

# ◆ APPLE CORE ◆

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NUTRITION & SERVICES FOR SENIORS

September 2018

## SEPTEMBER INSPIRATION

“Every accomplishment starts with the decision to try.”

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“Change the changeable, accept the unchangeable, and remove yourself from the unacceptable.”

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“Wake up every morning with the thought that something wonderful is about to happen.”

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“Every pro was once an amateur, every expert was once a beginner. So dream big and start now.”

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“A secret of happiness is letting every situation be what it is. Instead of what you think it should be.”

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“Say YES to new adventures.”

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“Winners are not people who never fail, but people who never quit.”

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## September is National Potato Month

### Potato Fun Facts

- The word potato comes from the Spanish word patata.
- China is the leading producer of potatoes.
- A potato is about 80% water and 20% solid.
- “French Fries” were introduced to America when Thomas Jefferson served them at a Whitehouse dinner.
- The average American eats 140 pounds of potatoes per year.
- The largest potato grown was 18 pounds and 4 ounces according to the Guinness Book of World Records. It was grown in England in 1795.
- Potatoes were the first vegetable grown in space.
- Potatoes are totally gluten-free.



### Potato Jumble

Did you know there are more than 200 varieties of potatoes throughout the U.S.??

SRUSTE \_\_\_\_\_  
 GIKN DWRAED \_\_\_\_\_  
 LOMEDY \_\_\_\_\_  
 AULAR \_\_\_\_\_  
 NEKBEENC \_\_\_\_\_  
 DLASA \_\_\_\_\_  
 KEDU FO KORY \_\_\_\_\_

Answer Key: Russet | King Edward | Melody | Laura | Kennebec | Salad | Duke of York



*Save the Date*

**BBO BAKED POTATO SALE**  
 Meals on Wheels Fundraiser

**OCTOBER 25, 2018**

## POTATO HUMOR



Q: What kind of potato starts arguments?

A: An agi-tater.

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Q: Why didn't the potato want to go to the Halloween dance party?

A: He was afraid of the Monster Mash.

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Q: Who is the most powerful potato in the galaxy?

A: Darth Tater.

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Q: What do you call a potato will right angles?

A: A square root.

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Q: What do baseball players call their potato fans?

A: Speck Tators.

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Q: What did the computer need to run the gardening app?

A: A potato chip.

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Q: Why was the potato such a bully?

A: Because it wasn't a sweet potato.

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Q: Why do potatoes make such good detectives?

A: Because they keep their eyes peeled.

## 5 Benefits of Sweet Potatoes for the Elderly

**1. Keeps Eyes Healthy.** Though carrots are the vegetable most people think of when it comes to promoting eye health, sweet potatoes offer similar benefits because they contain high amounts of vitamin A. Vitamin A has proven to be essential for maintaining good eyesight.

**2. Facilitates Digestion.** The fiber in sweet potatoes makes them a powerhouse for a slow digestive system. In traditional Chinese medicine, sweet potatoes are used to nourish the stomach and spleen and to clear constipation.

**3. Boosts Heart Health.** Sweet potatoes contain B vitamins, and they are also fat and cholesterol free. Due to these qualities, these root vegetables do not contribute to hardening of arteries. Sweet potatoes also contain potassium, an essential electrolyte that is necessary for regulating blood pressure.

**4. Regulates Blood Sugar.** Many older adults are at risk for developing type 2 Diabetes. The carbohydrates found in sweet potatoes are lower on the glycemic index than other potatoes and starchy vegetables. Though natural sugars are necessary for energy, a study conducted at North Carolina State University revealed the slower release of sugars in sweet potatoes may help seniors control blood glucose levels.

**5. Promotes Sleep.** As seniors age, they generally require less sleep. However, sleep they do get needs to be sound and restorative. A lack of good quality sleep contributes to physical and mental stress. Magnesium, which is found in sweet potatoes, is an essential mineral needed to promote sleep.



## Garlic Butter Smashed Sweet Potatoes with Parmesan Cheese

### INGREDIENTS:

- 4 medium sweet potatoes
- Light spray of olive oil
- 3 tablespoons melted butter
- 4 cloves garlic, crushed
- 1 tablespoon fresh chopped parsley
- Kosher salt and black pepper to taste
- 2 tablespoons parmesan cheese

### INSTRUCTIONS:

1. Preheat oven to broil. Trim off the ends of the sweet potatoes. Cut each sweet potato into quarters.
2. Place sweet potatoes in a large pot of salted water. Bring to a boil; cook, covered from 20 - 25 minutes or until just fork-tender. Drain well.
3. Lightly grease a large baking sheet or tray with cooking oil spray. Arrange sweet potatoes onto the sheet and use a fork to LIGHTLY flatten each piece.
4. Mix together the butter, garlic and parsley. Pour the mixture over each sweet potato. Sprinkle with salt and pepper and lightly spray with olive oil spray.
5. Broil until they are golden and crispy (about 15 minutes). Remove from oven, sprinkle the parmesan cheese over each potato and return to the oven until the cheese is melted.

TO SERVE: Season with a little extra salt and parsley and serve immediately.



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