

SWEET POTATOES

November 2017



Sweet Potatoes

A nutritional All-Star, the Sweet Potato is one of the best vegetables you can eat. They are loaded with carotenoids, vitamin C, potassium, and fiber. Bake and then mix in some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

Sweet potatoes are a winter storage crop, so they provide fresh vegetables when many other vegetables are unavailable.



How to Pick a Sweet Potato

Choose firm sweet potatoes that are small to medium size.

Discard potatoes with soft or rotten spots as the flavor will be affected.

Texas is the country's fifth largest sweet potato producer. Commercial production is concentrated in Van Zandt County in East Texas.

