

The background of the entire page is a vibrant red. Scattered around the text are various forms of sweet potatoes: whole tubers with their characteristic brown, slightly wrinkled skin, and several slices cut into different shapes including thin rounds, thick wedges, and long, thin strips. The lighting is bright, highlighting the orange color of the potato flesh.

# FARM-TO-TRAY

**MARCH'S VEGETABLE OF THE MONTH**

**sweet potatoes**

**GROWN BY: HAM FARM**

**DIETITIAN'S CORNER:**

**SWEET POTATOES CONTAIN SPORAMINS, A STORAGE PROTEIN. THE POTENTIAL HEALTH BENEFITS OF SWEET POTATOES' SPORAMINS IN HELPING PREVENT OXIDATIVE DAMAGE TO OUR CELLS SHOULD NOT BE SURPRISING SINCE SWEET POTATOES PRODUCE SPORAMINS WHENEVER SUBJECTED TO PHYSICAL DAMAGE TO HELP PROMOTE SELF-HEALING.**



**POMPTONIAN**  
FOOD SERVICE