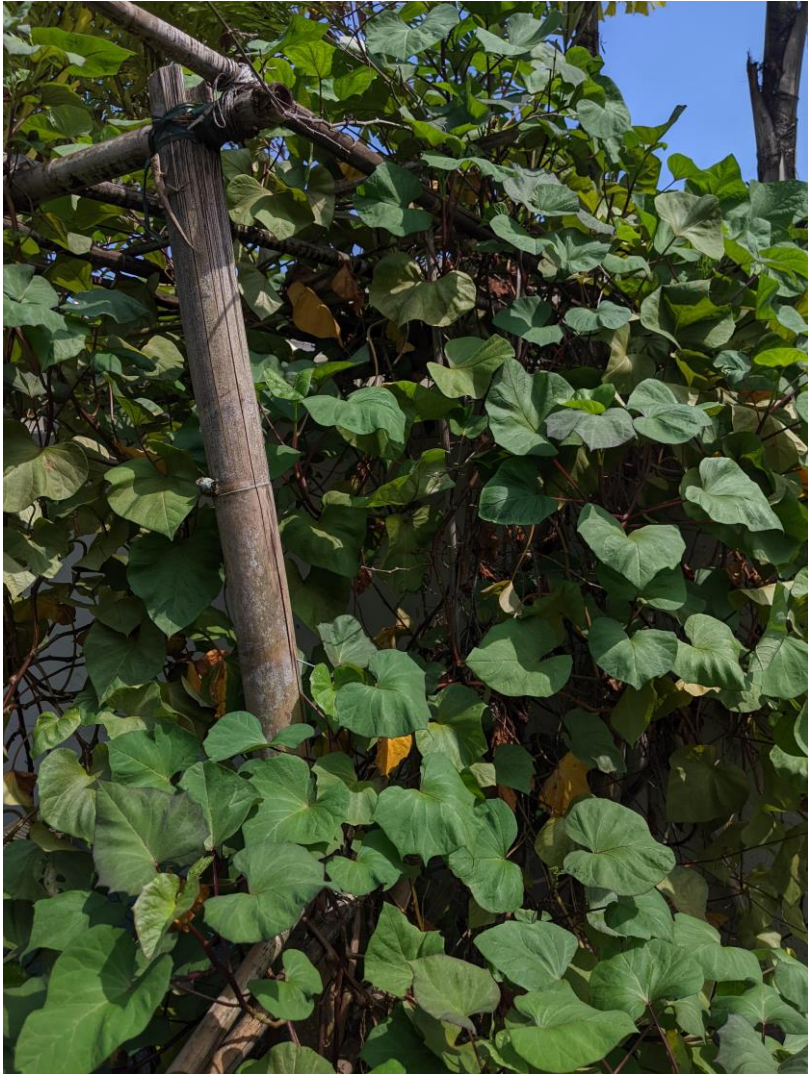


Sweet Potato Vine

Ipomoea batatas



When to plant: Any time of year in Miami! (In areas where it gets cold, late spring-early summer)

When to Harvest: Anytime!

Uses in medicine: They contain large amounts of beta-carotene and vitamin A, which can lower your chances of getting eye disease. Also lowers inflammation in your body and keeps fat cells from growing.

Uses in cooking: Can be baked or boiled!