You have to try the purple & orange-fleshed sweet potatoes! They taste great & nutrient dense!

The orange and purple-fleshed sweet potato varieties are very special when it comes to their nutritional content and health benefits. The orange flesh has varieties such as Sumaiya, vitaa, kabode, and kenspot, with the Sumaiya variety being different from the rest as it has low fiber content allowing it to produce better quality chips, crisps, or puree. The orange pigment in the orange-fleshed sweet potatoes is a characteristic of Beta Carotene, the nutrient found in carrots, a precursor for Vitamin A that is very important for eyesight. The purple pigment in the purple-fleshed sweet potatoes is a property of Anthocyanin, an antioxidant extremely important to the body and is known to prevent colon cancer.

Factors to consider

One of the factors the farmer has to consider if they want to get into sweet potato farming is the source and cost of buying the vines. It is important to acquire certified and clean vines, possibly 2-3 generations from the original KEPHIS-certified seedlings. Another important factor is water, especially at the beginning when the cutting is still very young and weak in the 1st – 2nd month of the establishment. Manure is very important because the more manure the healthier the vines and tubers will grow to be.

Health benefits

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