

Sweet Potato



SWEET POTATO is a member of the morning glory family. Cooked, it has a delicate, slightly sweet taste and a creamy texture.

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.

ORIGIN: Despite the name, the Okinawan Sweetpotato is from Central and South America.

OTHER NAMES: 'uala (Hawaii), umala (Samoa), kamuti (Chamorro, Chuuk), pihtuctuc (Kosrae), piteto tonal (Marshall Islands), chemutii (Palaua), pedehde (Pohnpei), kamotiy; kamut; gamwuti (Yap), tumai kuru/beni imo (Japan), camote/kamote (Philippines)

IRRIGATION AND HARVEST

- 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.

STORAGE, SELECTION & 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.
- Can be frozen or dried for long storage.
- Wash well before use.
- 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.

MAJOR PESTS AND DISEASES

Sweetpotato weevil, rough sweetpotato weevil, West Indian sweetpotato weevil, squash-vine borer, root-knot nematodes, sweetpotato scurf



SWEET POTATO

Nutrition Facts

Serving Size 4oz. (110g)

Amount Per Serving

Calories 100 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 40mg 2%

Total Carbohydrate 23g 8%

Dietary Fiber 4g 16%

Sugars 7g

Protein 2g

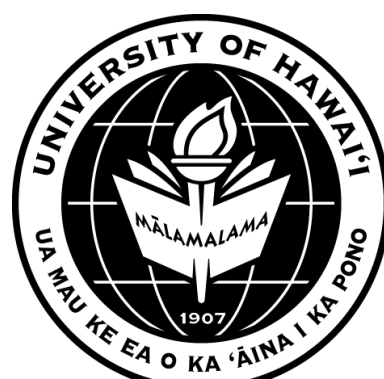
Vitamin A 420% • Vitamin C 35%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



COOPERATIVE EXTENSION

UNIVERSITY OF HAWAII AT MĀNOA
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