



SWEET POTATO



**ARE SWEET POTATOES THE
SAME THING AS YAMS?**

Question

Are sweet potatoes the same thing as yams?

Answer

Sweet potatoes are **not the same as yams**, but are mistakenly called yams in North America (actual yams are vegetables grown in Africa and Asia)

Although it has potato in its name, sweet potatoes are **not related to potatoes**

However, sweet potatoes can **replace potatoes in many recipes**

Yam or Sweetpotato

Do you know the difference?



YAM

**Dry, starchy flesh,
dark bark-like skin**



SWEETPOTATO

**Moist flesh, variation in
color, slick like appearance
in skin**



**WHAT
KINDS OF
SWEET
POTATOES
ARE
AVAILABLE?**

Question

What kinds of sweet potatoes are available?

Answer

There are two common types of sweet potatoes:

Orange-colored

(more sweet, more moist)



Yellow-colored

(less sweet, less moist)



Sweet potatoes also come **canned** and **frozen**.



WHAT'S THE BEST WAY TO CHOOSE SWEET POTATOES?

Question

What's the best way to choose sweet potatoes?

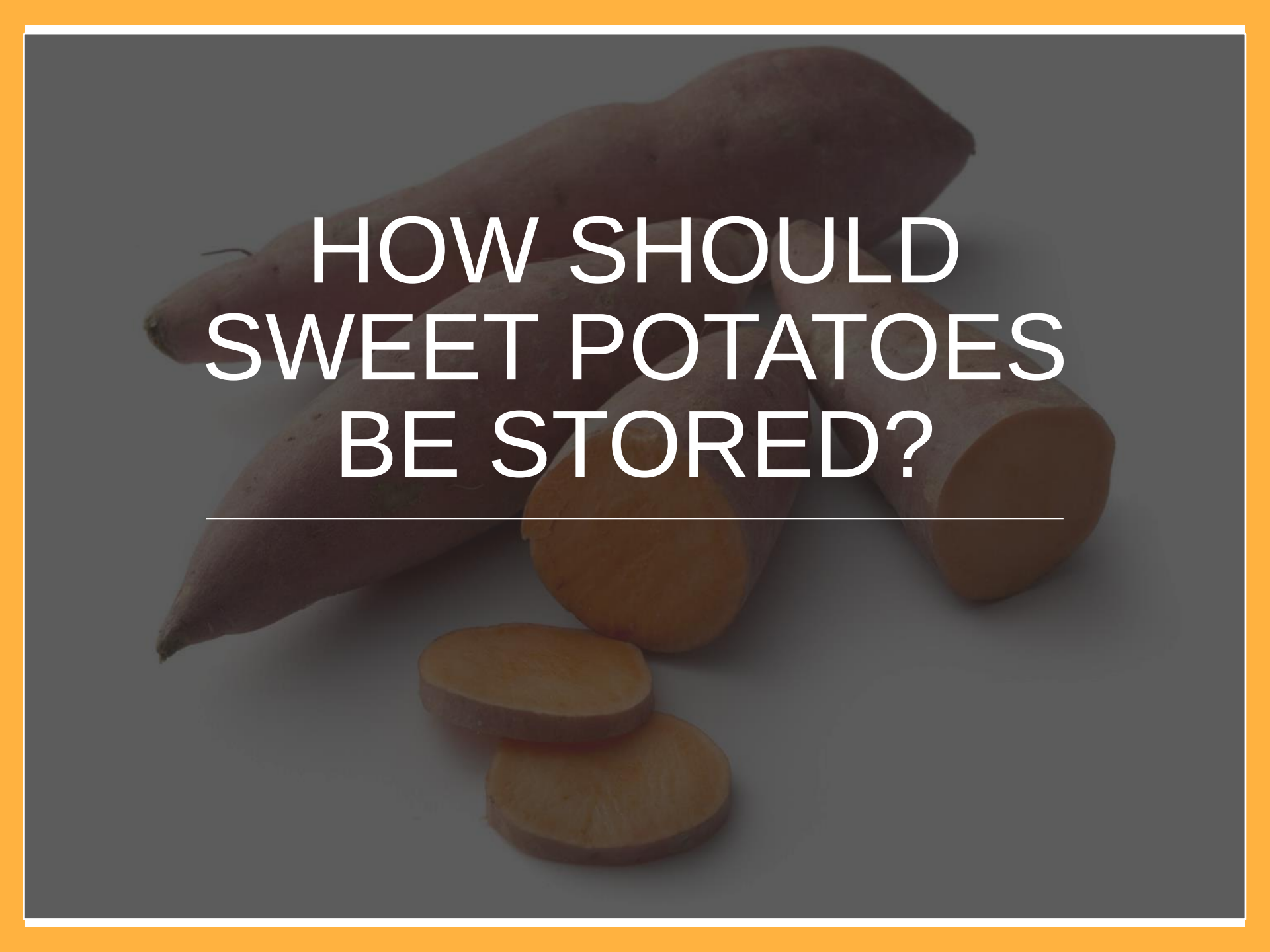
Answer

Look for sweet potatoes that:

- **Feel firm**
- **Have tight, unwrinkled skin**
- **Have no bruises or blemishes**
- **Are uniform in shape**



Note: If any part of the sweet potato is bad, the entire potato will be affected.

