

AgBite

A series of commodity insights

Did you know?

Despite its name, sweet potatoes, aren't closely related to the potato, and they differ from yams.

Overview

- Sweet potato comes in varieties with skin and flesh color that range from white to yellow, orange and deep purple.
- Sweet potato is a valuable source of vitamins B, C and E, iron and zinc.
- Sweet potato (the root) leaves and shoots are also edible, and a good source of vitamins A, C and B.
- When properly cured or under proper conditions it can be stored for several months. They may be frozen for up to one year before use.

Production

More than 105 million metric tons of sweet potatoes are produced globally each year.

North Carolina is the top producer of sweet potatoes in the U.S.

Worldwide, sweet potato is the sixth most important food crop after rice, wheat, potatoes, maize and cassava.

It takes 90 to 120 days for a sweet potato to grow.

Sweet Potato

Family: *Convolvulaceae Juss.*

Genus: *Ipomoea L.*

Kingdom: *Plantae*

Order: *Solanales*

Nutritional Information 1 cup (146g)

Calories 114	Fat .1 g
Protein 2.1 g	Saturated 0 g
Carbs 27 g	Potassium 448 mg
Sugar 6 g	Sodium 73 mg
Fiber 4 g	

<https://fdc.nal.usda.gov>

<https://agclassroom.org/matrix/lesson/736/> <https://cipotato.org/sweetpotato/>

<https://extension.okstate.edu/fact-sheets/sweet-potato-production.html>

Sweet Potato Plant Anatomy

