

# Mississippi MarketMaker Newsletter



## Mississippi Sweet Potatoes

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Website: <http://www.coastal.msstate.edu/MMNewsletter.html>

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### Sweet Potatoes Have A Lot To Offer!



1. Young sweet potato leaves and shoots are sometimes eaten as greens.
2. Sweet potatoes and yams are NOT the same thing! Sweet potatoes aren't actually potatoes (tubers), they are roots!
3. The most common type of sweet potato planted in Mississippi is the Beauregard variety.
4. High in Beta-Carotene, sweet potatoes are very healthy for your skin. They also have high vitamins A, E and C-antioxidants that can help prevent heart disease and cancer!
5. Sweet potatoes are fat-free and cholesterol-free!
6. Vardaman, MS is the SWEET POTATO CAPITOL OF THE WORLD!

### Who Sells Sweet Potatoes on MS MarketMaker?

**N&W Farms**  
176 Hwy 341 South  
Vardaman, MS 38878  
**Phone:** 662-682-7961

**Website:** [www.nandwfarms.com](http://www.nandwfarms.com)



**MS MarketMaker Profile:** <http://ms.marketmaker.uiuc.edu/business/2912>



**Missiana Produce Inc.**

124 Jimmy Beckley Drive  
Bruce, MS 38915

**Phone:** 662-983-3550

**MS MarketMaker Profile:** <http://ms.marketmaker.uiuc.edu/business/2917>

**Sweet potato packer/shipper/grower**

**Bailey Farms**

561 Veterans Blvd  
Calhoun City, MS 38916

**Phone:** 662-983-5726

**MS MarketMaker Profile:**<http://ms.marketmaker.uiuc.edu/business/501786>



**A Taste of Mississippi: Sweet Potato Sweets** “We make pies, bread, candies, sausage balls, cookies, log rolls, quiche and many more items which contain sweet potatoes. Our town is called "The Sweet Potato Capital of the World. We say that we are second in quantity, but first in quality. Our potatoes here are said to taste better than those grown anywhere else because of the soil here.” [http://ms.marketmaker.uiuc.edu/main/taste#t\\_1519-sweet-potato-sweets](http://ms.marketmaker.uiuc.edu/main/taste#t_1519-sweet-potato-sweets)

\*To find a local business who is selling these items, do a Business Search at the MS MarketMaker website using this link! <http://webapps.marketmaker.uiuc.edu/marketmaker/#MS/food/productsearch/2226;2425/28>

**Where can you find MarketMaker?**

MarketMaker (MM) can be viewed at - <http://ms.foodmarketmaker.com>.

You can follow MM at Facebook - [http://www.facebook.com/MS\\_MarketMaker](http://www.facebook.com/MS_MarketMaker).

You can also follow MM at Twitter - [http://twitter.com/MS\\_MarketMaker](http://twitter.com/MS_MarketMaker)

Find MM on your smart phone - <http://ms.foodsearcher.com>

**For the full text and previous issues of the MS-MM Newsletter, go to:**

<http://www.coastal.msstate.edu/MMNewsletter.html>

<http://msucares.com/newsletters/marketmaker/index.html>

**Read the Mississippi Sweetpotato News Fall 2013 issue at**

<http://msucares.com/crops/sweetpotato/newsletters.html>

