

Lots More Yams In Store!

Hi, folks! What a great day it is, because today my mom took me shopping with her. As soon as we got into the grocery store, I ran over to where all of the fresh fruits and vegetables are to get a look at my favorite food: big, plump and yummy yams!

I was helping mom pick out some sweet potatoes for dinner when she asked me if I knew where else we could find some yams in the store. I scratched my head and said, "Hmm, I don't think so."



"Okay, Yamster," mom said, "we're going for a ride!"

She strapped me into the shopping cart and off we went — up and down nearly every row in the store — and boy was I surprised at what we found! Our first stop was the bakery section, where the bakers were taking fresh-baked sweet potato cookies, cakes and pies out of the oven. It smelled so good — and they even gave me a cookie to taste!

Next we went to where they sell potato chips. I had never thought to look for sweet potato chips before. Yep! There they were ... regular sweet potato chips with salt, and even sweet cinnamon sweet potato chips! (Mmmm!) On the next row over, we saw all kinds of mixes for sweet potato pancakes, muffins, biscuits, cakes and cookies. Mom said all you have to do is add water or milk and sometimes eggs to cook all of these yummy-yammy treats. We got some pancake mix with blueberries to have for breakfast on Saturday.

Our last stop was the canned vegetables row. There were lots and lots of different kinds of sweet potatoes there ... candied yams, mashed sweet potatoes, whole potatoes in thick and sugary syrup, cut ones in orange pineapple sauce, and even sweet potato pie filling. Every time I saw a new can it was more amazing than the last one. The people who grow sweet potatoes are really smart. They know how to turn my favorite food into all kinds of delicious treats.

My Uncle Clifford once told me that you learn something new every day — and you know what? He was right! On my shopping trip I learned that there are yummy yams all over the grocery store. The next time you go shopping with your mom, see how many different kinds of yams you can find!