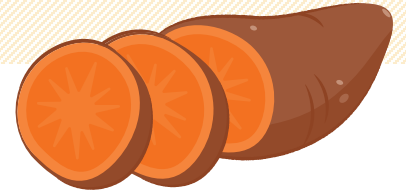


Sweet Potatoes



Nutrition

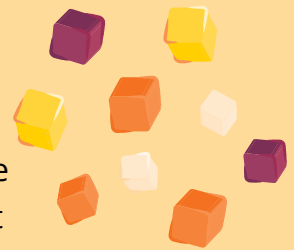
Sweet potatoes contain vitamin A, which helps keep our eyes, heart and lungs healthy, as well as assists with our immune system. Keep the skins on for cooking, as this provides additional fiber and helps retain nutrients during cooking.

How Sweet Potatoes are Grown

Unlike other vegetable plants, sweet potatoes are not grown from seeds, rather from vines called "slips." Slips are sprouts from a mature sweet potato plant. Slips are planted in the soil, where the root, or sweet potato, begins to grow. Sweet potatoes grow best in warm soil and warm weather conditions.

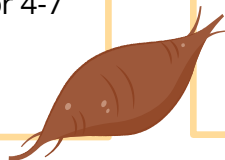
Did you know?

- Sweet potatoes can be a variety of colors, including white, yellow, purple and cream.
- The edible portion of a sweet potato is considered the root of the plant, hence the name "root vegetable." The sweet potato plant averages 4-10 edible sweet potato roots per plant.



Harvest

Sweet potatoes grow for around 90-120 days. After harvesting in the fall, the sweet potatoes are cured. Curing involves adding heat and humidity for 4-7 days.



Preparation

Wash dirt and particles off the sweet potato prior to using. Sweet potatoes can be chopped, diced, sliced or cooked whole. Popular methods for preparation include baking, sauteing or roasting.

Storage

Sweet potatoes can be stored at room temperature or in cold storage for a longer shelf life. When left at room temperature, place in a dark, cold area for one to two weeks. Freezing can also be utilized for longer storage.