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Sweet Potatoes

Today on Gardening in a Minute: sweet potatoes.

Sweet potatoes thrive in hot, humid climates and are known for their colorful and tasty tubers. Their flesh can be yellow, orange, or even purple!

Sweet potatoes should be planted in the spring. Water them often and let them grow for about four months before harvesting.

To help increase their sweetness, place harvested sweet potatoes in a dark, warm room for at least two weeks before eating. After that, store them in a cool, dry pantry.

Nematodes can sometimes be a problem in Florida, so consider having your soil tested before you plant.

Sweet potatoes are an excellent source of vitamin A and a good source of vitamin C.

And while the word "yam" is sometimes used to describe the sweet potato, a true yam comes from a totally different plant.

For more information on sweet potatoes and many other gardening topics, contact your county Extension office or visit Gardening in a Minute dot com.

Gardening in a Minute is a production of the University of Florida's Center for Landscape Conservation and Ecology, IFAS Extension, and WUFT-FM.

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