

Sweet Potatoes





Sweet Potatoes

SHOPPER'S TIPS

- Look for firm, dark, smooth skin without wrinkles, bruises, or sprouts.
- Avoid sweet potatoes with moldy spots.

FUN FACTS!

- In the United States, sweet potatoes are often called yams. It is believed that the confusion started in 1930 when growers began calling a new type of orange sweet potato the Louisiana Yam to set it apart from the common white sweet potato.
- Sweet potatoes are roots (like carrots) that came from South America. Yams are tubers (like potatoes) that came from West Africa. True yams are not commonly found in the United States.

WHAT IS IN IT FOR YOU?

One sweet potato is:

- An excellent source of vitamin A.
- A source of fiber, vitamin B6, and potassium.

SERVING IDEAS

- Dip strips of sweet potatoes in egg substitute and bake on a lightly oiled pan at 425°F for 25 to 30 minutes for a batch of sweet potato fries.
- Bake sliced sweet potatoes with apples and cinnamon for a hot dessert.

PEAK SEASON

California grown varieties, available in the fall, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Do not store sweet potatoes in the refrigerator or they will develop a hard core and an “off” taste. Sweet potatoes kept at room temperature should be enjoyed within one week.