Sweet Potato

What Am I?

Sweet potatoes are root vegetables that resemble white potatoes but usually have an orange inside. They have a sweet taste and are usually eaten cooked. Sweet potatoes are a popular menu item on Thanksgiving.

How Do I Grow?

- Sweet potatoes grow in the ground.
- Although they can be grown worldwide, they thrive in a warm, moist environment.
- Most varieties need 90-100 days to grow.
- Sweet potatoes are planted in the spring and harvested in the fall.

Nutrition

Sweet potatoes are great sources of vitamin A, vitamin C, beta carotene, fiber and potassium.

Fun Facts

- Sweet potatoes can be white, yellow, red, purple or orange.
- The orange-fleshed sweet potatoes are sweeter than the other varieties.
- You would have to eat 23 cups of broccoli to take in the same amount of vitamin A that is in one sweet potato.

WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent