Yam

What am I?

Yams are root vegetables that have a scaly brown skin with a dense white, purple or red flesh. Yams are starchy and dry.

How do I grow?

- Yams are a tuber vegetable that grows underground.
- 95% of the world's yams are grown in sub-Saharan Africa.

Nutrition Facts

Yams are a good source of carbohydrates and fiber.

Fun Facts

- Yams and sweet potatoes are often grouped together but they are not the same thing.
- Some of the largest yams weighed more than 100 pounds and have been several feet long.
- Yams are often consumed boiled and mashed, fried, roasted or baked.

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