Support Farmer’s Markets
4 Reasons to Keep it Local

1. **Freshness:** Produce from your local farmers are picked at the peak of ripeness making them the freshest, most delicious, and nutritious!

2. **Variety:** Local farmers grow a wide variety of every type of produce- there is no comparison in flavor, appearance, and texture to produce grown thousands of miles away from where you live.

3. **Your Health:** Farmers markets give you access to fresher and in some cases better quality produce. They also provide the opportunity to meet and get to know local farmers.

4. **The Environment:** Walking or biking to your local farmers market can help reduce carbon dioxide emissions. Bringing your own shopping bags helps reduce waste in landfills.

Take a hike...with your mate!
The Makapu’u Lighthouse Hike

The scenic Makapu’u Lighthouse hike is 1.4 mile-long (one-way) and takes approximately 45 minutes to complete. It is well-known for whale watching, and shoreline views of Kailua to Koko Head. There is no cost and parking is always available.

Directions:
From Waikiki going east get onto Kalanianaole Highway past Hanauma Bay and Sandy Beach Park to About ½ mile past the Hawaii Kai golf course on the right.
A Sweet Snack

2 medium sweet potatoes, scrubbed and sliced 1/8 inch thick
1 tablespoon extra-virgin olive oil
1/2 teaspoon coarse salt, preferably sea salt
1 lime, cut into wedges, for serving

Preheat oven to 400 degrees, with racks in center and lower positions. Divide sweet potatoes between 2 rimmed baking sheets. Drizzle with oil, toss, and spread them in a single layer on sheets. Bake, flipping once, until centers are soft and edges are crisp, 22-25 minutes. Sprinkle with salt, and serve with lime wedges.

Simple Sweet Basics

Season: year-round with the greatest selection in the winter
Purchase: choose firm sweet potatoes with smooth, unbruised skins without cracks
Avoid: Do not buy wrinkled, sticky or spouting sweet potatoes

Storage: Because of their high sugar content, sweet potatoes don’t keep very well, so store them in a cool, dark place - but not in the refrigerator - and don’t plan to keep them more than 1 to 2 weeks
Preparation: sweet potatoes may be peeled before or after they are cooked
Serving Suggestions:
- Bake whole sweet potatoes in their skins and serve with butter.
- Mash boiled sweet potatoes and potatoes together (for extra smoothness), adding fresh grated ginger and a little ground cardamom.
- Pair it up: Bourbon, brown sugar, butter, ginger, cinnamon, honey, orange, pecans, rosemary, rum, spices.

Make it for Two

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Baked Sweet Potato Chips

Make it for two tip: Bake these bad boys and cozy up with your honey to watch the big game!

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Surprise your significant other with a scenic picnic on the beach. Make it romantic by having it at sunset with special treats. Keep hot foods hot and cold foods cold.

**Pair up greens with your sweet potatoes!**

- **Red-tip leaf lettuce** has a tender, sweet, delicate flavor that makes it versatile for many types of green salads.
- **Leaf Lettuce** has a mild, delicate flavor and may be used interchangeably with red-tip leaf lettuce.
- **Spinach** has mildly hearty flavor and is often used raw in salad.
- **Arugula** has a peppery, pungent flavor that is an ideal contrast when mixed with milder greens.
- **Romaine** has large, crisp leaves and a slightly sharp flavor that makes this the classic lettuce for Caesar salad.
- **Radicchio** is bitter and peppery-tasting when eaten alone, but small amounts add a nice accents to other greens.

**Peaceful Picnic for 2**
*Sweet potatoes are full of beta-carotene, an antioxidant thought to help reduce the risk of cancer.

*Beta-carotene is converted by the body into vitamin A, which is essential for growth, vision, and immune-system function.

*Beta-carotene needs help to work its magic. For the body to absorb the nutrient, the ingredient needs to be cooked or chopped to break down its cell walls.

*Studies have shown that without some fat in the meal, very little beta-carotene is absorbed.

*Try our recipe in this issue that includes olive oil as one way to help you maximize the benefits of the beta-carotene packed potato.