



Stokes Purple Sweet Potatoes

Today you will get to try Stokes Purple Sweet Potatoes from California. Like other root vegetables, these potatoes grow underground and are available in the late fall throughout the winter time. They have a rugged purple skin and are firm and dense, more than the typical sweet potatoes we see in the stores. The flesh is a vibrant purple color and has a drier texture due to a lower moisture content than other varieties. They have a mildly sweet flavor and are great eaten steamed, mashed, or roasted.

Fun Fact: The Stokes Purple Sweet potato is an American-grown vegetable. Its name is derived from the county in North Carolina where the sweet potatoes were originally grown.

Body Benefits: The Stokes Purple Sweet potato is a good source of antioxidants, potassium, magnesium, and vitamin A to help you grow strong and stay healthy.



Stokes Purple Sweet Potatoes are in the **green Vegetable group** on *MyPlate*.

Goal of 60 minutes Physical Activity Every Day: Try this, with knees bent and head up, move feet quickly like you're running in place. Do for 60 seconds. **Make a goal to drink a big glass of water first thing in the morning to start your day off right and keep hydrated!



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