

# Louisiana HARVEST *of the* MONTH



## Sweet Potato

### 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.



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