

## EDIBLE GARDEN



### SWEET POTATO

Sweet potato (*Ipomoea batatas*) is a root vegetable originating from either Central or South America. Despite its common name, the plant is in fact not closely related to the standard potato! The crop is cultivated throughout tropical and warm temperate regions.

Although sweet potato shoots and leaves are edible, its tuberous roots are most popular as they can be used in both sweet and savoury preparations and even fermented to make spirits. It is also considered to be one of the most nutritious vegetables.