

## FRESH from the Garden

### Let's Talk Sweet Potatoes!

Maybe you only think of sweet potatoes in the fall, but NOW is planting time. The slips, or unrooted cuttings, are planted in May and June. With very little extra attention, the vines grow above the soil through summer while the sweet potatoes (botanically speaking, an enlarged root) grow under the soil. Requiring about 100-120 days from start to finish, planting in May will result in a ready-to-harvest crop soon after students return in the fall.



We've got lots of resources to help you plant and plan lessons, and frankly, we can't think of a better way to kickstart the enthusiasm for the school garden than to start with a harvest...and a tasting, of course! But you've got to start now. As a bonus, after digging the sweet potatoes, the soil in the beds is turned over and ready to be planted with fall crops.

### Resource Round-up

#### Planting and Harvesting

- [Crop Guide](#)
- [Planting Sweet Potato Slips \(video\)](#)
- [Harvesting Sweet Potatoes \(video\)](#)
- [Curing Sweet Potatoes](#)



#### Recipes

- [Sweet Potato Smoothie](#)
- [Honey Roasted Sweet Potatoes](#)
- [Super Simple Sweet Potato Fries](#)

#### Lessons

- [Harvest Math](#)
- [Digging for Sweet Potatoes](#) (downloadable book from NC Farm to School)
- [Digging for Sweet Potatoes Activity Book](#) (from NC Farm to School)



NC is the #1 producer of sweet potatoes in the country. Dig even deeper by exploring the vast wealth of information provided by the [NC Sweet Potato Commission](#), including curriculum, recipes, industry stats, and more.



If you're not growing sweet potatoes or any other crop through the summer months, covering your beds with a tarp will prevent a lot of headache and hard work when you return to school in the fall.



## Summer Fun

Registration is open for the School Garden Summer Workshops, a regional one-day training hosted by Amy and Doug.

Choose the site nearest you and click the registration button below for all the details.



Beaufort  
County

Forsyth  
County

Haywood  
County

Pitt  
County



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Questions? Contact us!

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