GUIDE TO SWEET POTATOES



PURPLE STOKES

- Purple skin, deep purple flesh
 Rich with antioxidants and phyto-nutrients
- Flesh is slightly more waxy and drier than orange-flesh sweet potatoes
- The flavor is a rich balance of sweet flavor and yam-like earthiness
 - A longer baking time is required to bring out the best flavor



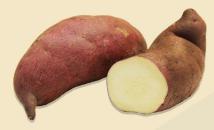
GARNET

- Ever-popular variety, all-purpose - Reddish-purple skin - Vivid orange flesh, moist texture, sweet flavor



JEWEL

Orange-red skin
 Deep orange, moist flesh
 Ideal for boiling, whipping, roasting, casseroles, fries, & baking



JAPANESE (ORIENTAL)

- Purple skin, white flesh
- Feature a very sweet flavor
 - Firm, dry texture
- Holds shape even after cooked, ideal for baking & roasting



COVINGTON

- Grown prominently in North Carolina
 - All-purpose
 - Red-tan skin
 - Moist orange flesh



WHITE HAMON

- Cream-tan color skin
 - Off-white flesh
- Moist and sweet
- Primarily grown in New Jersey



HANNAH

- Light yellow to tan skin
 - White flesh
- Has a mild flavor and excellent sweetness - Primarily grown in California

SWEET POTATO TIPS:

Orange-flesh Sweet Potatoes are ideal for boiling, whipping, roasting, casseroles, fries and baking.

White-flesh Sweet Potatoes have a drier texture and are excellent for baking, roasting or pan frying.

At home, do not store Sweet Potatoes in the refrigerator. Simply, keep them in a cool, dry place like the bottom or your pantry.

Do not seal uncooked Sweet Potatoes inside a plastic bag during storage. Some ventilation is best.

What we often call "Yams" in the United States are actually Sweet Potato varieties.

