

South Carolina



Farm



to

School



Palmetto Pick of the Month SWEET POTATOES

DECEMBER



DESCRIPTION

Sweet potatoes are a root vegetable with an orange fleshed interior typically, but can be in other varieties such as purple. Sweet potatoes grow in all types of soil and can be found throughout South Carolina, but prefers the Midlands and the Upstate regions.

PREPARING

To get the sweetest flavor from the sweet potatoes, keep them in a warm, damp area for 10 to 14 days. After the 10 to 14 days, store them on the counter in a box or basket. When you are ready to prepare, wash and scrub the outside skin of the potato and remove any vines left on the plant.

GROWING SWEET POTATOES

Sun Exposure: Full Sun

Soil Type : Loamy

Soil pH: Neutral

Sweet potatoes can grow even in poor soil. Build high ridges in nutrient-rich soil around 10 inches tall. Sweet potatoes grow best from sprouts or slips that can be found at your local gardening center. Plant the slits in the ridges after the last spring frost and cover the roots and about inch of the stem. Keep the potatoes well-watered. After about 3-4 months, the potatoes will be ready to dig up. Use a spade fork to loosen the soil around the plant and pull on the primary stem of the plant.

HEALTH BENEFITS

Sweet potatoes are nature's natural source of beta-carotene or vitamin A. In fact, It contains 214% of your recommended daily amount of vitamin A, which is great for eyes and skin.



BOOKS

Sweet Potato Pie by Kathleen Lindsey

The Gigantic Sweet Potato by Dianne Casas

PALMETTO PICK OF THE MONTH SNACK

Bake sweet potatoes with some coconut oil and add some cinnamon for a snack.

