

'Uala

**FUN
FACTS**

- **'Uala comes in different colors, including orange, purple, and white, each with unique nutritional profiles.**
- **Rich in vitamins A, C, and B6, antioxidants, and dietary fiber, supporting immune health, vision, and digestive health.**
- **Traditionally grown in mounds (pu'e pu'e), a planting method of hilling the soil, to enhance drainage and root development.**
- **The International Potato Center suggests spelling sweetpotato as one word – not two – to help differentiate it from the white or Irish potato – which is a tuber, not a root like 'uala is!**



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