



### **Meet Yamster the Hamster!**

Hey there, hello and how do you do? My name is Yamster and I'm a hamster, but no ordinary hamster and that's for sure. I go to school and play with my friends. I like baseball and soccer. But the thing that makes me the happiest hamster on earth is yummy sweet potatoes on my plate!

Sweet potatoes are also called yams. They can be baked with marshmallows on top, fried until they are crispy like chips, and even made into desserts. My mom makes muffins, bread and pancakes with yams! When I eat those yummy yams, I am a happy, happy hamster boy.

Do you like yams? I bet that if you tried them, you might like them as much as me. First of all, whoever named them "sweet potatoes" was right as

right can be. They are as sweet as candy, and when you bake them, the syrupy sugar oozes right out. It's also fun to eat something that is as orange as a pumpkin on the inside and shaped like a football.

Mom and dad say eating sweet potatoes is good for me. It must be true. After a serving of sweet potatoes, I can spin my exercise wheel for hours and hours. (Time for some new sneakers!) I'll even pick up my room, take out the trash or play with my little sister for another helping of yams.

I spend lots of time trying to find sweet potatoes. Once I climbed an oak tree, but could not find any yams there. I put my mud boots on and went down by the bayou, but I didn't see any yams there, either. Of course, the easiest way to find my favorite food is to go to the grocery store, because fresh yams and canned yams can be found there all year 'round.

In school, I learned that living in Louisiana makes me the luckiest hamster in the world. That's because our farmers grow tons and tons of sweet potatoes every year! So I travel across Louisiana looking for new ways to prepare my favorite orange treat. I can smell a tender yam being cooked for miles and miles and miles. So if your mom or dad or aunt or grandmother makes yams for dinner, you'd better keep your eyes on the window. I might be paying you a visit. (If you could spare some yams for me, I sure would appreciate it.) Well, I have to go now. I wonder if you can guess what I'm going to try to find? I hope you'll come back here again and read about yams with me. We'll have lots of fun learning about the yummiest vegetable in the world.

And remember what I always say: "Eat your sweet potatoes and have a yam-tastic day!"