

**FRESH
NUTRITIOUS
DELICIOUS**

ORDER NOW

**CALL
CUSTOMER SERVICE
800-423-4945**

**SWEET
POTATO &
YAM
CATALOG**



American Sweet Potato Varieties

Available In North America



COVINGTON

- Rose colored skin, deep orange flesh
- High in beta-carotene, Vitamin A, C, & E
- Excellent for baking, steamed, pureed or frozen



BEAUREGARD

- Copper colored skin, bright orange flesh
- High in beta-carotene, Vitamin A, C & E
- Excellent for baking, steamed, pureed or frozen



ORLEANS

- Rose skin color, deep orange flesh
- High in beta-carotene, Vitamin A, C & E
- Excellent for baking, steamed, pureed or frozen



JAPANESE

- Dark purple skin, creamy white flesh
- High in Anthocyanin, Vitamin C and dietary fiber, low in beta-carotene
- Distinctive nutty flavor, good for baking, boiling, or mashing

White Sweet Potatoes

Yellow to cream-colored flesh and skin color. Slightly drier than the orange fleshed varieties, these semi-moist sweet potatoes have a mild, nutty taste. White sweet potato varieties include Bonita, O'Henry, DS White, Hannah and Jersey. They make excellent alternatives to standard Irish potatoes and are perfect in casseroles and side dishes, or simply baked and can elevate recipes beyond a traditional potato.



Medium White Sweet Potato
22409, 40#

Jumbo White Sweet Potato
22408, 40#

White Sweet Potato No 1
22411, 40# (Organic)
22410, 40#

Sweet Potato/Yam

Bright orange flesh, copper-colored skin, moist and sweet to taste. Orange sweet potatoes are excellent for baking, roasting or in casseroles. Orange sweet potato varieties include the Covington, Belleview and Beauregard. Due to their popularity with growers on the East Coast—orange sweet potatoes are the most popular variety grown in the USA. West coast production is predominantly supported by the superior flavor and quality of product that is produced in California's perfect growing conditions.

23125- Sweet Potato/Yam No1

23123- Sweet Potato/Yam Medium

23122- Sweet Potato/Yam JBO



Sweet Potato/Yam Garnet

Vibrant orange flesh and a reddish-brown skin. Its skin is smooth yet firm, while the flesh is moist and naturally sweet when cooked, developing a creamy texture. When baked or roasted, it takes on a rich, caramel-like flavor with a deep sweetness, making it a popular choice for dishes that need a hearty, nutritious, and subtly sweet base.

23129- Sweet Potato/Yam Garnet (Organic)

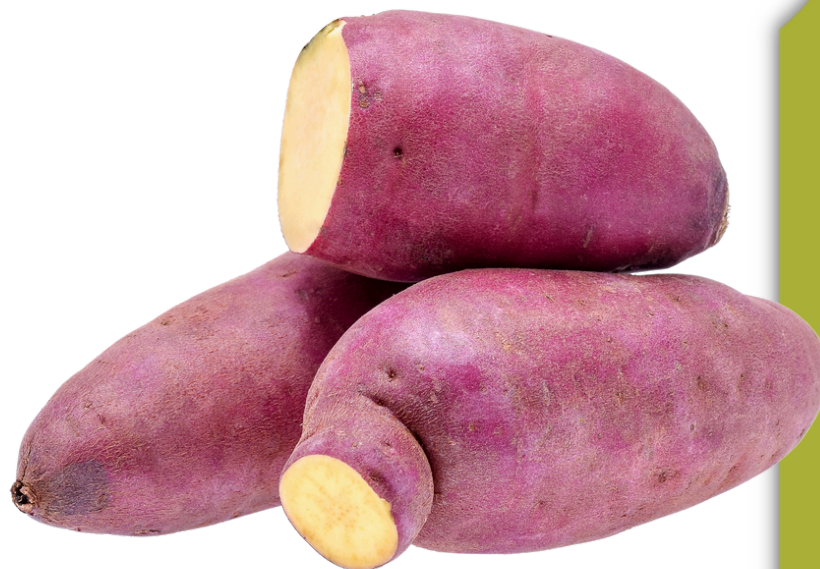
23133- Sweet Potato/Yam Garnet



Murasaki Sweet Potato

Sweet Murasaki, also known as “Japanese Sweet”, is a unique variety of sweet potato known for its vibrant purple skin and pale, creamy interior. This sweet potato boasts a mildly sweet and nutty flavor, making it a delightful choice for various culinary applications. It is commonly used in both sweet and savory dishes, such as roasting, mashing, or baking, as well as in desserts like pies and puddings.

26694, 40# (Organic)



Okinawan Sweet Potato

Okinawan sweet potatoes are characterized by their vibrant purple to deep violet skin and pale lavender to creamy white flesh. They're favored for their sweet taste, creamy texture, and high nutritional value, including high doses of antioxidants and dietary fiber.

22407, 30#

Stokes™ Purple Sweet Potato

Dark purple skin and vibrant purple flesh, this unique proprietary variety is grown exclusively in California by A.V. Thomas Produce. It is most similar to the Japanese sweet potato characteristics in that it has a nutty and sweet flavor and dryer than orange flesh types of sweet potatoes. It can be used as an exotic alternative in recipes that call for regular potatoes.

26698, 40# (Organic)



Ben Yagi™ Purple Sweet Potatoes

Lighter in color than Stokes Purple Sweet Potatoes, this delicate variety is available seasonally. Ben Yagi Sweet Potatoes have a tender semi-moist flesh and its vibrant hued coloring are another unique addition to the plate. Peak availability are during the fall and winter months, and will begin to taper off during the spring.

32775, 40# (Organic, special order)





Fresh Produce **from** *Farm to Family*

WE'LL BE THERE.

pcfreshco.com