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.