

HARVEST

{Of the Month}



SWEET POTATOES

Fast Facts

- ✓ **February is National Sweet Potato Month!** How are you going to celebrate national sweet potato month? Share with us on social media using the **#MDKidsEatLocal!**
- ✓ Sweet potatoes are **high in beta carotene, vitamins E and C, iron, potassium and vitamin B6.**
- ✓ **Sweet potatoes are a root.** The roots are harvested 90 to 120 days after transplanting.



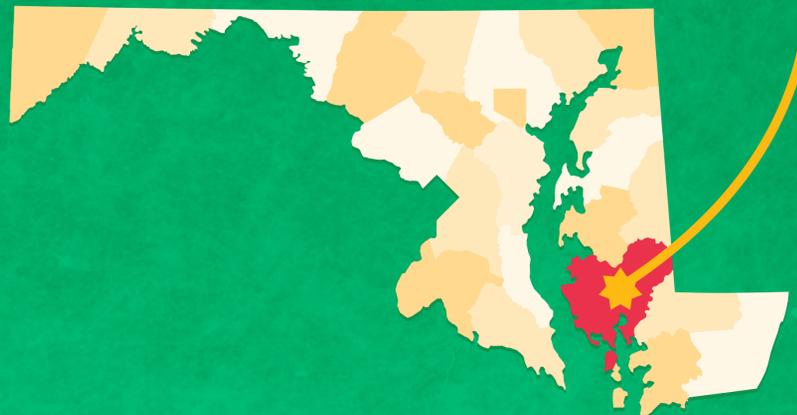
Featured Farm

CHICONE FARMS
DORCHESTER COUNTY

Chicone Farms have been in production since 1929. The farm produces snap beans, sweet potatoes, watermelons, tomatoes, hot cherry peppers, soybeans, and grain. You may even see their produce in school lunches!

Availability

SEPTEMBER - FEBRUARY



MARYLAND DEPARTMENT OF AGRICULTURE
This product was funded by USDA. This institution is an equal opportunity provider.



#MDKidsEatLocal