

Guåhan Produce Guide: Sweet Potato (Kamuti)



In some countries the sweet potato is a basic food, since it is rich in carbohydrates, although the foliage is also eaten as a vegetable. Each 100 g of edible fresh produce provides an energetic value of 84 kcal, greater than that of potatoes. Its composition is similar to the potatoes but with some differences. The starch content is greater than that of potatoes. The proteins are scarce and the content of fats is even lower. It is one of the better digested vegetables.

Plant Traits	Details
Plant Type	Root vegetable
Size	~2-2.5 in. wide, ~5-6 in. long
Spacing	12-18 inches apart, separating each row by at least 3 ft.
Bloom Time	3-4 months after planting
Flower Color	Lavender

Root Depth	1.5 ft.
Pests	sweet potato weevil, beetles, hornworms, and aphids
Diseases	Sweet Potato Viral Disease (SPVD)

Health Benefits

- Rich in vitamins A, C, and B6
- It is loaded with soluble and insoluble fibers and antioxidants, creating a healthy gut.
- Rich in beta-carotene (which gives the vegetable its orange color) converted to vitamin A which benefits your vision.

Site Characteristics

Sun Exposure	At least 6 hours each day. Sweet potatoes thrive in conditions above 100 degrees which is perfect for Guam!
Soil Condition	Soil should be well-drained and kept moist; mulch may be used to conserve soil moisture. Sandy-loam or silt-loam topsoil is ideal for promoting high surface and internal drainage
Support	
Water	Sweet potatoes need constant watering, and soil should be kept moist; water enough to keep soil consistently moist but not drenched
Fertilizer	Apply fertilizer before planting and after the first tuber appears. Due to Guam's tropical climate, smaller quantities of fertilizer are preferred rather than large treatment. 5-10-10 (nitrogen, phosphorus, and potassium). The second layer of compost and

fertilizer can be applied as side-dressing with a 15-20cm (5-8inches) distance from plants when plants are two weeks old.

From Seed to Harvest

How to Plant Seedlings

From tubers: submerge the pointed end of a sweet potato in water, keeping $\frac{1}{3}$ of the sweet potato exposed; after ~3 weeks a vine with several stems should begin to sprout. From cutting: submerge the stem of the cutting in water; roots should start emerging after a few days

Transplanting Seedlings

Sweet potato plants dislike root disturbance, transplant them immediately after sprouting. Alternatively you can transplant them into biodegradable containers and allow them to harden before planting them in an area that allows for full sunlight exposure.

Maintenance

Prune off broken or sickly vines $\frac{1}{4}$ of an inch above the leaf nodes to encourage new growth, and avoid planting in the same soil that previous sweet potatoes were harvested from.

Harvesting

4-5 months after planting, or when foliage begins to turn yellow and die back.

Interesting Facts

- February is national sweet potato month
- Sweet potato flesh can vary in color from white, orange, to purple.

Recipes

Crispy baked sweet potato fries

Ingredients

- 2 pounds of sweet potatoes
- 1 tablespoon of cornstarch
- ½ teaspoon of fine sea salt
- 2 tablespoons of extra-virgin olive oil
- Optional spices: ground black pepper, cayenne pepper, and garlic powder.

Instructions

1. Preheat the oven to 425 degrees Fahrenheit.
2. Peel sweet potatoes and thinly cut them into fry-shaped pieces (about ¼ with and ¼ thick) and transfer them to a baking sheet.
3. Sprinkle the fries with cornstarch and salt. Toss until the fries are coated in powder, then drizzle the olive oil and toss until evenly coated and no powdery spots are left.
4. Evenly disperse your fries on the baking sheet and don't overcrowd them; otherwise, they won't crisp. Bake for 20 minutes and then flip the fries to cook on all sides evenly.
5. After, bake for 10-18 more minutes or until the fries are crispy to your liking. Afterward, toss the baked fries in desired seasonings.

Sweet potato chips

Ingredients

- Sweet potato

- Olive oil
- Salt (optional)

Instructions

1. Thinly slice a large sweet potato and brush lightly with olive oil. Bake at 350 degrees for 15 minutes or until lightly browned and crisp.

[Top 10 Ways to Enjoy Sweet Potatoes - Have A Plant \(fruitsandveggies.org\)](#)

Sources

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