







- Sweet Potatoes are members of the bindweed family.
- Sweet Potatoes are a root vegetable, unlike regular potatoes, which are tuber vegetables.
- Sweet Potatoes grow underground and produce a trailing vine above ground with purple flowers.
- Orange-fleshed Sweet Potatoes are sweeter than other colored varieties.
- Sweet Potatoes are packed with vitamin A and potassium!

Locally grown **Sweet Potatoes** served in your café this November!







Visit **fcsnutrition.com** for menus and more info!

This institution is an equal opportunity provider