The background of the slide features a photograph of several sweet potatoes. Some are whole, showing their characteristic reddish-brown skin, while others have been cut into round slices, revealing a bright orange interior. The potatoes are arranged on a light-colored surface. A semi-transparent dark grey rectangle is overlaid on the image, containing the title text and a horizontal line.

HOW SHOULD SWEET POTATOES BE STORED?

Question

How should sweet potatoes be stored?

Answer

DO store in a **dark, dry place** for up to one month.

DO NOT store near **onions** or **apples** (*they cause each other to spoil*).

DO NOT store in the refrigerator.



Preparing Sweet Potatoes

1

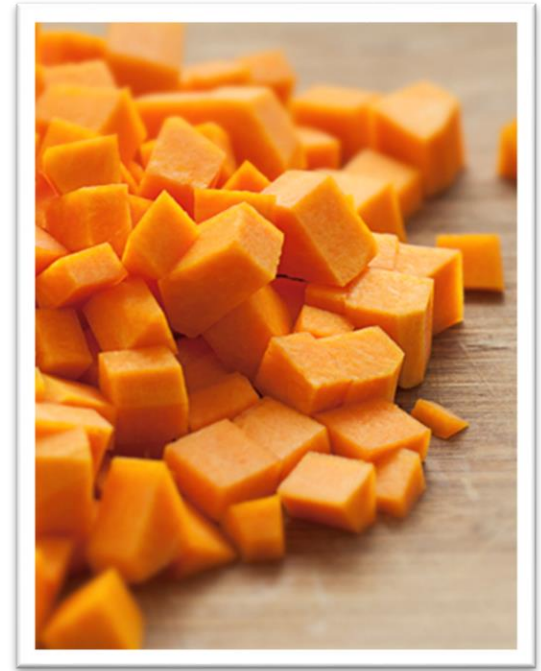
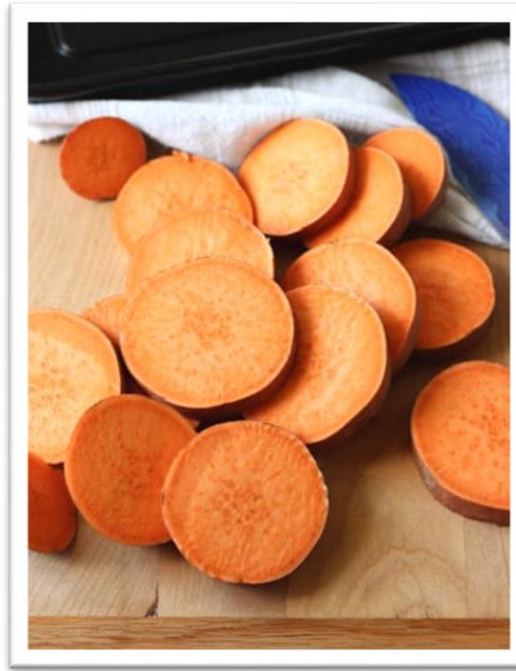
Scrub sweet potato until clean



Preparing Sweet Potatoes

2

Peel (or not) and cut the sweet potato into sticks, rounds, or chunks





**HOW CAN SWEET
POTATOES BE COOKED?**

Question

How can sweet potatoes be cooked?

Answer

They can be:

- **Boiled**
- **Grilled**
- **Mashed**
- **Roasted**
- **Baked** (i.e.: sweet potato fries – brush with oil, season, and bake at 400•F for 25 mins until soft and lightly browned)
- **Enjoyed whole** (pierce skin with fork, microwave for 6-8 minutes or bake in oven at 350•F for 30 mins or until soft).





**HOW SHOULD
LEFTOVER
SWEET
POTATOES BE
STORED?**

Question

How should leftover sweet potatoes be stored?

Answer

Cooked sweet potato can be **covered** and stored in the **refrigerator** for up to **five days**.





CAN BABIES EAT SWEET POTATOES?

Question

Can babies eat sweet potatoes?

Answer

Sweet potato is a really great food for babies!

Cooked sweet potato can be
MASHED for **7 month old**
babies.

Cooked sweet potato can be
DICED for **9 month old**
babies.

