

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.

