

FOOD PREPARATION STEPS



1. Wash sweet potato under running water, scrubbing with a vegetable brush.

Sweet potatoes provide complex carbohydrates that give our bodies energy to work and play. The fiber in sweet potatoes helps to keep our digestive systems healthy. Sweet potatoes contain more vitamin A than any other root vegetable. Sweet potatoes have many antioxidant and anti-inflammatory benefits, which help us to stay healthy and fight illness. The leaves of sweet potato plants provide more nutrients than some leafy green vegetables.



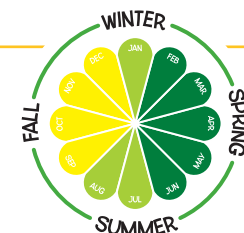
2. Steam whole potato. If necessary, cut into smaller pieces to fit into pot.



3. After it has cooled sufficiently, slice sweet potato into 1/2 inch rounds.



There are about 6,500 cultivars of sweet potatoes in the world, displaying an array of colors. Sweet potato skins can be white, yellow-orange, tan, reddish purple, and red. The flesh of sweet potato colors includes white, purple, orange, yellow-orange, and red. Yams are a completely different species and are grown mainly in West Africa, where they are originally from. They are drier and starchier than sweet potatoes and have a rougher skin. The moist-fleshed, orange-colored root vegetable that is often thought of and sold as a "yam" in the United States is actually a sweet potato.



AVAILABILITY: ● PEAK ● MODERATE ● LOW

- Sweet potato are available in Hawai'i from January to August. Peak harvest occurs in February though June.
- Choose firm potatoes free of soft spots.
- Sweet potatoes can be stored in a cool, dry place for several days. Do not wash them until you are ready to prepare and cook them.
- Do not refrigerate sweet potatoes. This can alter the tuber's taste.
- Sweet potato leaves can be steamed, sauteed, or added to stir-fries.

**Seasonality varies with location and from year to year.*

Fresh Choice Hawaiian Harvest celebrates the diverse, nutritious, and delicious bounty grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit includes produce profile sheets, family take-home letters, produce preparation sheets, and posters that highlight Hawai'i-grown crops. Downloads of Fresh Choice Hawaiian Harvest Materials, and more information are available at www.kokuahawaiifoundation.org/HawaiianHarvest. Funding for the Fresh Choice Hawaiian Harvest program was provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant. Photos: Anthony Ching and shutterstock.com.