

Produce of the Month



Sweet Potatoes



Nutritional Information

- 🍠 One 5" sweet potato has **112 calories**
- 🍠 Sweet potatoes are high in **fiber, vitamin A, C, D, B6, iron, and magnesium**
- 🍠 Sweet potatoes are rich in **antioxidants, anti-inflammatory nutrients**, and have the potential to improve **blood sugar regulation**
- 🍠 A few studies have found that sweet potatoes may have antibacterial properties

Selecting & Storing

- 🍠 Sweet potato season falls from late October through December
- 🍠 Choose sweet potatoes that are **firm** and do not have any **cracks, bruises, or soft spots**
- 🍠 Store sweet potatoes out of the refrigerator in a cool, dark, well ventilated place
- 🍠 Keep potatoes loose in a brown paper bag with multiple air holes punched in—they should keep fresh for up to 10 days

Cooking Suggestions

- 🍠 Sweet potatoes pair well with warm herbs and spices, spicy heat, salt, sweets, nuts, and dark liquors
- 🍠 Try sweet potatoes in your next hash with eggs and sausage
- 🍠 Try mixing sweet potato into your baked goods—like muffins or scones
- 🍠 Replace the meat in your tacos, stews, or chilis for a vegetarian alternative

Fun Facts

- 🍠 February is National Sweet Potato Month
- 🍠 Remains of sweet potatoes have been found in tropical areas of South America dating back to 8,000 BC
- 🍠 Some companies in Taiwan are successfully making a type of fuel from sweet potatoes

Manchester's Message for a Healthier You

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9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages

For more information visit: <http://95210.townofmanchester.org/>

For more ideas, see: <https://www.whgoods.com> Search: Sweet Potato