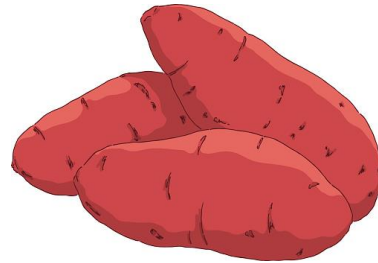




NOVEMBER HARVEST OF THE MONTH *SWEET POTATOES*

MATTHEWS SWEET POTATO FARM
WYNNE, AR



This month we will have local sweet potatoes on November 16th during our Thanksgiving Meal.



VEGGIE FACTS

- High in Vitamin C
- High in Vitamin A
- Good source of calcium and potassium
- Excellent source of fiber

ALL ABOUT A SWEET POTATO

- They can be eaten raw but are usually boiled, baked, mashed, or fried
- Sweet potatoes originated in the Americas over 5000 years ago
- Sometimes they are called "yams"