

# Laughing Child Farm

## Organic Sweet Potatoes

Laughing Child Farm is located in the scenic Mettawee Valley of southwestern Vermont. Our farming philosophy? - Cover cropping, weed management, taking care of the soils. We grow organically because we want our children to be able to help us and to play out in the fields without any worry about pesticides. We believe in taking the time now to create a better future for the land ... being stewards of the land and constantly improving upon what we learn each farming season.

### Beauregard:

Its firm texture makes it ideal for soups and stews. Cook slowly for superb sweetness. It is a mainstay of the northern sweet potato growers because it produces reliably in a variety of soils and weather conditions. Excellent baking qualities, too!

### Bagged:

Check the back of the tag of the bagged sweets if you are looking for a particular variety. Assorted Variety bags will have at least three varieties in each bag.



### Carolina Ruby:

These are easily the favorite of our children, but only because of the bright sunny inside and purple outside. Carolina Rubies are a touch sweeter than Beauregard and a pleasure to eat because of the color. Rubies have rough skin like the hands of those harvesting them.

### Covington:

It's like orange silk. When slow cooked (by this we mean cooking in an oven or stove-top rather than microwave) this is as sweet as sugar and makes the smoothest puree. If you smash your sweet potatoes, get Covingtons. Sweet as can be whether roasted, baked, or boiled.

{ *We Grow Sweet Potatoes.* }