

Harvest of the Month

Sweet Potatoes



FUN FACTS:

Native to Central America, sweet potatoes are one of the oldest vegetables known to man.

It is a large sweet tasting edible root, that can be orange, white or even purple.

North Carolina is a major producer.

The sweet potato is a **Nutritional All-Star**. It helps make your eyes strong and your heart and muscles work better. Eat the skins, too!

This institution is an equal opportunity provider.

