



CWD Healthy Update

CWD Nutrition Services

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Holiday Yams (or Sweet Potatoes)

When you sit down to the Thanksgiving feast, will you be dining on yams, or sweet potatoes? In the US, chances are you will be dining on sweet potatoes.

Sweet potatoes are native to Central America and are popular in the American South. They are elongated yellow or orange tubers with tapered ends.



Yams are generally sweeter than sweet potatoes and can grow to over seven feet in length.

Store sweet potatoes away from other ethylene producing produce.

- ⇒ Sweet potatoes are highly sensitive to freezing injury. They should not be stored in the refrigerator.
- ⇒ Use a stainless steel knife when cutting a sweet potato. Carbon blades will cause them to darken.

CWD will be closed on Thanksgiving—Thursday November 23rd. Please check with your CWD DSC for your holiday week order & delivery schedule.



Handling Sweet Potatoes

Yams are the tuber of a tropical vine. Yams are becoming more popular in the US and are typically found in Latin American or Caribbean mar-

- ⇒ Store sweet potatoes at 55° to 60°F; 85-90% RH.
- ⇒ Sweet potatoes are ethylene sensitive.

For more information and recipes, check out the Louisiana Sweet Potato Commission's website at www.sweetpotato.org.

Celebrate November!

- Good Nutrition Month
- Peanut Butter Lover's Month
- Thanksgiving

Weekly Produce Update

Tomatoes—supplies expected to be short until Mid-December.

Strawberries—demand exceeds supply.

Broccoli—supplies are plentiful as production in the

desert has started.

Cauliflower—supplies are plentiful as Yuma production is now shipping.

Lettuce—demand is flat and supplies good. Some defects are showing up.

Blueberries—supplies are limited as Peru and Argentina are past peak production & Central Mexico is shipping light volumes.

Oranges—CA Navel crop is 85% Fancy grade, leaving much less Choice fruit available to meet demand.

