

FBMG Help Desk  
Question of the Week

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LET'S TALK SWEET POTATOES

HAPPY THANKSGIVING DAY!



# Sweet Potatoes Make an Amazing Pie!!!

## *From a Master Gardener's Kitchen to Yours!*

### Sweet Potato Pie Recipe

- 15 oz cooked/mashed sweet potatoes
- ¾ C sugar granulated
- ½ tsp salt
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ½ tsp ground ginger
- ½ tsp ground cloves
- 2 eggs
- 12 oz evaporated milk



Preheat oven to 425 degrees. Mix sugar, cinnamon, nutmeg, ginger and salt in a small bowl. Beat eggs in large bowl, then mix in sweet potatoes, milk and spice/sugar mix. Pour into prepared pie shell. Bake at 425 degrees for 15 minutes, reduce temperature to 350 degrees, cover edges of crust with foil to prevent burning and cook for additional 45-50 minutes, or until a knife inserted into center of pie comes out clean. Cool on wire rack for as long as you can resist (2 hours) before serving.

### Whipped Cream Recipe

- 1 pint heavy whipping cream
- 1 tbsp vanilla extract
- 1/8 C powdered sugar

In a chilled glass bowl, mix together the heavy whipping cream, vanilla and powdered sugar until whipped to acceptable consistency, serve immediately or can be stored refrigerated in airtight container for up to 2 days.

# More than pie

## *A wonderful addition to Thanksgiving dinner!*

Sweet potatoes are traditionally served in a variety of ways, including the traditional casserole, mashed, baked and as even as fries



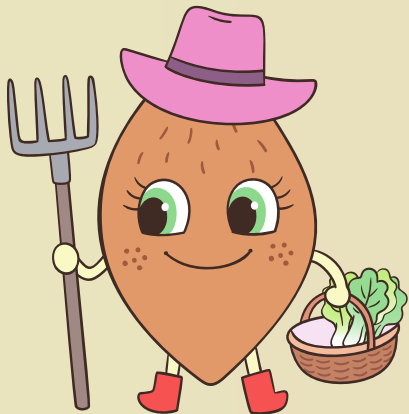
For home gardeners, the best time to harvest sweet potatoes is immediately before or just after the first fall frost. When the sweet potato leaves turn yellow, growth has stopped and the roots have matured. This is a good time for harvest



# Sweet Potato Trivia

## *Did you know that...*

- The greens of the sweet potato plant are edible and contain vital nutrients such as Vitamin B and C6.
- Texas ranks 5th in the US in terms of sweet potato production
- A majority of the sweet potatoes grown in Texas are "Beauregard" with a few acres of "Jewell".
- The sweet potato is a perennial plant (one that lives for more than 2 years) originating in the tropical Americas
- Sweet potatoes must be planted in a well-drained, fine sandy loam soil with a slightly acidic pH 5 to 7.5



***Do you have questions  
about your home  
landscape and plants?***

***Contact the Fort Bend  
Master Gardener Help Desk***

***Email:  
FortBendmg@ag.tamu.edu***

***Phone:  
281-341-7068***

***The Help Desk is manned  
Monday thru Friday,  
9am-Noon***



***[EHT-026-Easy-Gardening-Sweet-Potatoes.pdf](#)  
([tamu.edu](#)).***

***[Sweet Potato: Grow Your Own for Next Year's  
Holiday Table | Nebraska Extension in Lancaster  
County\\_\(unl.edu\)](#) [UNIVERSITY of NEBRASKA—  
LINCOLN](#)***

***[Edible Gardening Series: Question of the Week —  
Sweet potatoes - UF/IFAS Extension Sarasota  
County\\_\(ufl.edu\)](#)***

***<https://gardeningolutions.ifas.ufl.edu/plants/edibles/vegetables/sweet-potatoes.html>***

***[/https://ipmdata.ipmcenters.org/documents/crop\\_profiles/TXsweetpotatoes.pdf](https://ipmdata.ipmcenters.org/documents/crop_profiles/TXsweetpotatoes.pdf)***

***Please feel free to share your  
favorite sweet potato recipes  
in the comments below.***