

# Sweet potato



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Suggested varieties: *Beauregard Improved*, *Sweet Potato T65*

## Vegetable

### PLANT



Plant rooted cuttings (bought 'slips') 30cm apart, burying half of the stem in 20cm high mounds in fertile soil in a greenhouse. Can also plant tubers or sow seed

### GROW



Mulch to conserve moisture. Water well and feed. Ventilate greenhouse and spray floor with water to keep air humid. Pinch out growing tip of trailing stems from 60cm

### EAT



Carefully dig up tubers when leaves are turning yellow. Dry ('cure') in the sun for 4-7 days before storing at 10-15°C. Green leaves may be eaten like spinach

### Growing guide

Trickier

### Average time to harvest

12-16 weeks

### Equipment needed

Mulch (eg compost)

### Germination time

Shoots grow in 10-20 days

### Average plant size

60-200cm long stems

### Family group to grow with

Miscellaneous

### Seed saving group

5 - Specialist or not applicable

### Key nutritional content

Vitamin A and vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot