

Okinawan Sweetpotato



Okinawan Sweetpotato is a member of the morning glory family. The root has a white skin, with earthy spots, and violet-purple flesh. Cooked, it has a delicate, slightly sweet taste and a creamy texture. It is used in sweet and savory dishes.



Scientific name: *Ipomoea batatas* (L.) Lam

Days to harvest: 120-150 days from planting

Plant spacing: Plant 4 feet between rows and 10 to 12 inches between cuttings in the row

Other Names:

Hawaiian Sweetpotato, *kumala*, *umala*, *'uala* (Polynesian), *tumai kuru/beni imo* (Japanese), *camote/kamote* (Filipino)

Major Pest & Diseases



Sweetpotato Weevil



Rough Sweetpotato Weevil



West Indian Sweetpotato Weevil



Squash-Vine Borer



Root Knot Nematodes



Blights

Sweetpotato Scurf

Harvest and Storage

- Mow and remove vines close to the ground.
- Hand spade or plow to harvest roots, sort, and transport to the packing house for washing, sorting, and grading.
- Pack in cartons, perforated film bags, or net bags.
- If curing - store at 85°F and 90 to 98% relative humidity (RH) for 4 to 7 days with ventilation, and then store at 60°F with ventilation.
- Store above 55°F to avoid chilling damage.

Selection and Preparation

- Available year round.
- Select small to medium in sweetpotatoes with a firm texture and smooth, unwrinkled skin. Avoid ones with soft spots, dark brown discoloration, or visible sprouts.
- Choose roots of similar size for even cooking, and store in a dark, dry, well-ventilated location.
- The root can be steamed, boiled, roasted, baked, sautéed, stewed, or fried into a variety of appetizers, salads, soups, entrees, sides, and desserts.
- The stems and tips may be boiled or fried for use in soups and salads.



Sweetpotato,
1 cup (no salt),
drained

Nutrition Facts	
Serving size	1 cup (150g)
Amount Per Serving	220
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 53g	19%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 1mg	6%
Potassium 712mg	15%
Vitamin A	160%
Vitamin C	30%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

