

Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



Sweet Potato Activity Sheet

NUTRITION FACT:

Make sure to leave the skins on your sweet potatoes, they are a great source of fiber. Sweet potatoes are also high in beta carotene, vitamins E and C, iron, potassium and vitamin B-6.

ACTIVITIES:

NJ Climate Change Standards & Connections to Agricultural Literacy

Pre-K:

- Grow it, Try it, Like it

Lower & Upper Elem:

- Harvest of the Month Activities
- George Washington Carver & Sweet Potatoes

Middle:

- Sweet Potato History Lesson

High School:

- Sweet Potato Newsletter



Check out the activity video: **Potato Matching Game!**

ALL ABOUT NEW JERSEY!

Sweet Potatoes are in season in New Jersey during late summer into the winter, from late July through December. Once harvested, you can cure sweet potatoes and they will last 4-6 months on average.

HOW DOES IT GROW:

Sweet Potatoes grow under the ground on long vines and need lots of space to spread out and grow. Here are some sweet potato growing tips. They are typically grown from slips, which are sprouts that are grown from stored sweet potatoes. You can buy slips from garden centers, nurseries, or local farmers or grow your own inside.


FUN FACTS:

Sweet potatoes and yams are NOT the same thing! Sweet potatoes are actually a flower, a part of the same genus as the morning glory flower. Meanwhile, yams are related to lilies and grasses, and are not even in the same botanical family.

RECIPES:

- Sweet Potato Breakfast Bowl
 - Jersey Tastes! Cooking Series
-  Power Bowl
- Sweet Potatoes Italienne Recipe
 - Jersey Tastes! Cooking Series
- Sweet Potato Souffle Recipe
- Sweet Potato Chips
 - Jersey Tastes! Classroom Tasting and Activity

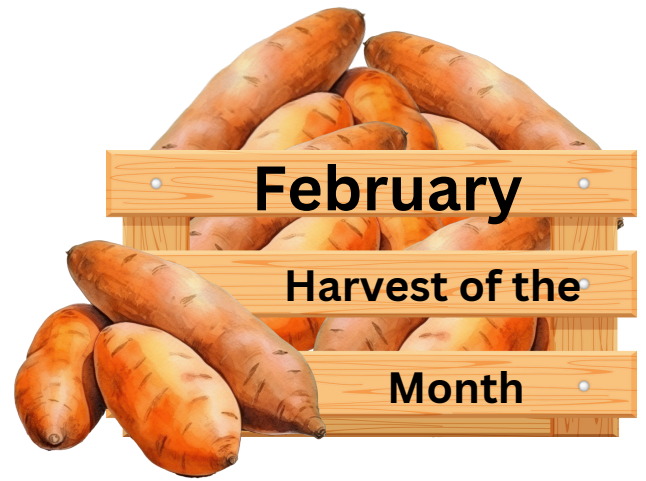


 Indicates plant-based, center of the plate meal

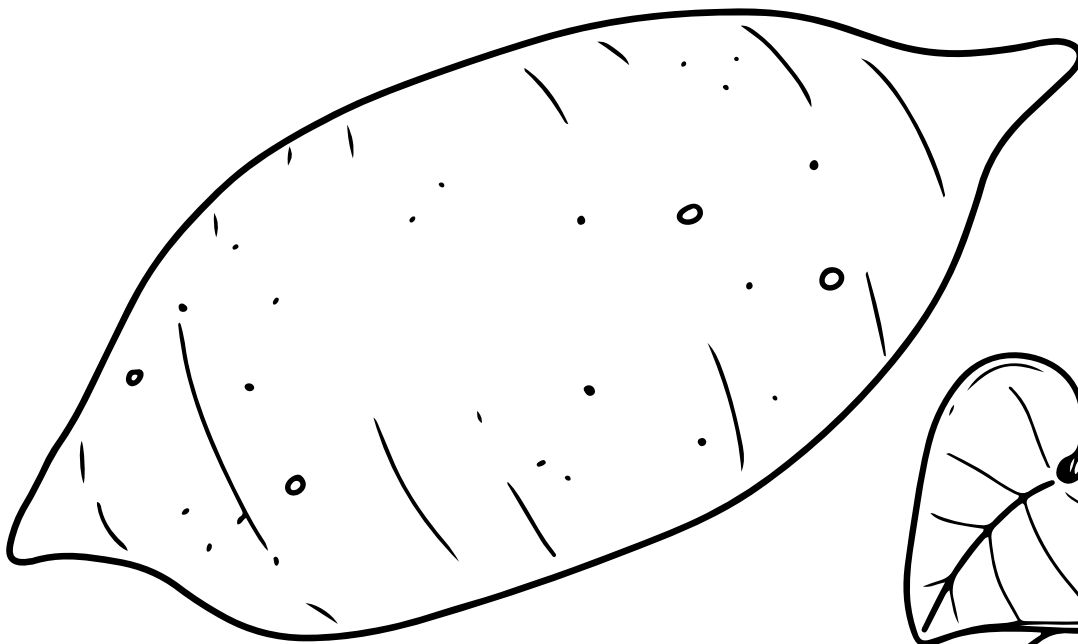
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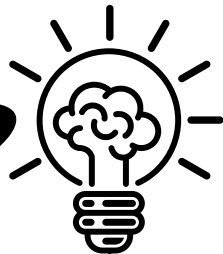
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Sweet Potato

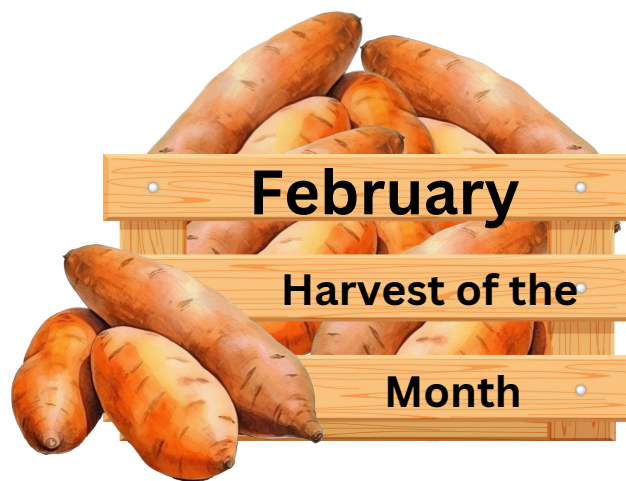


**DID YOU
KNOW?**



Sweet potatoes
can be white,
yellow, red,
purple or
orange

INTERESTING FACT



1. Sweet potatoes are great sources of vitamin A, vitamin C, beta carotene, fiber and potassium. T F
2. Sweet potatoes are root vegetables. T F
3. Sweet potatoes are planted in the fall and harvested in the spring. T F
4. The orange-fleshed sweet potatoes are sweeter than the other varieties. T F
5. It takes approximately 30 to 90 days to grow a sweet potato. T F
6. The sweet potato was ranked number one in nutrition of all vegetables. T F
7. Sweet potatoes are more nutritious if cooked with the skin off T F



SWEET
POTATOES



FINISH



START