



# Digging into Sweet Potato Fun Facts



Not actually potatoes! Sweet potatoes are part of the morning glory family, not the potato family.



Sweet potatoes grow on vines and the part we eat is the root.



Packed with power: super high in Vitamin A for vision and immunity.



SWEET

Naturally sweet: starches turn to sugar as they cook.

Because they're sweet, you can use sweet potatoes in sweet or savory dishes deliciously!



They love warm weather and grow best with lots of sunshine.



North Carolina grows the most sweet potatoes in the U.S.



The bright orange color comes from beta-carotene.



Purple sweet potatoes contain special antioxidants.