

Produce of the Month

SWEET POTATOES

fun facts:

- Sweet potatoes are loaded with vitamins A, C and E antioxidants that can help prevent heart disease and cancer, bolster the immune system and even slow aging by promoting good vision and healthy skin.
- Native Americans were growing sweet potatoes when Columbus arrived in 1492.
- George Washington Carver, a famous scientist, developed 118 products from sweet potatoes including glue for postage stamps and starch for sizing cotton fabrics.
- In 2003, Louisiana designated the Sweet Potato as the official State Vegetable of Louisiana. It was also designated as the Official Vegetable of North Carolina, in 1995., and Vardaman, Mississippi claims to be the Sweet Potato Capital of the World.



Nutrition Facts	
Serving Size 1 large apple (242g / 8 oz.)	
Amount Per Serving	
Calories 130	Calories from Fat 0
	% Daily Value**
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 300mg	7%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	20%
Sugars 25g	
Protein 1g	
Vitamin A 2%	Vitamin C 8%
Calcium 2%	Iron 2%

A
better
tomorrow
starts
today

