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!