

Mississippi Sweet Potatoes^{***}

• FACT SHEET •



SWEET POTATO PRODUCTION

- Mississippi ranks 3rd in number of acres planted among sweet potato-producing states.
- Sweet potatoes contribute \$35 million to Mississippi's economy each year.
- Mississippi has 110 sweet potato producers. Together, these producers devote more than 16,000 acres of farmland to sweet potato production.
- Calhoun, Chickasaw, Humphreys, Pontotoc and Webster counties are the Top 5 sweet potato-producing areas in Mississippi.
- Beauregard is the most popular sweet potato variety in terms of acres planted, followed by Hernandez and Nancy Hall.
- It takes from 90 to 120 days to grow a Number One size sweet potato.
- Planting takes place in May and June. Harvesting runs from late August through November.
- Mississippi hosts the National Sweet Potato Festival each November in Vardaman. Visit us on the web at www.sweetpotatofestival.com for more information.



SWEET POTATO NUTRITION

- Sweet potatoes bake, boil, fry or microwave just like Irish potatoes.
- Sweet potatoes are a good source of potassium, thiamine, riboflavin, niacin, folacin, magnesium, iron and dietary fiber.

- Sweet potatoes are an excellent source of vitamin A, vitamin C and vitamin B6. They are also low in sodium.

Nutrition information per serving of one medium sweet potato (130 grams)	
Energy	137 cal; 570 kJ
Protein	2.1 g
Fat	0.4 g
Carbohydrate	32 g
Dietary Fiber	3.9 g
Sodium	17 mg
Potassium	266 mg
Percentage of recommended daily intake	
Vitamin A	261%
Vitamin C	49%
Thiamine	7%
Riboflavin	12%
Niacin	6%
Vitamin B6	19%
Folacin	8%
Calcium	3%
Phosphorus	3%
Magnesium	5%
Iron	5%
Zinc	4%

For more information on Mississippi Sweet Potatoes, contact the Mississippi Sweet Potato Council at P.O. Box 5207, Mississippi State, MS 39762.