



Earl's Organic Guide to Sweet Potatoes



Store in a cool dark place for up to a few weeks. Do not refrigerate.

Sweet potatoes are incredibly versatile. They are great baked, grilled, sautéed or grated raw for a salad.



The **Beauregard/Jewel** sweet potato has an orange/copper colored skin with bright orange flesh. The starchy sweet flesh becomes moist when cooked and is perfect for absorbing butter and seasonings. Take care not to mash too long or the texture becomes gummy.



The **Japanese** Sweet Potato has purple rose colored skin with dense pale flesh. The rich flesh has a low moisture content with hints of chestnut. Top with a mixture of butter, scallion and a little miso to bring out that umami flavor.



The **Garnet** has dark red skin with sweet moist flesh similar to the Beauregard/Jewel. You can't go wrong with baking and mashing these beauties up. For a change, peel, cube and toss with olive oil and herbs. Roast with your other favorite fall vegetables.



The **Stokes Purple** Potato has deep purple skin and flesh that turns a brilliant purple when cooked. The dense and chewy flesh is similar to taro. The perfect choice for the person that doesn't like it very sweet. They are fantastic on their own or mash it up with coconut milk, cinnamon and ginger.



The **Hannah** has a light brown skin with cream colored flesh and flavor that is very similar to a baked potato. Serve with a side of butter.

Fun fact: Sweet potatoes and yams are totally different vegetables. Yams are tubers and usually found imported in ethnic markets in the U.S. **Sweet potatoes are good for you!** Relatively low in calories, they have no fat, are rich in beta-carotene, Vitamin A and loaded with potassium.

Videos: Learn how to cook the Japanese and Stokes Purple sweet potatoes on www.youtube.com/earlsorganicproduce