♦ Our first president, George Washington grew sweet potatoes on his farmland in Mount Vernon, Virginia.

♦ Sweet potatoes are high in Beta Carotene, copper, manganese, potassium, iron and vitamin b-6. They are a good source of vitamins A, C and E also.

♦ The sweet potatoes originated in the topical regions of Central and South America where they served as a staple for the Aztecs in Mexico and the Incas in Peru.

♦ Sweet potatoes can be white, yellow, red, purple and orange. They grow underground just as a carrot.

♦ Yams and sweet potatoes are not the same.

♦ The average American consumes 4.5 pounds of sweet potatoes per year.