



A large, orange sweet potato is the central focus, surrounded by several smaller, irregularly shaped cubes of the same orange color, representing different varieties or sizes.

SWEET POTATO

Kansas

Harvest of the Month

Sweet potatoes can be many colors, such as bright orange, purple, white, cream or yellow.

A whole, brown sweet potato is shown next to several circular slices of the orange flesh, highlighting its texture and color.

Kansas

Harvest of the Month

SWEET POTATO

Orange sweet potatoes are full of beta-carotene, an antioxidant that is a precursor for vitamin A that aids in vision, the immune system, cell growth and bone health.



A large, brown sweet potato is the central focus, surrounded by several circular slices of the orange flesh, highlighting its texture and color.

Kansas

Harvest of the Month

SWEET POTATO

February

