

Sweet Potatoes

Storage

Store unwashed and uncut in a dark, cool, well-ventilated place. They will keep for 7-10 days.



Preparation

Wash well in cold water and remove any discolored spots or eyes with a paring knife. You can eat the entire sweet potato, or peel them if desired. Sweet potatoes can be boiled, steamed, grilled, baked, roasted, mashed and pureed.



Nutrition

Sweet potatoes are rich in vitamins and minerals and have antioxidant and anti-inflammatory benefits. It also helps to regulate blood sugar. Like potatoes, sweet potatoes have all lot of their nutrients in the skin so eat them when you can.

