

Harvest of the Month

Sweet potatoes

Did you know that??

- Sweet potatoes, like carrots and potatoes, are considered a root vegetable because they grow underground.
- Sweet potatoes are harvested in Pennsylvania from August through November But, like many root vegetables, they are considered a storage crop meaning they Can be stored for an extended period of time.
- Sweet potatoes can be prepared in a variety of ways including baked, steamed, grilled, boiled and sauteed.
- Sweet potatoes are one of the top sources of vitamin A (in the form of beta-carotene) Which is important in eye health.
- In many parts of the world, sweet potatoes are grown for their edible leaves which grow above the ground.
- Although sweet potatoes are sometimes labeled as yams, true yams are native to Africa and not commercially grown in the US.

