

HARVEST OF THE MONTH:

Sweet Potato





From Central America, sweet potatoes spread to North America, Europe, and the West Indies.

HISTORY OF Sweet Potatoes

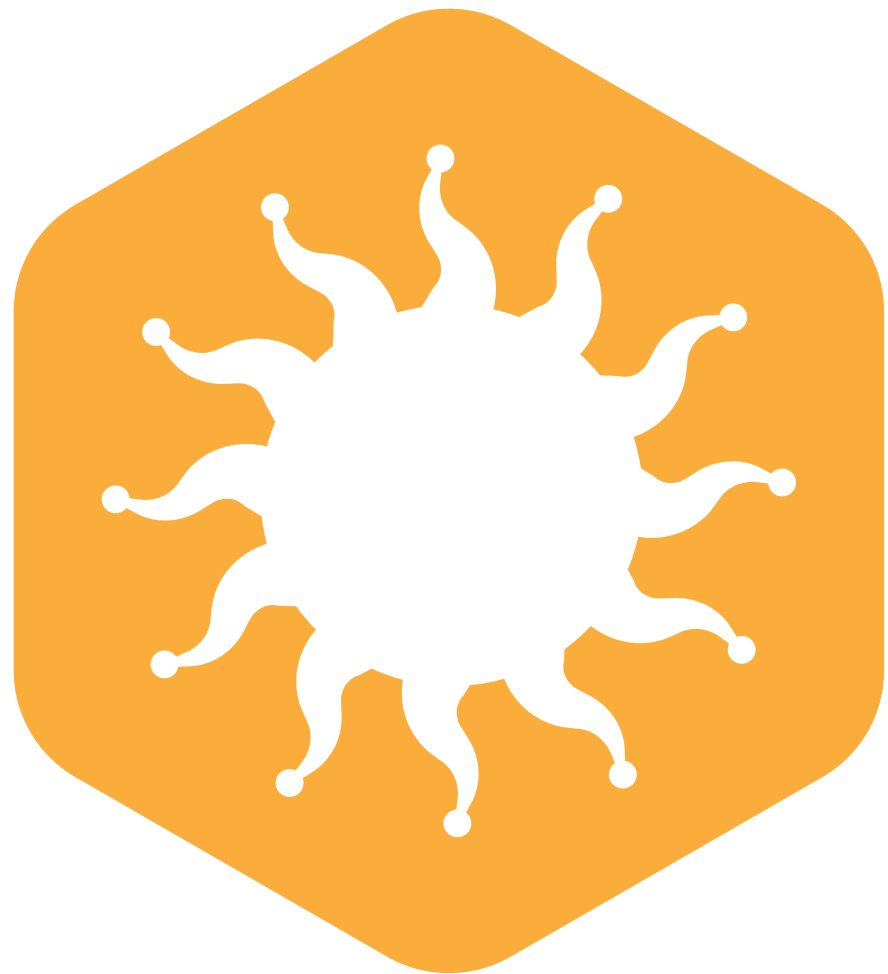


**In SD, sweet potato plants
can be planted in the spring.
We eat the sweet potato root.**



HOW DO SWEET POTATOES GROW?

WHAT SEASON DO WE PICK SWEET POTATOES?



