

SWEET POTATO LEAF SALAD

INGREDIENTS

- 1 bunch Sweet Potato leaves (stems removed)
- 1 medium Tomato (sliced)
- 1 thumb Ginger (shredded)
- 1 medium Onion (red preferred and sliced)
- 6 tblsps of Cane Vinegar
- 2 cups of Water
- 1/2 tsps: White Sugar, Salt, and Black Pepper

DIRECTIONS

- Bring water to a boil in medium size pot
- Blanch Sweet Potato Leaves, then dry
- Combine remaining ingredients in large bowl
- Gently toss in Sweet Potato leaves
- Serve as appetizer or side dish!

SHELF LIFE

1-3 days in Refrigerator

FEATURED FARMER'S CHOICE CROP SWEET POTATO LEAVES

VEGETABLES

Garlic
Collard Greens
Sweet Potato Leaves
Lalu

HERBS

MEDICINAL

Spearmint
Lemon Balm

SPICES

Lemon Basil
Thai Basil
Cilantro

FLOWERS

Wild Yellow Zenias
Day Lillies - Sweet Orange

