





## **GARNET RED** *Sweet Potato*

**Flesh Moisture:** very moist

**Sweetness:** very sweet

**Starchiness:** less starchy

This super flavorful organic sweet potato is ideal for fries and makes a delicious mashed side dish.



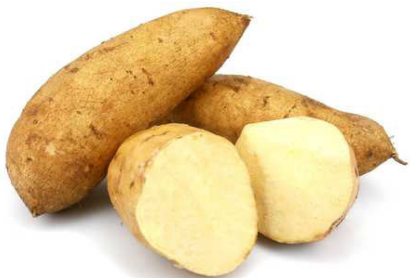
## **JEWEL ORANGE** *Sweet Potato*

**Flesh Moisture:** very moist

**Sweetness:** sweet

**Starchiness:** less starchy

This tasty organic sweet potato can be baked, roasted or mashed and is perfect for sweet potato pie and casserole.



## **WHITE** *Sweet Potato*

**Flesh Moisture:** slightly dry

**Sweetness:** semi-sweet

**Starchiness:** more starchy

Mild and nutty in flavor, this organic sweet potato is tasty roasted or steamed and can easily sub for Russet in many recipes that call for a starchy potato.



## **JAPANESE** *Sweet Potato*

**Flesh Moisture:** more dry

**Sweetness:** semi-sweet

**Starchiness:** more starchy

This organic sweet potato's dry, dense flesh lends itself to countless preparations from roasting and frying to shredding and baking.



## **STOKES PURPLE** *Sweet Potato*

**Flesh Moisture:** moderately dry

**Sweetness:** semi-sweet

**Starchiness:** moderately starchy

AKA Charleston, the striking purple color of this organic sweet potato's skin and flesh intensifies when cooked and its nutty and mild flavor makes it an easy addition to all types of recipes. Purple vegetables are considered superfoods and this sweet potato is packed with antioxidants.



## **OKINAWA** *Sweet Potato*

**Flesh Moisture:** more dry

**Sweetness:** semi-sweet

**Starchiness:** more starchy

Popular in Hawaiian cuisine, this organic sweet potato's lavender flesh deepens in color when cooked and its purple hue can be attributed to antioxidants.

Try Okinawa mashed, roasted or fried.



## **BEN YAGI** *Sweet Potato*

**Flesh Moisture:** slightly dry

**Sweetness:** sweet

**Starchiness:** more starchy

Purple vegetables are touted as superfoods and this tasty organic sweet potato is delicious in all types of recipes. Try Ben Yagi in a hash, potato salad or roasted.