LouisianaHARVEST of the MONTH

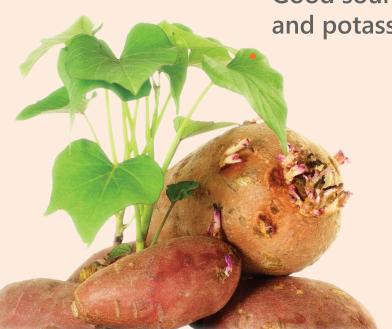


Fun Facts About Sweet Potatoes!

- Sweet potatoes are Louisiana's state vegetable.
- Although yams and sweet potatoes are two different vegetables, sweet potatoes are often called yams in Louisiana.
- Sweet potatoes are more nutritious when eaten with their skin.

Sweet Potatoes Are Nutritious and Good for You!

- Often called a "nutritional powerhouse."
- Excellent source of vitamin A, vitamin C and manganese.
- Good source of vitamin B6, dietary fiber and potassium.











This publication was funded by USDA through support by the Louisiana Farm to School Program at the LSU AgCenter through an inter-agency agreement with the Louisiana Department of Education.