



Mississippi Farm to School

Mississippi Grown.
Mississippi Good.



Sweet potatoes are an excellent way to eat healthy!

Sweet potatoes have unique health benefits; they are packed with nutrients such as potassium, iron, and vitamin B-6.

They are fat-free and cholesterol-free. They are also loaded with vitamins A, C, and E, which are antioxidants that can help prevent heart disease and cancer, bolster the immune system, and even slow aging by promoting good vision and healthy skin.

FUN FACTS

- Our first president, George Washington, grew sweet potatoes on his farmland in Mount Vernon, Virginia.
- George Washington Carver, a famous scientist, developed 118 products from sweet potatoes including glue for postage stamps and starch for sizing cotton fabrics.
- 90% of the sweet potatoes grown in Mississippi are within a 40 mile radius of Vardaman, MS – “The Sweet Potato Capital of the World!”



Sweet potatoes are grown in Mississippi on family farms like that of Randle Wright of N&W Farms in Vardaman, MS.

Sweet potatoes can be baked, steamed, boiled, microwaved, fried, juiced, pureed, and eaten raw.