

SWEET POTATO



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GROWING

Sweet potatoes can be planted in the spring and through the end of June. They are grown in warm, sandy soil and are harvested when the leaves begin to die. In the United States, sweet potatoes are primarily grown in the southern states. Both orange- and white-fleshed potatoes are available.



SELECTING

Select sweet potatoes that are firm to the touch and have clean, smooth skins. Avoid choosing ones with soft spots, bruising or sprouts.



STORING

Sweet potatoes should be stored in a dark, cool, dry, and well-ventilated location. They can be stored for 3-4 months at around 55-60 degrees Fahrenheit.



BODY

Sweet potatoes are free from sodium, fat and cholesterol. They are high in dietary fiber, Vitamin C and beta carotene. Orange colored produce - like sweet potatoes - carries high amounts of Beta carotene (Vitamin A). Sweet potatoes are a type of vegetable. A healthy diet should contain at least 2-3 cups of vegetables per day.



KITCHEN

Sweet potatoes can be baked, broiled, microwaved or fried. When cooking whole, prick the skin and cook until tender. Tip: It only takes 4-6 minutes to cook a sweet potato in the microwave!



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DID YOU KNOW?

AFTER SWEET POTATOES ARE HARVESTED, THEY NEED TO "CURE", OR SIT, TO MAKE THEM AS SWEET AS THEY ARE.

BAKED SWEET POTATO BITES

Makes: 4 Servings, Total Time: 30 minutes

2 sweet potatoes
2 tsp chopped garlic
1 Tbsp olive oil

Directions

1. Preheat oven to 400 degrees.
2. Clean sweet potatoes by scrubbing with vegetable scrubber, soap and water.
3. Peel off sweet potato skins and cut into cubes.
4. Place oil on baking sheet, add sweet potatoes and season with your favorite seasoning. Stir all ingredients together and then space evenly across pan.
5. Place in oven and cook for 18-22 minutes until the sweet potatoes are tender. Stir if needed while baking to prevent burning.

Tip: Try seasoning with 4 Tbsp Parmesan cheese and Italian seasoning.



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