



HARVEST OF THE MONTH SWEET POTATOES



Sweet Potato Facts

- Sweet potatoes are high in Beta Carotene and vitamins E,C and fiber when eaten with the skin.
- Sweet potatoes are roots, compared to regular potatoes which are tubers (underground stems).
- Our first president, George Washington grew sweet potatoes on his farmland in Mount Vernon, Virginia.
- George Washington Carver, a famous scientist, developed 118 products from sweet potatoes including glue for postage stamps and starch for sizing cotton fabrics.



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