

HARVESTING SWEET POTATOES

(Instructions from Hillary, Country Farm & Home)

1. Sweet potato greens are edible. Harvest just the new growth at the ends of the vines. The older greens are tough.
2. Pull the vines back and locate the stems.
3. Pitchfork lightly working from the outside in and from the bottom. Be careful not to tear the very thin potato skins.
4. Do not wash the potatoes. Leave them in a single layer in a warm place (75-85 degrees) for 1-2 weeks. This will harden off the skins and sweeten the potatoes (when picked the starch has not yet turned to sugar).