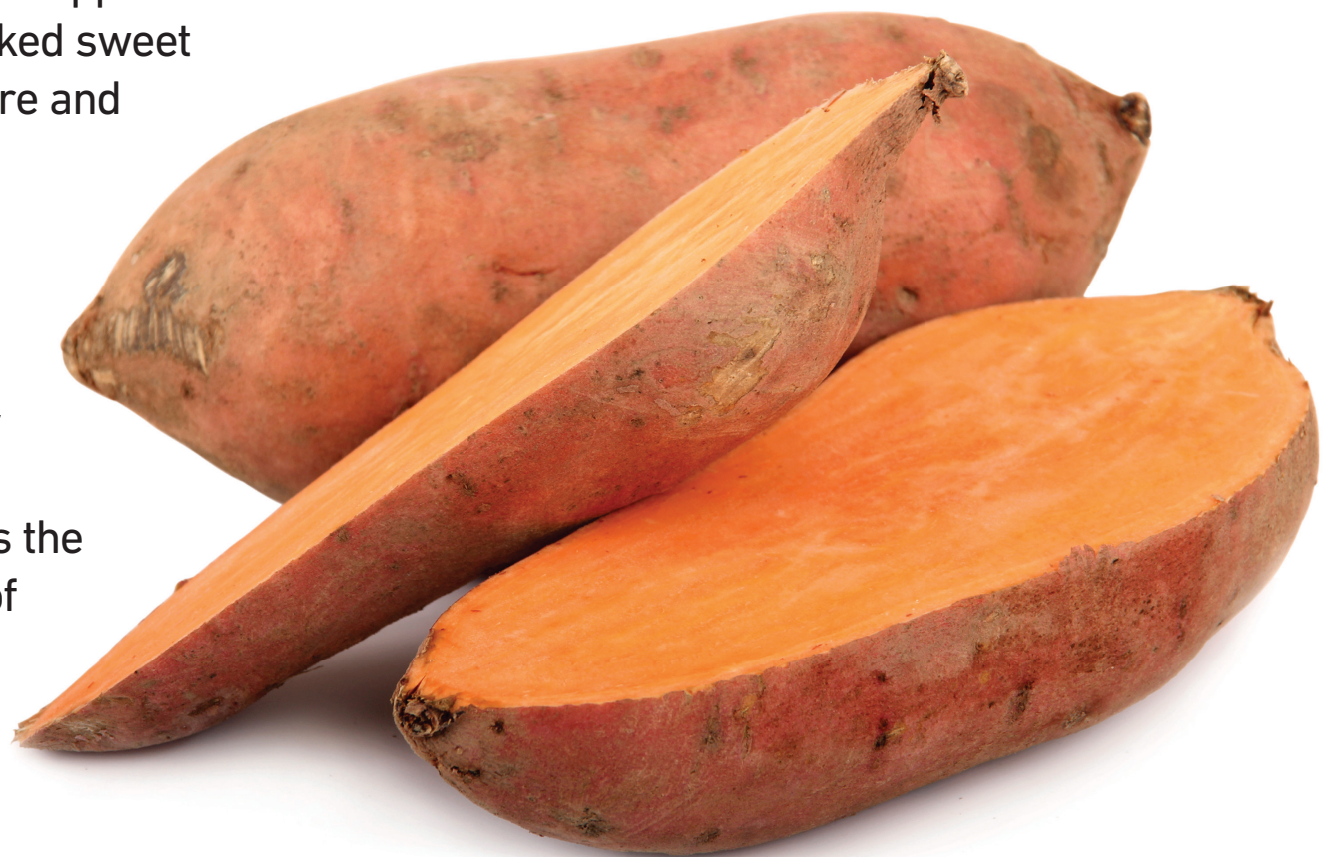


# HARVEST OF THE MONTH

## Sweet Potatoes

A sweet potato is the rock star of veggies. It's one of the healthiest and tastiest vegetables to eat. To get the maximum nutrition, pick the sweet potato with a deep orange color. Add some unsweetened applesauce, crushed pineapple or cinnamon to the cooked sweet potato for extra moisture and sweetness.

Sweet potatoes are a winter storage crop, so they provide fresh vegetables when many other vegetables are unavailable. Alabama is the fifth largest producer of sweet potatoes in the United States.



Nutrition Facts	
Serving Size 1 sweet potato, 5" long 130g (130 g)	
Servings per container 1	
Amount Per Serving	
Calories 112	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 72mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	16%
Sugars 5g	
Protein 2g	
Vitamin A 369%	Vitamin C 5%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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**Did you know?**  
Native Americans were growing sweet potatoes when Columbus arrived in 1492.

