

Sweet Potatoes

Sweet potatoes contain 327% of the recommended daily intake of vitamin A, which is more than any other vegetable.

Vitamin A is important for cell growth and development, fighting disease and good vision.



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



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IN PARTNERSHIP WITH PRINCETON PUBLIC
SCHOOLS, AND METZ CULINARY MANAGEMENT
WITH GENEROUS SUPPORT FROM BENT SPOON
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Sweet Potatoes

**Yams and sweet potatoes
are not the same.**

**Yams are tubers, like potatoes.
Sweet potatoes are considered storage
roots, like carrots. While yams can grow
as long as 7 feet and can weigh up to
150 pounds, sweet potatoes are usually
the size of a potato. Yams are primarily
grown in West Africa, with Nigeria leading
the way in production.**



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Sweet Potatoes

There are two main varieties of sweet potatoes — pale yellow with dry flesh and dark orange with moist flesh.



**SWEET
POTATO**

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Sweet Potatoes

Sweet potatoes come in several colors. Their skin can be white, yellow, orange, red or purple.



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**Sweet potatoes
can be eaten raw,
just like carrots!**



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The earliest sweet potato cultivation records date to 750 BCE in Peru, although archeological evidence shows cultivation might have begun around 2500-1850 BCE. By the time Columbus arrived in the 'New World' in the late 15th century, sweet potatoes were well established as food plants in South and Central America.



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**Sweet potatoes were
grown by enslaved
Americans at Mt. Vernon,
the Virginia plantation home of
George Washington, our first president.**



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This tropical crop needs at least four months of warm weather and warm soil.

They are drought- and heat-tolerant and have few pests or diseases.

Most of our sweet potato acreage is in southern New Jersey.



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**Sweet potato fields
are prepared in
April and May
and vine cuttings,
called slips, are planted
in mid- to late May
to mid-June.**



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**Sweet potatoes
(*Ipomoea batatas*)
are the root of
a vine in the
morning glory
family.**



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