



## Grow Your Own Sweet Potato!



Activity and picture adopted from <http://www.gardenandharvest.com/news/how-to-plant-sweet-potatoes-indoors-great-idea-for-kids>

### Materials

- Sweet Potato
- Jar
- Toothpicks
- Water
- Soil
- Pot

### Steps

1. Begin by cutting your sweet potato in half. Insert 3 toothpicks into the side of the potato, and let the bottom half submerge in water. Make sure the top half is exposed to the air.
2. Place the jar with the potato on a windowsill for the next few weeks. Change the water every three days.
3. Once the stems at the top have reached about 5 inches, carefully twist them off and place them in another jar of water. Allow the separated stem to be submerged in water until it grows tiny sprouts on its own. Change the water every three days.
4. Once your stem has grown its own sprouts, place in soil and let your new sweet potatoes grow!

## What do you know about Sweet Potatoes?

Sweet potatoes are found in many cuisines around the world! In North America, Native Americans were growing them long before the arrival of European colonists.

Yams are different from sweet potatoes. They are related to sweet potatoes, but are mostly found in African and Asian countries. Yams grow much bigger than sweet potatoes -- up to 100 pounds!

Sweet potatoes originated in Peru. They were grown there as early as 750 BC!



George Washington was a sweet potato farmer before he became the first United States President!

African slaves in the South called the sweet potato "nyami" because it reminded them of the starchy, edible tuber of that name that grew in their homeland. The Senegalese word "nyami" was eventually shortened to the word "yam".

George Washington Carver, who was enslaved in the South, developed 118 different products from sweet potatoes, including a mucilage for postal stamps, an economic method for sizing cotton fabrics, dehydrated food and an alternative to corn syrup.

# Draw a Picture

Instructions: Draw a picture of a meal you ate with sweet potatoes. Label the sweet potatoes and all the other fruits and vegetables on your plate.

Name:

Age:

School:

**Please complete and return to the Community Farmers Market info booth for a prize at any of the following weekly markets:**

- \*Oakhurst Farmers Market: Saturdays, 9:00am-1:00pm
- \*Grant Park Farmers Market: Sundays, 9:00am-1:00pm
- \*Decatur Farmers Market: Wednesdays, 4:00-7:00pm
- \*East Atlanta Village Farmers Market: Thursdays, 4:00-7:00pm

**Did you learn something new about sweet potatoes?**

**Yes or No**

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