

SWEET POTATOES

AT SEWARD
CO-OP

THROUGHOUT THE YEAR, YOU'LL FIND A VARIETY OF SWEET POTATOES AT SEWARD CO-OP. THOSE YOU SEE SIMPLY LABELED "SWEET POTATOES" ARE TYPICALLY THE BEAUREGARD OR JEWEL VARIETIES.

LESS
SWEET

GARNET

WHITE

TEXTURE:
CRUMBLY, DRY
FLAVOR:
MILDLY SWEET

USES:
**ROASTED, BAKED,
GRILLED, MASHED**

A good compromise between an orange sweet potato and a russet

STOKES PURPLE

TEXTURE:
DRY, DENSE, RICH
FLAVORS:
MILD, FLORAL

USES:
**STEAMING, BOILING,
ROASTING, FRYING**

Has almost four times the amount of vitamin C as an orange sweet potato

BEAUREGARD
OR JEWEL

TEXTURE:
MOIST, FLUFFY
FLAVOR:
SWEET

USES:
**BAKING, BOILING,
MASHING, FRYING,
BAKED GOODS**

A good "all-purpose" variety

MURASAKI

TEXTURE:
FIRM, DRY, STARCHY
OTHER FLAVOR DESCRIPTORS:
VERY SWEET

USES:
**BAKING, CASSEROLES,
MASHING, PIES**

Peak in late summer through winter

JAPANESE

MORE
SWEET

YAMS VS. SWEET POTATOES

Though the names are frequently used interchangeably, sweet potatoes and yams are two different vegetables from two different plant families. Sweet potatoes (native to South America) have an easily peeled skin and sweet flavor. Yams (native to Africa and Asia) have a tough, dark, bark-like skin and a more neutral flavor.