



Farm Stand Fare

Our on-site farm stand is open daily from 9am to 6pm and features farm fresh produce, frozen meats and a variety of preserves – all from our farm! We also carry products from *Honey Pie Hives and Herbals* and *Melody's Garden* as well as *Down to Earth Nutrition & Wellness*.

This week you'll find:

Beets	Turnips	Salad Greens
Carrots	Garlic	Kombucha
Chard	Eggplant	Cabbage
Sweet Peppers	Hot Peppers	Preserves
Kohlrabi	Pears	Apples
Tomatoes	Potatoes	Sweet Potatoes
Lamb Sausages	Ground Beef	
Meat Chickens	Soup Chickens	
and more!		

Don't miss us at the Wellington Pumpkinfest Saturday October 15th!



Sweet Potato vs Yam: A Tuber Tutorial

There is no mistaking the sweet potato casserole, no matter what sort of magic (marshmallows, candied pecans, streusel, etc) you sprinkle on top.

There is, however, plenty of mistaking the sweet potato itself. So let's get things straight: A sweet potato is not a yam. A yam is not a sweet potato. And by the way, a sweet potato isn't even a potato—nor is a yam.

Worlds apart.

They're two different plants. The sweet potato is in the morning glory family, while yams are related to palms and grasses.

And they grow in different parts of the world: yams in Africa, where they originated, and also Southeast Asia, the Caribbean and Central America. Sweet potatoes grow in North America.

So at a typical supermarket, what you're buying is an American- or Canadian-grown sweet potato. True yams are imported and a rare find outside of ethnic grocery stores.

How to tell them apart.

A sweet potato has tapered ends and thin, smooth skin and flesh that can range from light beige to burnished orange to purplish, even.

A yam is cylindrical, typically white-fleshed (although there is a purple variety, too) and has rough, dark, almost hairy skin.

They taste very different, as well. Yams are starchy and dry. Sweet potatoes are, well, sweet and moist, some more than others.

So why the confusion?

The prevailing theory seems to date to the slave-era southern U.S. where sweet potatoes were established as a crop and dubbed yams, a shortened form of the African word *nyami*, which means "to eat".

Labels on produce bins at the supermarket don't help much. You can still find "yam" and "sweet potato" used almost interchangeably. But what you are probably buying is a sweet potato.

Want to be absolutely sure what you're eating?

Simple – buy your sweet potatoes from Thyme Again Gardens!!