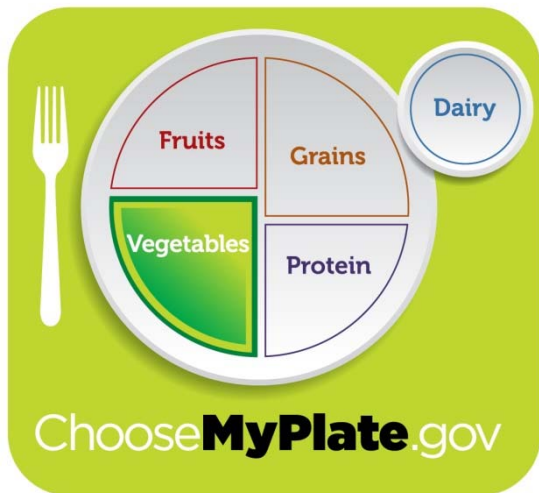


Stokes variety

Purple Sweet Potatoes

The sweet potatoes that you are going to try a special variety called Stokes purple sweet potatoes. Your potatoes came directly from the grower in California. This variety produces extra anthocyanins, the vitamin that gives it the bright purple color. What do you think will happen when you cook the purple sweet potato? In many



varieties of purple produce, the purple color is lost in cooking. Not with these sweet potatoes. The color becomes more intense. Would you eat a pie or mashed sweet potato that was purple?

Stokes purple sweet potatoes provide a lot of vitamin C. They are high in fiber, too, to give you healthy tummy. They belong on

the green vegetable section of your plate.

You can find these potatoes in the store during the fall, winter and early spring months. Ask your mom or dad to look for these and try them cooked and mashed. What about roasted purple sweet potato “fries”? Sounds yummy to me!



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