Sweet Potato

A root vegetable

What nutrients are found here?

Vitamins B, C, Magnesium, and Phosphorus

What do those nutrients do in my body?

- Support digestion, & blood clotting
- Support tissue growth, cell & nerve functioning.
- Can help lower cholesterol, blood pressure, & inflammation

How/Where can I grow my own sweet potatoes?

- In the ground or in a large pot.
- They grow in the ground for about 3mo. and produce large vines and leaves.

How should I store freshly picked sweet potatoes

- Store sweet potatoes in a paper box or bag in a cool dark pantry area.

How can I eat sweet potatoes?

- Baked
- Roasted
- In stew, soup, or chili

