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# GROW YOUR OWN SWEET POTATOES



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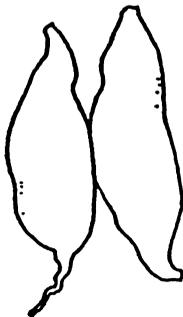
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## SWEET POTATOES

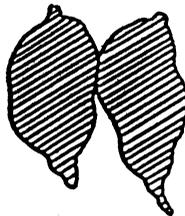
There are 2 types of sweet potatoes grown in Hawaii. The dry-fleshed type has white, pale yellow or purple flesh and is used for boiling and frying. Dry type varieties include:

WAIMANALO RED  
ONOKEO  
KANEHOHE RED  
HSPA-3  
MIYASHIRO

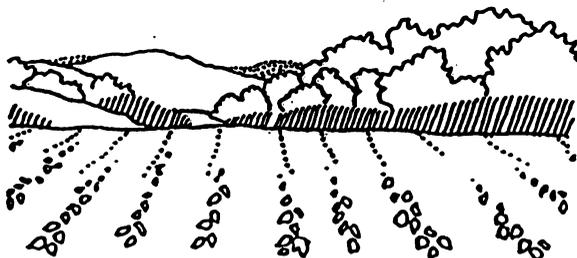


The sweet potato often referred to as "yam" is a moist-fleshed baking type with orange flesh. The moist types include:

ONOLENA  
CENTENNIAL  
KONA B  
ILIULA



Of the moist types, Kona B does best under Hawaii's conditions.

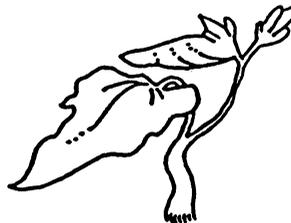


## GETTING THE SOIL READY

Sweet potatoes grow best on soils that are loose, rock free and fairly fertile. Sweet potatoes grown on rocky or hard soils produce odd shaped roots. Do not use manure for sweet potato because of danger of disease infection to the developing roots.

## PLANTING

Sweet potatoes can be grown throughout the year. The best way to plant sweet potatoes is the use of tip cuttings. The cuttings should be 8-12 inches long with all except 2 or 3 terminal leaves removed from the stem.



Cuttings are planted at an angle with 2/3 of the stem covered with soil. Space the cuttings about 12 inches apart in the row. The row spacing should be 3 feet apart.



## GROWING

Sweet potatoes require a fertilizer with medium amounts of nitrogen and larger amounts of phosphorus and potash. Apply 10-20-20 fertilizer at the rate of 1 to 2 pounds per 100 square feet or an area that is 10 feet long and 10 feet wide. The fertilizer should be applied 2 to 3 weeks after planting. Place the fertilizer 3 inches deep and 4 inches to the side of the plants in a band 3 to 4 inches wide.



Hoe the weeds when the sweet potato plants are small. Once the sweet potato begins to vine, the weeds will be shaded out and will become less of a problem.

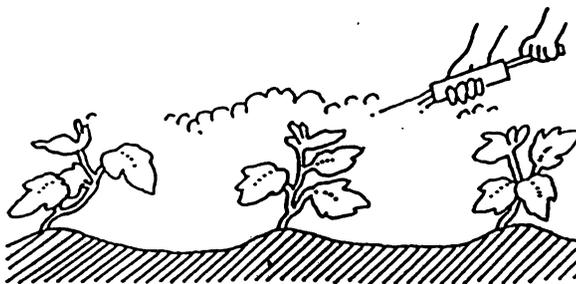


Water whenever necessary and do not allow the plants to become too dry. Watering after prolonged dry periods may cause growth cracks. Stop watering 3 to 4 weeks before harvest to allow the soil to dry for easier harvesting.

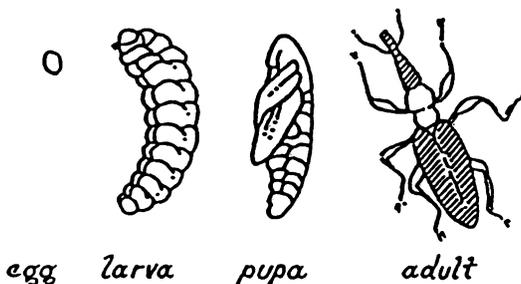


## PESTS

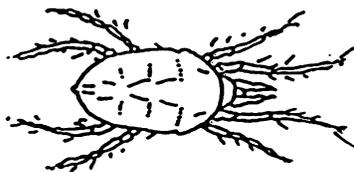
The most common pests of sweet potato are the sweet potato weevil and spider mites. Diazinon and malathion sprays may be used to control the weevil. Sulfur sprays will control the spider mites. After harvest, remove and destroy all the vines from the garden. This will aid in reducing weevil injury to your next crop.



CAUTION. Always read the label and carefully follow the directions when using pesticides.



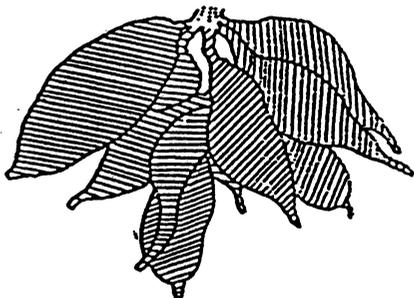
Sweet Potato Weevil



Red Spider

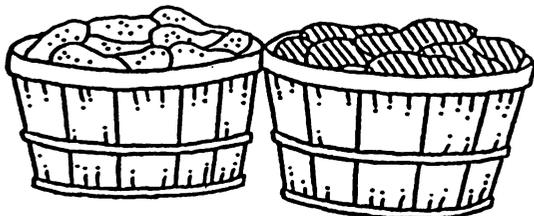
## HARVESTING

Sweet potatoes are ready for harvest from 4 to 6 months after planting. Harvesting after 6 months will produce jumbo-sized roots, also there is greater chance of loss from weevil infestation and disease infection. Remove the vines before digging the sweet potato roots. Carefully use a spading fork to dig the potato to avoid bruising and breaking the roots. Do not wash the roots to remove the soil. Allow the roots to dry in a shaded area and after drying, the soil can be easily brushed off.



## CURING AND STORING

Allow the sweet potato to cure for 10 days. This will heal the cuts and bruises and will also make the sweet potato sweeter. Curing is faster at 85°F and storage requires temperatures between 55-70°F.



This publication was assumed to be correct at the date of its issue, but it may no longer represent the most up-to-date information on its subject. In particular, if this publication contains information about pesticide uses, the products mentioned may not currently be licensed for sale in Hawai'i or labeled for the uses described.

## NUTRITIVE VALUE

Sweet potatoes are a good source of protein and vitamin C. Orange fleshed types are high in vitamin A. The young shoots can be used as greens and are a good source of protein, vitamin A and vitamin C.

## RECIPES

### Sweet Potato Patties

Shape cold mashed sweet potatoes into small patties; roll in bread crumbs or crushed dry breakfast cereal. Brown on both sides in a little fat. For variety, add chopped, cooked leftover meat or finely chopped apple to the sweet potatoes.

### Sweet Potato Pie

2 eggs	1 tsp. cinnamon
1 cup sugar	1 cup milk
1 tsp. salt	2 Tbs. butter
1/8 tsp. nutmeg	1 cup cooked sweet potato pulp
	1 unbaked pie shell

Beat the eggs slightly; add sugar, salt, spices, and milk. Add butter to sweet potato pulp. Then add liquid mixture to sweet potato pulp. Pour into unbaked pie shell and bake in a hot oven (450°F.) for 10 minutes. Reduce heat to 350°F. and bake 30 to 40 minutes or until filling is firm.