



## DESCRIPTION

This tuberous root is long with a smooth purple skin and off-white, sweet flesh.

## NUTRIENTS/ BENEFITS

Rich in complex carbohydrates, beta-carotene, dietary fiber, Vitamin C, B6, Manganese, Potassium

## PREPARATION/USES

- Peel skin, cut as desired and cook.
- Boiled
- Baked
- Fried
- Stews
- Soups

## WHEN TO EAT

Always ready to eat

## HANDLING

Keep at room temperature