

# SWEET POTATO



- ◆ 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.