

Sweet Potatoes

Nebraska Seasonal Produce Guide



EXTENSION
Health & Wellbeing

Sweet potatoes have a deep orange colored flesh and a sweet taste. Sweet potatoes are starchy vegetables that contain lots of vitamins and minerals. Sometimes sweet potatoes and yams are confused, but in the United States, most stores sell sweet potatoes and not yams.

Why Should I Eat This?

Sweet potatoes are high in vitamin C, which helps heal cuts and wounds. They are also high in vitamin A, which promotes good vision and cell growth.



Proper Storage

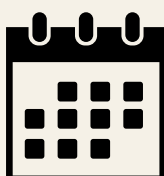
Sweet potatoes that are stored in a dry, dark, cool area can be stored for up to a month. If sweet potatoes are stored on the counter, they can be stored for up to a week.

Make a Good Selection

Choose small to medium sweet potatoes that have smooth skins and are firm. They should be free from cracks, soft spots, and blemishes.

How Could I Use This?

- Sweet potatoes can be boiled, baked, grilled, or microwaved and served as a side dish.
- Make loaded sweet potatoes.
- Make mashed sweet potatoes.
- Make a sweet potato breakfast hash.
- Make sweet potato pie.
- Add to a soup or stew.
- Make baked sweet potato fries.



Seasonal Availability in Nebraska

Harvest Season: September through December

Market Availability: September through December

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