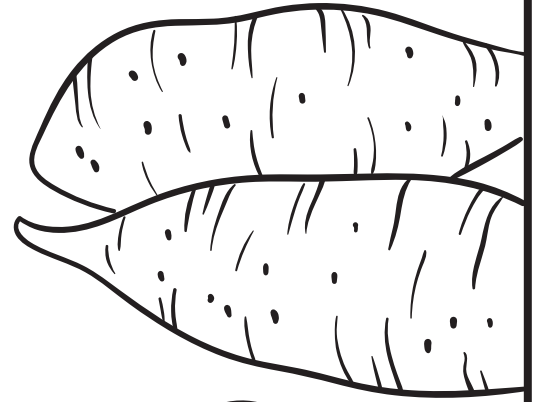
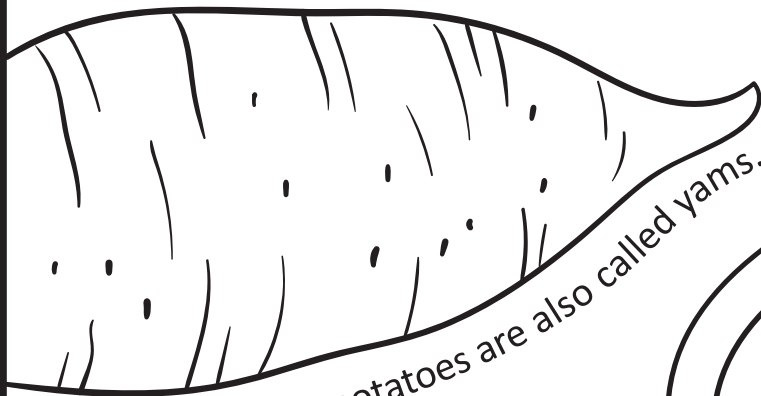


Sweet

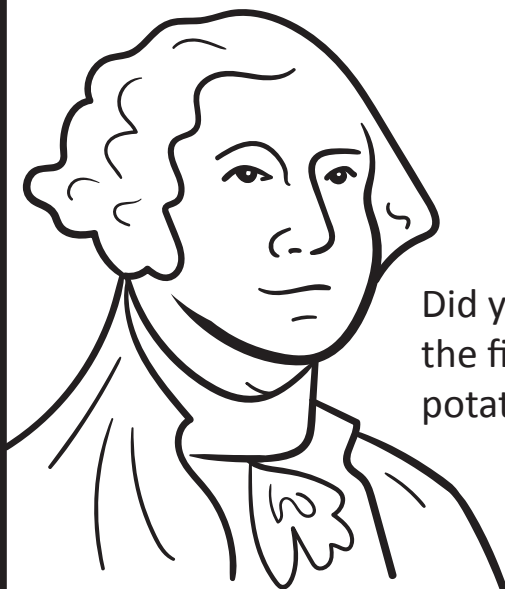
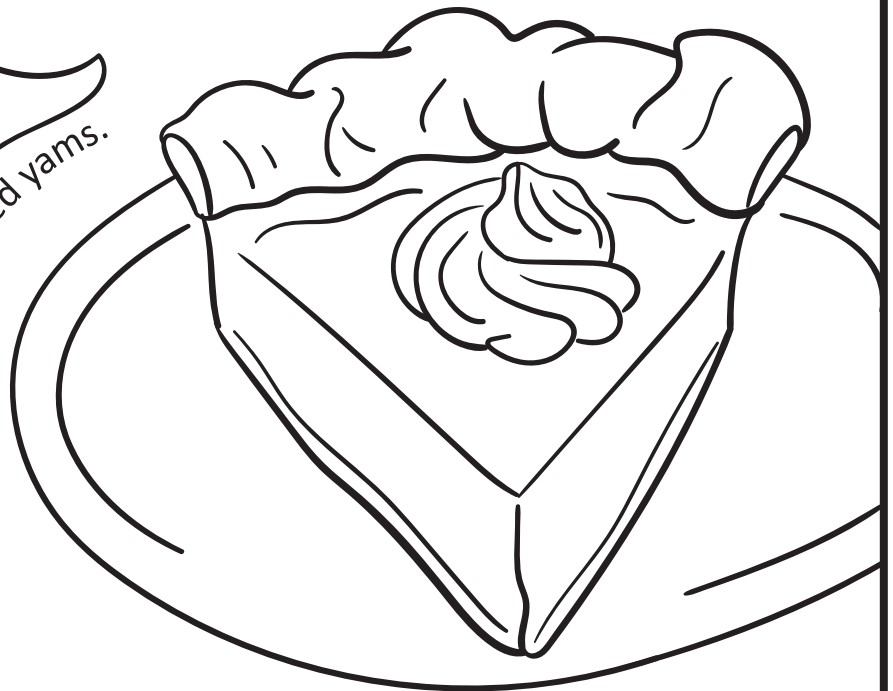


Potatoes

Sweet potatoes have been consumed since prehistoric times and are one of the most nutritionally complete foods. Sweet potatoes are an excellent source of vitamins A, B and C, as well as carbohydrates, calcium, iron, potassium and fiber.



Louisiana sweet potatoes are also called yams.



Did you know that George Washington, the first U.S. President, was a sweet potato farmer?

Ag in the
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Louisiana