

Get to know Okinawan Sweet Potato!

'Aina Pono Harvest of the Month



About the crop

Okinawan Sweet Potatoes originated in South America and were brought to Japan in the 1600's, with the first plantings in the southern prefecture of Okinawa (hence the name). The purple tubers were brought to Hawai'i with Japanese sugar plantation workers in the early 1900s, and have since become a local favorite. The purple coloring comes from anthocyanins, powerful antioxidants also found in blueberries and responsible for both crops' brilliant pigment.

Storage and usage tips

Due to high sugar content, store fresh sweet potatoes in a cool, dark, well-ventilated place. If packed in plastic when received, transfer to paper bag or cardboard box to prevent moisture accumulation, which may accelerate sprouting.

Minimally processed sweet potatoes have been peeled, par-steamed and frozen for extended shelf life and convenience. Store in a freezer at 0° F until ready to use. To finish cooking, transfer potatoes to refrigerator 12-

24 hours before using and then cook as usual, or place in steamer for 10 minutes or until fully cooked.



Nutrition facts

Okinawan sweet potatoes are extremely rich in antioxidants, which help to guard against cardiovascular disease and cancer. They are also high in vitamin A, vitamin C and manganese, and are a good source of copper, dietary fiber, vitamin B6, potassium and iron. Nutrition information for a 1/2 cup serving has been provided by the Culinary Arts Department at Kapiolani Community College:

Nutrition Facts

Servings Per Container
Serving size 1/2 cup (75g)

Amount per serving
Calories 110

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat --g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars --g	
Includes --g Added Sugars	--%
Protein 1g	
Vitamin D --mcg	--%
Calcium 26mg	2%
Iron 1mg	6%
Potassium 356mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tip for making purple sweet potato pie

Minimally processed potatoes have been parcooked and must be cooked further before incorporating with other pie filling ingredients. Either defrost per instructions and cook as desired, then mash; or place frozen potatoes in steamer for 10 minutes or until tender and mix with other ingredients.



Questions? Need help?

Contact the Hawai'i 'Ulu Cooperative at info@eatbreadfruit.com or 808-238-8869. Find recipes and learn more about the Co-op at eatbreadfruit.com.



CULINARY INNOVATION CENTER
KAPIOLANI COMMUNITY COLLEGE

This institution is an equal opportunity provider.