

South Carolina



DECEMBER



DESCRIPTION

Sweet potatoes, most commonly with a yellow-orange flesh, are a root vegetable. Because of the loamy to sandy soil, sweet potatoes can be grown in the entire state of South Carolina, but mostly in the midlands and the upstate.

Information from:

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=64#healthbenefits>

<http://www.clemson.edu/extension/hgic/plants/vegetables/crops/hgic1322.html>

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<http://nomnompaleo.com/post/1667354361/baked-yamssweet-potatoes>

Palmetto Pick of the Month: SWEET POTATOES

HISTORICAL FACTS

Sweet potatoes are native to Central and South America. Known as one of the oldest vegetables, in 1492 Christopher Columbus brought sweet potatoes with him on his first voyage to the New World.

HEALTH BENEFITS

Sweet potatoes have anti-oxidant and anti-inflammatory properties.

The orange-hued carotenoid pigments can also give your skin a great glow.

HARVEST TIPS

Harvesting sweet potatoes can be easy! Cut and remove the vines before digging. Sweet potatoes skin and bruise very easily; be gentle when digging.



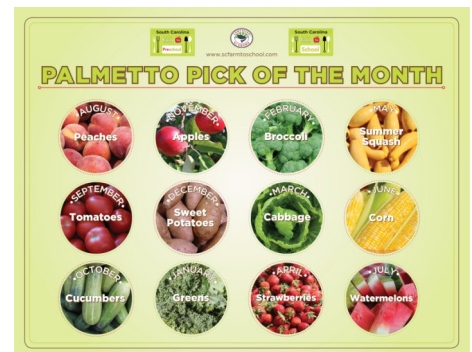
QUOTE

"My dream is to become a farmer. Just a Bohemian guy pulling up his own sweet potatoes for dinner."

-Lenny Kravitz

PALMETTO PICK OF THE MONTH SNACK

Bake a sweet potato and drizzle with coconut oil for a festive and flavorful mid-day snack!



SC Farm to School put together a harvest of the month program called *Palmetto Pick of the Month*.