Sweet Potatoes

**Background:**
- Can be prepared as sweet or savory
- Pairs well with cardamom, cinnamon, cloves, coriander, cumin, ginger, mace, marjoram, nutmeg, poppy seed, sage, savory, and thyme
- Can be prepared in a variety of ways including baking, boiling, roasting, sautéing, or pureeing for a soup
- Should only be consumed cooked
- Extremely versatile and can be consumed at breakfast, lunch, or dinner
- Can typically be found in Latin American, Indian, and American cuisines

**Nutritional Value:**
- A medium sweet potato has over 4x the recommended daily intake of vitamin A, which is important for vision, bone development, and immune function
  - Vitamin A is fat-soluble, so be sure to eat sweet potato with a little bit of fat to increase absorption
- The vitamin C in sweet potatoes helps the body fight infections, heal wounds, and absorb iron
- The manganese in sweet potatoes helps maintain normal blood sugars and optimal thyroid function
- Fiber keeps you full longer, helps regulate the digestive tract, and lowers cholesterol
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How to SHOP:

Find sweet potatoes in the produce section of the grocery store near the other potatoes and onions. They are available in early fall in Texas. Canned and frozen sweet potatoes are available year-round and are sometimes labeled as yams. When buying fresh sweet potatoes, choose those that are small to medium in size with smooth, unbruised skins.

How to GROW:

Sweet potatoes are a tropical vegetable that thrives in long, hot summers. Start sprouts a month before warm weather occurs and when night temperatures get no colder than 60 degrees. After a month, sprouts will grow 8-10” and produce several leaves. This is the optimum length for transplanting to a garden. Till the soil and plants the sprouts 9-10” apart at a depth of 3”. Water well after planting. Sweet potato roots are harvested 90-120 days after transplanting.

How to STORE:

Sweet potatoes need to be stored in a dark, dry, and cool (around 55°F) environment. Under these conditions they can be stored for 3-4 weeks. Do not refrigerate.