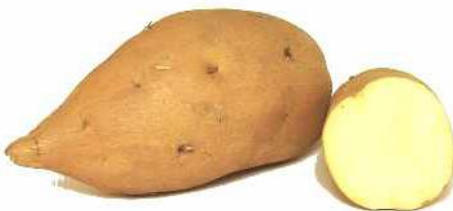


# Sweet Potatoes



## Sweet Potato Facts

- Sweet potatoes contains 327% of your daily recommended value for vitamin A, which is more than any other vegetable. Vitamin A is important for cell growth and development, for fighting off diseases and for good vision. They are one of the most nutritious vegetables you can eat.
- Yams and sweet potatoes are not the same. Yams come from the yam family and are tubers, like potatoes, while sweet potatoes are considered storage roots, like carrots. Yams also have rough, scaly skin while sweet potatoes have a smooth, thin skin. Yams can grow as long as 7 feet and can weigh up to 150 pounds while sweet potatoes are usually the size of a regular potato. Yams are primarily grown in the Caribbean while sweet potatoes grow in the U.S. Yams do not contain any vitamin A while sweet potatoes are super rich in this vitamin.
- There are two main varieties of sweet potatoes, pale yellow with a dry flesh and dark orange with a moist flesh.
- The skin of the sweet potato can be white, yellow, orange, red or purple.
- Sweet potatoes can be eaten raw, like carrots.
- If refrigerated, sweet potatoes will develop a hard core and bad taste. Store them in a cool, dry place with temperatures between 55°-60° F.
- A traditional dish served at Thanksgiving in the U.S. is candied sweet potatoes made with sweet potatoes, brown sugar or maple syrup, butter, marshmallows, cinnamon and orange juice.
- Our first president, George Washington, grew sweet potatoes on his farm in Mount Vernon, Virginia.
- New Jersey ranks 7<sup>th</sup> in sweet potato production across the United States.

