

Find out
about:

Sweet Potatoes



Sweet potatoes are not related to potatoes at all! They belong to the Convolvulus flower family - a type of creeper that grows in our gardens!



Sweet potatoes grow under the ground in warm climates and first grew in South America and the Pacific Islands. We import them from the US, where they are very popular, and from Israel.



They have orange flesh which tastes a bit sweet, and they are lovely when boiled and mashed or when roasted in the oven. You can even make them into desserts!



Sweet potatoes contain lots of carotene. Our body turns this into vitamin A, which is important for our vision.

Try
something
NEW!

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**Try some
sweet potatoes
and get
your sticker!**

