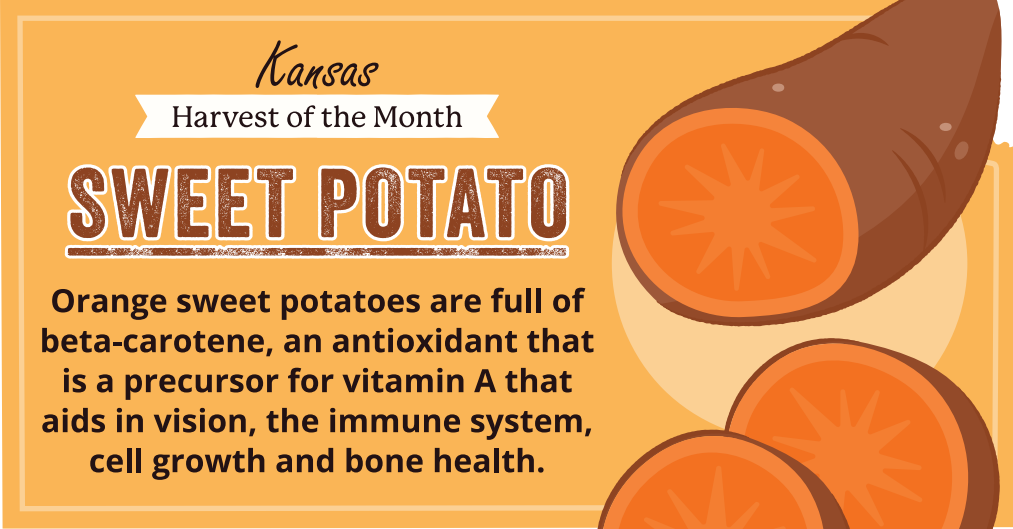


Orange sweet potatoes are full of beta-carotene, an antioxidant that is a precursor for vitamin A that aids in vision, the immune system, cell growth and bone health.

# SWEET POTATO

Harvest of the Month

*Kansas*

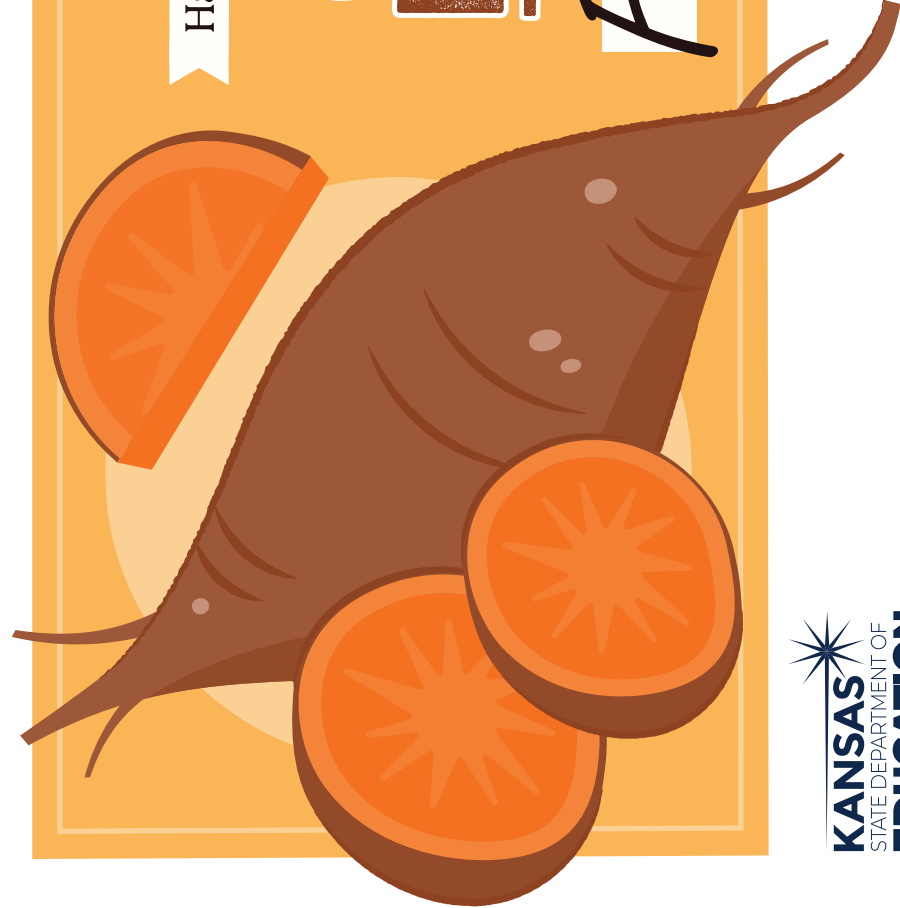
Sweet potatoes can be many colors, such as bright orange, purple, white, cream or yellow.

# SWEET POTATO

Harvest of the Month

*Kansas*





*Kansas*

Harvest of the Month

# SWEET POTATO

*February*

