

Sweet Potato

Nutrition:

- **Sweet potatoes are high in Beta Carotene, Vitamin A, C and E. Which all are beneficial in promoting good vision, healthy skin, boosting you immune system and help prevent heart disease.**

Did you know?

- **George Washington Carver developed 118 products from sweet potatoes including stamp glue and clothing starch.**
- **Sweet Potatoes are North Carolina's official state vegetable.**
- **North Carolina is the leading producer of sweet potatoes producing about 40% of the national supply.**

More:

- **Store sweet potatoes in a cool, dry place and wash immediately before use to keep the vegetable as long as possible.**
- **You can easily replace apples, squash or potatoes for sweet potatoes in any dish to add more color and flavor to the dish.**

