Boniato

*Ipomoea batatas*

**When to Plant:** Spring, intolerant to frost

**When to Harvest:** 120 to 180 days after planting

**Uses in Medicine:** Rich in vitamins A and C, potassium, antioxidants, and fiber; provides physical and mental energy, useful for helping anemic patients with low iron levels, helps with stress, digestive problems, ulcers, and intestinal diseases; supports bones, nails, and hair health.

**Uses in Cooking:** Sweet, chestnut like flavor; can be used in any sweet potato recipe.

**Fun Facts:** Very similar to a sweet potato and even called the Cuban Sweet Potato.