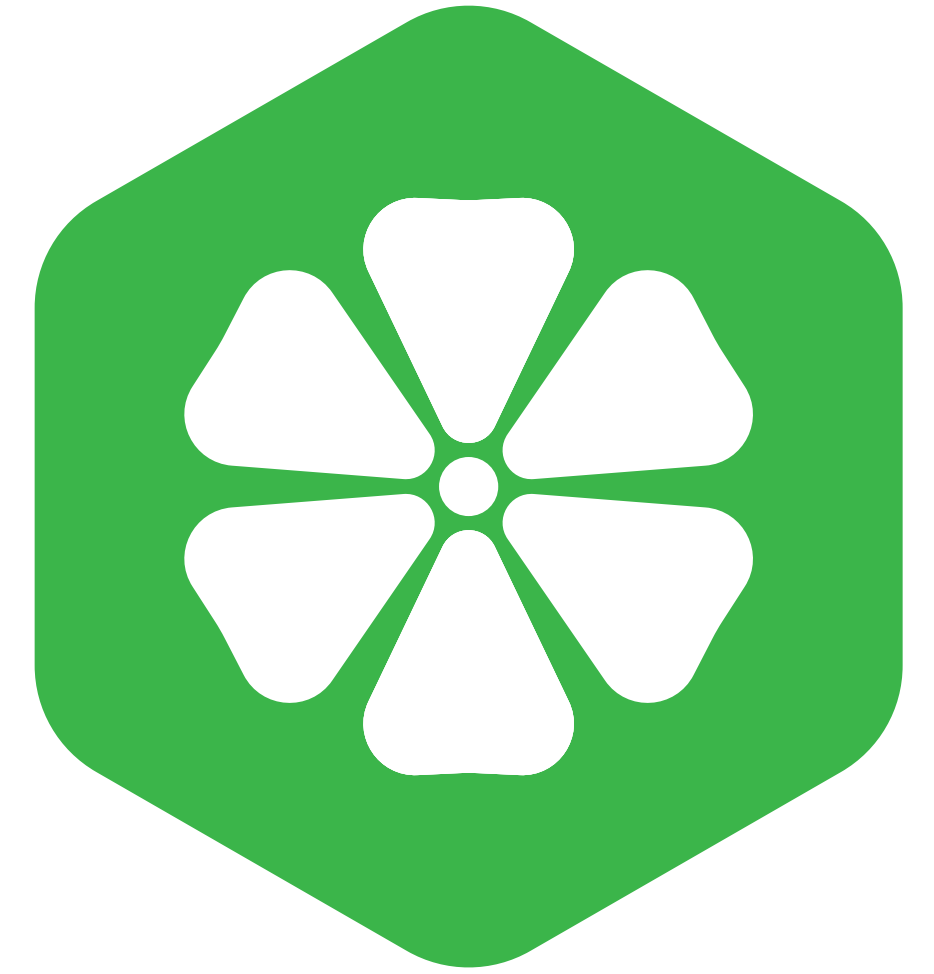
SUMMER



AUTUMN



WINTER



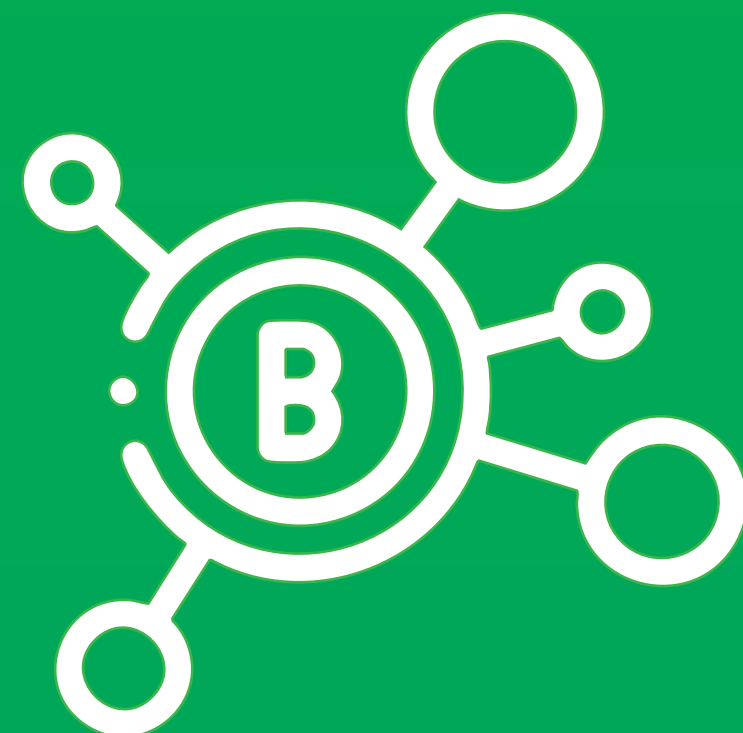
SPRING

WHY SHOULD WE EAT SWEET POTATOES?

**Healthy immune system
(prevents colds)**



**B Vitamins
(Healthy bodies,
cell metabolism)**



**Healthy digestion,
cleans out your system**



Healthy eyes



HOW DO YOU PICK GOOD SWEET POTATOES?

- Choose sweet potatoes that are dry with smooth skin.
- Store sweet potatoes in a cool, dry place, like a pantry. Do not store them in the refrigerator because it changes the taste.

FUN FACT: The orange color of sweet potatoes comes from the beta carotene that changes into Vitamin A when you eat it.





LET'S TRY SOME

Sweet Potatoes!

