DID YOU KNOW?

The orange color of Sweet Potatoes comes from beta carotene, a form of Vitamin A!

We need Vitamin A for healthy skin and vision.
CULINARY TIP:

You can use a spiralizer to create sweet potato noodles in place of pasta, in stir-fry, or as a fun topping for salads.
This month we’re celebrating sweet potatoes

FUN FACT:

I think, therefore I YAM. Yams and sweet potatoes not the same! Yams have a darker, bark-like skin with a starchier taste while sweet potatoes’ skin can range from white to red-brown.
DID YOU KNOW?

Get ready for that pop quiz! Sweet Potatoes are a great brain food to help boost focus and memory.
CULINARY TIP:

Don’t peel these potatoes! Cooking sweet potatoes in their skin helps better preserve their nutrient content.
FUN FACT:

Sweet potatoes come in different colors, such as orange, white, yellow, purple, and red. They all have different tastes, textures, flavors, and nutrients. Try them all and taste the rainbow of flavors!