

Sweet potato

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

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