

NEWSLETTER

YAM STICKS

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<https://www.sheknows.com/food-and-recipes/articles/1103597/sweet-potato-vs-yam/>



YAM YABBER:

These yam sticks are from Zimonick Brothers Produce, Inc. This company is a local produce distributor from downtown Green Bay.

Yams, contrary to popular belief, are not the same as sweet potatoes. Yams have a rougher and thicker peel, contain about double the carbohydrates (42g vs. 27g) per cup, and have a high amount of vitamin C with little vitamin A present.

Some similarities include their vitamin B6 and fiber content, as well as their versatility. They can be eaten raw, roasted, boiled, or mashed, to name a few eating options.

Best storage practices for this vegetable are in a cool dark place with plenty of air circulation. If they are stored properly, they can stay in good eating condition for as long as a month. Next time you're shopping, see if you can spot a yam!



Local Polite Bite from:

**Zimonick Brothers
Produce Inc.**

Green Bay Distributor

FACT #1

Yams are related to palms, grasses, and orchids

FACT #2

There are about 600 species of yams in the worlds

FACT #3

A single yam can grow to be more than 130 pounds

<http://justfunfacts.com/interesting-facts-about-yam/>



**HOWARD-SUAMICO
SCHOOL DISTRICT**

SERVING • LEARNING • ACHIEVING • TOGETHER

OVEN ROASTED YAMS:

- 4 cups chopped peeled yams
- 1 sliced sweet onion
- 2 sliced cloves of garlic
- Drizzle of olive oil
- 1 tablespoon balsamic vinegar
- Salt and pepper to taste

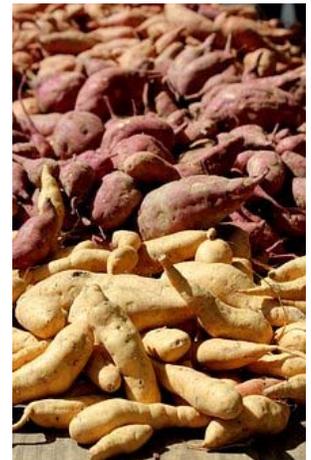
*Optional – switch out balsamic vinegar for a sweet substitute

<https://www.allrecipes.com/recipe/241834/oven-roasted-sweet-potatoes/>



Directions:

1. Preheat oven to 425°F
2. Mix yams, sweet onion, and garlic in a bowl. Drizzle olive oil over the mixture and toss to coat, pour into a shallow roasting pan.
3. Roast yam mixture in preheated oven, turning frequently, until the vegetables are soft and golden brown, 30 to 35 minutes. Drizzle balsamic vinegar over the vegetables; season with salt and pepper.



Summertime and Screens:

-Advice to help guide you with your child's screen time usage-

- Implement parental controls on the screen devices your child uses
 - Apps available: Net Nanny or Norton Family Premier are two of many options
- Create designated times to be outside so your child gets the recommended:
 - 60 minutes of exercise a day
 - Vitamin D amounts available from the sun
- Have your children watch educational shows if they are watching television
 - Helps keep your child's brain sharp and active over the summer months

School Nutrition serving daily:

<https://schools.mealviewer.com/results/howardsuamico>

Contact the School Nutrition Department with any questions about the breakfast and lunch programs at: 920-662-7723

