 hard boiled egg (cut in half) and 1 tablespoon hummus. Suggest serving with pita bread or chips.

## NUTRITION FACTS

**Calories:** 181
**Total Fat:** 11g
Saturated Fat: 3g
Trans Fat: 0g
**Cholesterol:** 210mg
**Sodium:** 240mg
**Total Carbohydrate:** 11g
Dietary Fiber: 2g
Total Sugars: 4g
**Protein:** 9g

*Nutrition facts may vary based on specific products used.*

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