

# Sweet Potato

**Sweet Potatoes are in the morning glory family.**

**Sweet potatoes should be cured in temperatures around 85 degrees for approximately 7-10 days after harvesting in order to strengthen their skin and enhance their flavor.**

**Sweet potatoes are a root vegetable packed with Vitamin A and potassium.**



Sweet potatoes grow underground and love hot, moist temperatures like our Georgia climate.

Sweet potatoes are in season in Georgia from August through November.

Ocilla, GA is home to the annual Georgia Sweet Potato Festival that has been celebrated since the 1960s.

The festival is hosted by the Ocilla-Irwin Chamber and includes a parade and cooking contests.



Georgia Department of Education School Nutrition

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