



Sweet potato

Did you know?

Fruits and vegetables provide higher yield per unit area compared to staple cereal crops. They can be produced without tractors and ploughing oxen in home-stead simply with hand tools, family labor, and minimum external inputs (without inorganic fertilizer and pesticide). Therefore, fruits and vegetables enable rural households to achieve food and nutrition security from a small plot of land with minimum production inputs. Most vegetables have a shorter growing season compared to major staple cereal crops (sorghum, finger millet, maize, etc.). They can be harvested two to three times per year, which helps mitigate seasonal food shortages.

What about me?

...How do I grow?

...What are my health benefits?

...What is my nutritious value?



How do I grow?

– Facts & Figures



Water requirement:

Needs regular water at least the 1st 6 weeks, if no rain compensate with irrigation of 2mm of water per day. As a crop grows on, irrigating with 4–5mm water would suffice for a given week.



Soil type:

Fertile, sandy, soil and well-drained with pH 5.5–6.5

Spacing b/n plants:

100x30 cm

Intercropping:

maize



Fertilizer/compost:

15–20 ton/ha



Fertilizer/vermicompost:

10–15 ton/ha



Day:

21–26 °C

Night:

15–20 °C



Altitude for growth:

750–1250 masl = most productive



Yield/ha:

40–65 ton/ha, productivity depends on crop variety and management activity



Seed rate:

33,000 cuttings/ha

Plant population:

41,666–55,555 tubers/ha



Growth period:

135–170 days

Types of sowing:

direct and indirect



Date of germination:

9–15 days



What is my nutritious value?

– General Nutrition Guidelines

Vegetables and fruits are rich sources of vitamins, minerals and fiber. Minerals and vitamins help our body fight diseases and function properly. Fiber absorbs harmful chemicals, slows digestion, and improves the absorption of nutrients from food. Some fruits and vegetables are rich in carbohydrates (potato, sweet potato, banana, mango, etc.) and fat (avocado, etc.), which are essential for energy. To the extent possible, one should eat a variety of fruits and vegetables of different colors such as banana, papaya, kale, carrot and tomato every day.

A boiled sweet potato contains per 100g:

- Rich in mineral (calcium), fiber, and starch
- Source of vitamin A and vitamin C
- **Vitamin A:** helps form and maintain healthy teeth, bones, soft tissue, mucous membranes, and skin.
- **Vitamin C:** It helps the body absorb iron and maintain healthy tissue. It is also essential for wound healing.
- Carbohydrates: 32.6g
- Energy: 134.3kcal
- Fat: 0.2g
- Iron (Fe): 0.9mg
- Proteins: 0.5g

Recommended serving per day:

Average population:

1 medium-sized scoop of boiled sweet potato

Children 2–5 years old:

1 medium-sized scoop of boiled sweet potato

Children 6–18 years old:

1 medium-sized scoop of boiled sweet potato



Strengthen immune system
Helps reduce stress and anxiety
Helps fight cancer

