

Sweet potato



LEAF:

- Heart shaped
- Green



ROOTS:

- Healthy
- Nutritious



USE:

- 'Grow your own veg' gardeners



Name:	Sweet potato, yams
Full Name:	Ipomoea batatas 'Beauregard'
Leaf:	Heart shaped, green
Preferred Location:	In the soil/big growing containers
Likes:	Well drained, sandy soil/Full sun
Dislikes:	Over watering and temperatures below 1°C
Grown in:	Ireland

Sweet potatoes are becoming increasingly popular as part of a healthy diet in Europe. Home production of Sweet potato can be done in big plastic containers on the patio and therefore make the crop available for a wider range of consumers. This crop is especially interesting for younger people without a garden who want to grow something special and have been travelling to countries like USA, Australia, Middle East and many of the Pacific Islands where Sweet potato is a common vegetable. The dietary advantages of Sweet potato are now well recognised and even recommended by dieticians and nurses for very young babies beginning their solid food diets.



Sweet potatoe

Growing instructions

- Optimum of 5 months of continuous growing between 10 and 30°C required
- 'Tuber' growth starting during the shortening days
- Well draining, sandy soils, pH 6 to 7, minimum 20 to 30 cm deep
- Planting of the rooted cuttings in rows 1 m apart, 30 cm within the rows or in individual growing containers
- Water in when planting the rooted cuttings, but overwatering during the growing period can cause root damage
- Requires less fertilizer than most vegetable crops so do not overfeed
- Keep weed free during growing
- Relatively free of pest and disease problems, but can have root rots caused by Fusarium in cold and wet soil conditions
- Harvest in warm and dry weather
- Harvest before the first frost and with care as sweet potatoes are sensitive to bruising
- Store the roots by over 25 °C and a minimum relative humidity of 90% for 2 weeks to heal the wounds, reduce weight loss and convert the starches into sugars
- Savour the Sweet potatoes boiled, mashed or fried accompanied by a nice glass of chilled white wine

Nutritious instructions

Sweet potatoes are :

- fat-free and cholesterol-free
- have only 130 calories per serving (one medium potato)
- are a good source of fibre – 3.9 grams
- are an excellent source of:
 - Vitamin A – 7860 IU/serving
 - Vitamin C – 29.51 mg/serving
 - Potassium – 265.2 mg/serving
 - Calcium – 28.6 mg/serving
 - Iron – 0.79 mg/serving
 - Folate – 18.2 mcg/serving

