Greenmarket Kids Recipe Series

MASHED SWEET POTATOES WITH MAPLE SYRUP

DID YOU KNOW: Maple sugaring—obtaining sugar and syrup from maple trees—is primarily a North American phenomenon. Although maple trees are found pretty much throughout the world, only North America has sugar-producing species combined with the right mix of cool nights and warm days that generate enough sap to make sugaring worthwhile. In the North East United States, maple sap collecting occurs in late February and lasts until April. Conditions must be ideal: warm, sunny days with temperatures rising above 40 degrees F followed by freezing temperatures at night.

Serves 4

**Ingredients:**

- 2 ¼ pounds sweet potatoes*
- ½ stick butter
- 2 tablespoons pure Maple Syrup
- ½ teaspoon ground cardamom

* Ingredients available seasonally at your neighborhood Greenmarket

**Equipment:**

- Large Pot
- Knife

**Instructions:**

1. With an adult’s help, cut potatoes into 1 inch pieces and cook them in pot of boiling water until tender.
2. With an adult’s help, drain the potatoes, return them to the pot and mash them.
3. Mix in butter, syrup, and cardamom and season with salt and pepper.