



Sweet Potato

Ipomoea batatas

Nutrition Facts

- One cup of sweet potatoes contains over seven times the recommended daily amount of Vitamin A.
- One cup of sweet potatoes contains 65% of the recommended daily value of Vitamin C.
- Sweet potatoes are packed with minerals, including potassium, calcium and iron.

Planting

Plant 5/10-6/10

(Guidelines for planting in raised beds)

Sweet potatoes are started from slips, which are shoots grown from mature sweet potatoes. Dig holes about 5" deep and place one slip in each hole 18-24" apart. In a 4'x12' bed there should be 2 slips across and 9 slips down. Cover with soil, leaving the leaves of the slip exposed above the soil.

Care

Mulch slips with a thick layer of straw. Water at time of planting. Water plants on shower setting, circling the sprayer around the slip instead of directly on top. Water lightly when top 1" of soil dries out or if extended drought occurs.

Harvest & Storage

Use clippers to snip vines back to their starting slip. Use a garden fork to loosen up and turn the soil around the slip. Then, using your hands or a small garden tool, dig out the sweet potatoes. Make sure to dig deep! Store sweet potatoes in a cool, dry, dark place.

Recipe

Wash all vegetables before using

Sweet Potato Fries

3-4 sweet potatoes, thinly sliced
2 tablespoons melted butter
1 tablespoon cinnamon
1 tablespoon sugar

Preheat oven to 450 degrees. Place potatoes, butter, cinnamon and sugar in a gallon-size zip-loc bag. Shake bag until all potatoes are well mixed with cinnamon and sugar. Lay sweet potatoes on a baking sheet in a single layer.

Bake in oven for 30 minutes, turning fries occasionally. Let cool on a tray for 2 to 3 minutes and enjoy!

The butter, cinnamon and sugar may be substituted for olive oil, salt and pepper for a more savory treat!



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