



# SWEET POTATOES

**SUMMER**

**FALL**



**ARKANSAS**  
**Farm to School**

**U of A**  
DIVISION OF AGRICULTURE  
RESEARCH & EXTENSION  
*University of Arkansas System*



# GROW

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Sweet potatoes are grown from shoots that sprout from storage roots, called slips. Plant slips 6 to 12 inches (in.) apart after the last frost in spring has passed. Keep the soil moist throughout the growing season. Harvest sweet potatoes after 90 to 110 days, before the soil temperature is below 55 degrees.



# PREP

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Wash sweet potatoes thoroughly with water. Remove the sweet potato skins depending on preference. Bake sweet potatoes whole or cut into desired sized pieces. Sweet potatoes may be boiled, fried, microwaved, or candied. They may also be used as an added ingredient in recipes.



# EAT

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Start your day off with a warm, sweet potato muffin! Enjoy a side of sweet potato fries with your favorite sandwich or hamburger! Top your salad with chunks of yummy sweet potato. Savor a bowl of sweet potato chili or soup. Wrap up a meal time with a piece of sweet potato pie for dessert!



# LEARN

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Sweet potatoes were first cultivated in South America near the countries of Peru and Ecuador. Sweet potatoes are **vegetables** that range in color from orange to white to purple. Matthews Sweet Potato Farm in Wynne, Arkansas has been growing sweet potatoes since 1885!

