



Know What You Grow!



Sweet Potato

Scientific Name: *Ipomoea batatas*

Recommended Varieties:

Dry-fleshed (yellow)

- Jersey

Moist-fleshed (yams)

- Garnet (dark red)
- Jewel (deep orange)

Common Pest(s):

The main insect pests impacting sweet potatoes are wireworms and grubs. For more info:

Anrcatalog.ucanr.edu

Master Gardener Handbook

Photos: Creative Commons

Growing Information

Warm Season Plant

Sweet potatoes grow best in light, sandy soil and are very sensitive to temperatures below 50 degrees.

Ideal Planting Window

Inland Valley - April - June

Desert - February - June

Growing Guidance

Grow from sprouts or slips produced by the following method: place small sweet potatoes in a hotbed about March 1; cover with 3 to 4 inches of sand; keep the bed moist. Maintain soil temperature of 70° to 75° in the hotbed. In about 6 weeks, sprouts about 8 inches long are ready for transplanting. Pull the sprouts and transplant them to raised beds. After setting out the sprouts, apply several light irrigations throughout the growing season.



Interesting Facts

2.4 billion pounds of sweet potatoes were produced by major sweet potato producing states in 2014. (USDA)

Sweet potatoes are loaded with vitamin A. They're also a good source of fiber, vitamin B6, and potassium. Sweet potatoes can be long and thin or fat and chunky. They are orange, white, or even purple.

Potatoes and sweet potatoes aren't related. They are two different botanical families. Potatoes are in the deadly nightshade family; sweet potatoes are related to bindweed (morning glory). Potatoes are tubers, while sweet potatoes are roots.

Most of America's sweet potatoes come from North Carolina.

George Washington grew sweet potatoes on his plantation at Mount Vernon, Virginia.

Sweet potatoes came from Central or South America. Christopher Columbus's men were the first Europeans thought to taste sweet potatoes.

George Washington Carver worked extensively with the sweet potato. He developed 118 different products from sweet potato.

[Food Facts and Trivia](#)

[Easy Science for Kids](#)

Nutritional Information

Nutritional Value

One cup of baked sweet potato with skin provides Calories: 180

Carbs: 41.4 grams, Protein: 4 grams, Fat: 0.3 grams, Fiber: 6.6 grams, Vitamin A: 769% of the Daily Value (DV), Vitamin C: 65% of the DV, Manganese: 50% of the DV, Vitamin B6: 29% of the DV, Pantothenic acid: 18% of the DV, Copper: 16% of the DV, Niacin: 15% of the DV.

[Healthline](#)

Recipe: Honey Sweet Potatoes



Ingredients:

- 1 medium sweet potato
- 1 tablespoon butter (unsalted)
- 1 tablespoon honey

Prepare:

Peel the sweet potato, then chop it into $\frac{1}{2}$ inch cubes roughly. Place the sweet potato in a steamer basket above 1-2 inches of water, and steam covered, for 15-20 minutes or until very tender.

Place the sweet potatoes in a mixing bowl, and mash with a potato masher or a large fork. Stir in honey and butter, then serve. You can add a little cinnamon if you like.

[Super Healthy Kids](#)

Contact Information



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