

# JANUARY HARVEST OF THE MONTH



# SWEET POTATO



SCAN THE  
QR CODE  
FOR MORE  
HARVEST  
OF THE  
MONTH  
RESOURCES!



# TRY SWEET POTATOES AT HOME!

## HEALTH & NUTRITION

Sweet Potatoes have a lot of health benefits!

### Vitamin A

Makes  
Your  
Eyes

**STRONG**

### Vitamin C

Keeps  
Immune  
System

**HEALTHY**

### Potassium

Helps the  
Heart &  
Muscles

**WORK  
BETTER**

# ? DID YOU KNOW

George Washington Carver, a famous scientist, developed 118 products from sweet potatoes including glue for postage stamps and starch for sizing cotton fabrics.