



Sweet Potatoes



What is in it for you?

½ cup of sweet potato is:

- An excellent source of vitamin C – which helps your body fight infection and heal wounds
- An excellent source of vitamin A – which supports healthy eyesight and skin
- A good source of fiber and potassium.

Produce Tips

- Choose firm sweet potatoes with smooth skin.
- Store sweet potatoes in a plastic bag with holes, or a burlap bag. Do not refrigerate.

Serving Ideas

- Serve mashed with cinnamon.
- Bake and top with pineapple tidbits.
- Roast chunks or wedges with olive oil and your favorite seasonings for about 25 minutes at 425°F.

Fun Facts

- Sweet potatoes are a Native American plant that was the main source of food for early settlers and for soldiers during the Revolutionary War.
- George Washington grew sweet potatoes on his farm in Mount Vernon, Virginia.
- In 2014 there were about 2.4 billion pounds of sweet potatoes grown in the United States.



Market Basket of the Month is coordinated by WellSpan Community Health and Wellness.

For additional serving tips and recipes, go to Wellspan.org/MarketBasket

