



MO Grown Produce

# Kitchen Tips for Sweet Potatoes

<b>In Season in Missouri:</b>	September - December
<b>Quality:</b>	Choose firm potatoes with smooth, unbruised skins without cracks.
<b>Storage:</b>	Store in a cool, dark place for 1-2 weeks. Store cooked sweet potato for up to 7 days in refrigerator.
<b>Food Safety:</b>	Scrub under running water with a vegetable brush before cutting and cooking.
<b>Yield:</b>	For 50, ¼ cup servings of cooked sweet potato, you need 7.5 pounds of fresh, whole sweet potatoes.
<b>Preparation Tips:</b>	Wash sweet potatoes and peel if desired. Cut into slices, strips or chunks. They can be boiled and mashed or baked or roasted.
<b>Kid-Friendly Serving Ideas:</b>	<ul style="list-style-type: none"> <li>• Mash sweet potatoes with butter, cinnamon and a little brown sugar.</li> <li>• Make baked sweet potato fries.</li> <li>• Try sweet potato pie for a special treat.</li> <li>• Roast sweet potato chunks with other root vegetables.</li> </ul>
<b>Nutrition:</b>	Sweet potatoes are an orange vegetable that is one of the richest sources of vitamin A, which is what gives the sweet potato its orange color. They are also a good source of fiber, potassium and vitamin C. Much of the nutrition is in the sweet potato skin.

### Fun Fact # 1:

Sweet potatoes are one of the oldest known vegetables. They were introduced in the United States in the mid-20th century as “yams,” but a sweet potato and yam are actually different.

### Fun Fact #2:

In Asia and Micronesia, typical sweet potatoes are actually blue, not orange.

