



Garnet Red Sweet Potato

Skin Color: red-copper to plum
Flesh Color: orange
Flesh Moisture: very moist
Sweetness: very sweet
Starchiness: less starchy

Frequently referred to as a yam, organic Garnet red sweet potato is the most produced in the US and varieties include Diane, Vermillion and Burgundy. Super flavorful, red sweet potato is an ideal variety for sweet potato fries and hash. With its high moisture content, this variety doesn't hold its shape as well as other sweet potatoes when cooked.



Jewel Orange Sweet Potato

Skin Color: copper
Flesh Color: orange
Flesh Moisture: very moist
Sweetness: sweet
Starchiness: less starchy

Widely referred to as a yam, organic Jewel is botanically a sweet potato, and varieties include Covington, Belleview and Beauregard. Sweet and moist orange sweet potatoes can be baked, roasted or mashed. Fans of sweet potato pie and casserole can look to organic orange sweet potato to create their favorite dishes.



White Sweet Potato

Skin Color: tan to cream
Flesh Color: yellow to cream
Flesh Moisture: slightly dry
Sweetness: semi-sweet
Starchiness: more starchy

Mild and nutty in flavor, this sweet potato is dryer than orange flesh varieties. Easily subbed for Russet in numerous recipes that call for a starchy potato, organic white sweet potato elevates even a simple, baked preparation and holds its shape well when cooked. Varieties include Bonita, O'Henry, DS White, Hanna and Jersey.



Japanese Sweet Potato

Skin Color: dark red to purple
Flesh Color: white
Flesh Moisture: more dry
Sweetness: semi-sweet
Starchiness: more starchy

This sweet potato's dry, dense flesh is perfect for so many preparations from roasting and frying to shredding and baking. In most cooked preparations, organic Japanese sweet potato will hold its shape. Also commonly referred to as Korean yam, Japanese sweet potato varieties include Mura-saki and Kotobuki.



Stokes Sweet Potato

Skin Color: dark purple
Flesh Color: purple
Flesh Moisture: moderately dry
Sweetness: semi-sweet
Starchiness: moderately starchy

AKA Charleston. The striking purple color of this sweet potato's skin and flesh intensifies when cooked. With a nutty and mild flavor, organic Stokes is not unlike Japanese sweet potato and its drier than orange flesh varieties. Stokes is packed with plenty of antioxidants that create its purple appearance.



Okinawa Sweet Potato

Skin Color: pale white
Flesh Color: lavender
Flesh Moisture: more dry
Sweetness: semi-sweet
Starchiness: more starchy

Commonly referred to as Hawaiian sweet potato, the flesh of organic Okinawa deepens in color when cooked. Popularized in Kauai, this sweet potato is traditionally served mashed as a side dish and is also delicious roasted or fried. The purple hue of this colorful variety is attributed to its high level of antioxidants.



Ben Yagi Purple Sweet Potato

Skin Color: light purple
Flesh Color: lavender
Flesh Moisture: slightly dry
Sweetness: sweet
Starchiness: more starchy

This tasty purple sweet potato is distinguishable from Stokes by its lighter hued skin and flesh. Touted as possessing the superfood qualities of purple sweet potatoes, the cooking qualities of a Japanese sweet potato and the flavor of an orange sweet potato, organic Ben Yagi is a well-rounded variety.