# EARL'S ORGANIC
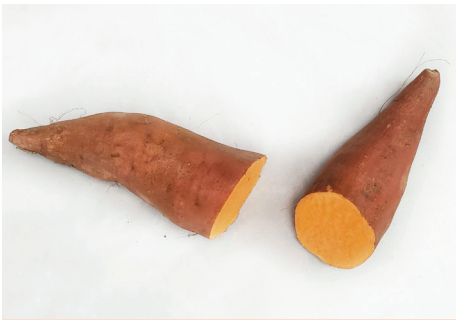
## Sweet Potatoes

Orange flesh varieties become moist when cooked; white flesh become dry. 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.



### Beauregard/Jewel

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.



### Hannah

The *Hannah Sweet Potato* 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.



### Garnet

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.



### Japanese

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.



### Stokes Purple®

The *Stokes Purple® Sweet 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.

### Fun Fact

**Sweet Potatoes and Yams** are different root vegetables and in fact are not even related. Yams are tubers and over 95% are grown in West Africa. You can find them in ethnic markets in the U.S. They can be as small as a potato and can grow up to 5 feet!

### 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.

### Read More

https://www.earlsorganic.com/blog/sweet-potatoes-are-not-yams