



Sweet Potatoes



NUTRITION NOTES

- A medium sweet potato (5" long, 2" diameter) contains about 100 calories, no fat, and 4 grams of fiber.
- Sweet potatoes are in the Red/Orange Vegetable Subgroup.
- Sweet potatoes are high in **vitamin A** (*good for your vision*), **vitamin C** (*helps heal wounds and fight infections*), and a good source of **potassium** (*needed for muscle and nerve functioning*).

Sweet potatoes are a root vegetable, with a sweet taste packed with nutrition! Try them in sweet and savory dishes all year long.

USES AND TIPS

Select sweet potatoes that are firm, with smooth skin and free from cracks or bruises. Store sweet potatoes in a cool, dry place; do not refrigerate.

Sweet potatoes are very versatile. Try them baked, roasted or mashed for a healthy side dish. Substitute sweet potatoes for white potatoes in hash browns or potato salad, or bake sweet potatoes into muffins or pies.

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

The sweet potato is native to Central America and belongs to the Morning Glory family.

Sweet potatoes are a source of complex carbohydrates which are metabolized at a slower rate, meaning a steady release of energy.

The world's heaviest sweet potato weighed over 81 pounds!

George Washington, our first president, grew sweet potatoes on his farm in Mount Vernon, Virginia.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- Sweet potatoes are in season in Georgia from August through November.
- Sweet potatoes are a warm-weather vegetable that need a long growing season; they grow well in Georgia!
- Sweet potatoes are ready to harvest about 90-120 days after planting.
- Sweet potatoes grow from "slips", which are plants that are produced from the roots of previous crops.