

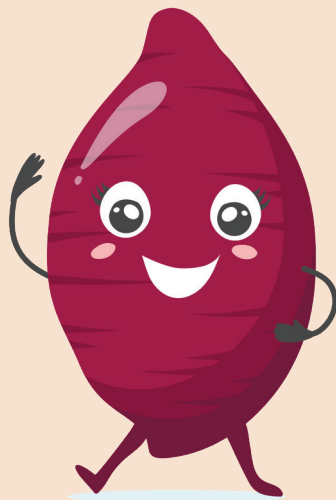
Sweet Potato

Harvest of the Month Newsletter | January



FUN FACTS

- Sweet potatoes grow under the soil and their leaves grow above the ground.
- While sweet potatoes are grown mainly for their edible tubers in the United States, in many parts of Asia and Africa they are grown for their edible leaves.
- Sweet potatoes are in the morning glory family and likely date back to prehistoric times.
- Although sometimes called yams, true yams are starchy edible roots that are white in color with a tough skin.



GOOD FOR YOUR BODY

Sweet potatoes are a good source of Vitamin A, fiber, and potassium. Vitamin A is important in eye health and immune function. Potassium is a mineral that helps muscles contract and maintain normal blood pressure. Fiber is important in digestive function and can lower risk of diabetes, heart disease and some types of cancer.

HARVEST SEASON

Sweet potatoes are in season in Pennsylvania from August through November.

TASTY TIPS

- Look for firm sweet potatoes with smooth skin that is free from cracks, bruises, and signs of decay.
- Store sweet potatoes in a cool, dark place away from heat sources for up to two to three weeks.
- Cooked sweet potatoes can be stored in an airtight container in the freezer. Add a small amount of lemon juice to preserve color.
- Give your meal a nutritional boost by slicing and roasting sweet potatoes in place of your regular fries.



Contents obtained from the Pennsylvania Department of Education and Penn State University (Project PA).