

State of Mississippi

Mississippi Department of
Agriculture and Commerce

Agriculture Fact Sheet Sweet Potatoes 2015



- Mississippi ranks #3 in the United States in sweet potato production, producing 4.05 million hundredweight.
- In 2015, Mississippi harvested 21,500 acres of sweet potatoes.
- The value of sweet potato production in Mississippi in 2015 was \$81 million.
- Beauregard is the most popular sweet potato variety in the state based on acres planted, followed by Hernandez and Nancy Hall.
- It takes approximately 90 to 120 days to grow a sweet potato.
- Planting takes place in late May and June. Harvesting runs from late August through November.

- Mississippi hosts the National Sweet Potato Festival each November in Vardaman.
- Sweet potatoes are an excellent source of vitamin A, vitamin C and vitamin B6. They are also low in sodium.

• **NUTRITION INFORMATION (1 medium sweet potato)**

• Calories	130
• Calcium	28.6 mg
• Protein	2.1 g
• Fat	.4 g
• Carbohydrate	32 g
• Dietary Fiber	3.9 g
• Sodium	17 mg
• Potassium	266 mg

Source: Mississippi State University



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