



## The Vegetable of the Month is **SWEET POTATOES!**

Sweet potatoes are the edible root of a vine in the morning glory family and native to the tropical areas of the Americas. There are many varieties of sweet potato but the two that are widely grown commercially are a pale sweet potato and the darker red-skinned variety, sometimes mistakenly called a "yam". The true yam is not related to the sweet potato.

Today, China, Indonesia, Vietnam and Uganda in Africa are the top growers of sweet potatoes around the world. In the United States, the top sweet potato producing States are North Carolina, California, and Georgia.

Sweet potatoes have been around since prehistoric times. Remains of sweet potatoes that are 10,000—20,000 years old have been found in caves in Peru.

Sweet potatoes are one of the most nutritious foods, which is why it is often one of the first solid foods that people feed their babies.

Sweet potatoes are a great **source of fiber, Vitamin A, Vitamin C, B Vitamins, and potassium**. They have more Vitamin A than any other vegetable which makes them great at keeping your skin healthy and hair shiny. Also, Sweet potatoes are naturally low in fat and are cholesterol free.



**Look for Sweet Potatoes on  
the lunch line this month.  
Sweet Potatoes are great  
baked, mashed, or roasted.**

