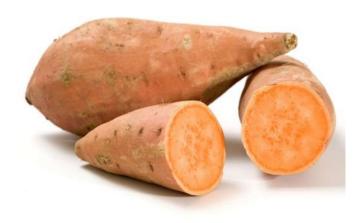


# Sweet Potatoes



# 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.



