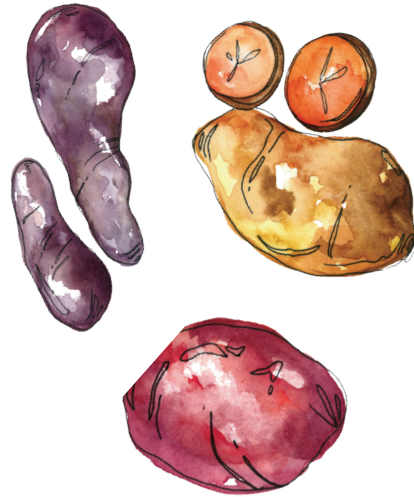




Sweet potatoes are not related to the potato but rather are a member of the morning glory family. They are regarded as one of the most nutrient dense vegetables, and both the skin and flesh are edible. These tubers are native to Central America and come in white, yellow, and orange varieties.



Sweet Potato

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