

Meet 'Uala!

(Sweet Potato)



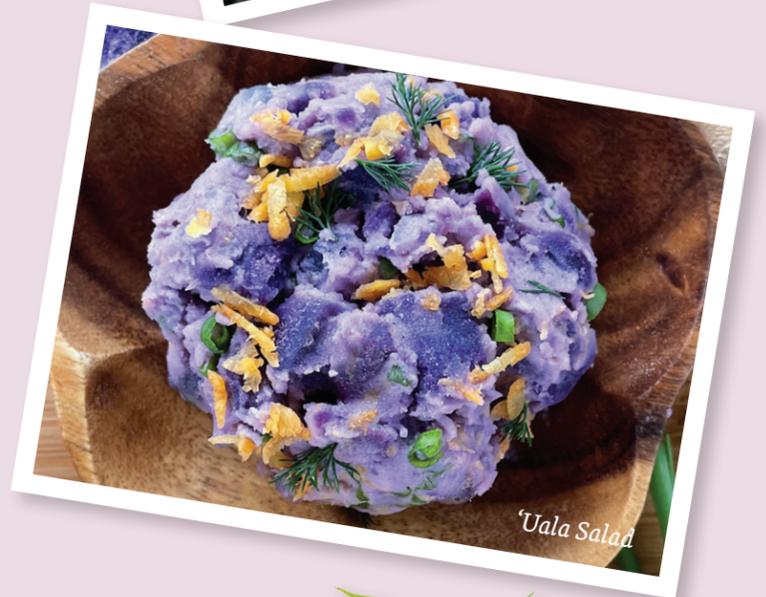
HISTORY IN HAWAI'I

- 'Uala was brought to Hawai'i by Polynesian voyagers over a thousand years ago. There were over 200 ancient named varieties before European contact.
- It has been a resilient crop in traditional Hawaiian agriculture, valued for its adaptability to various growing conditions.



NUTRITION

- Rich in vitamins **A**, **C**, and **B6**, which support immune systems, vision, and energy.
- **Fiber** promotes digestive health and helps maintain a healthy weight.
- Provides essential minerals like **potassium** and **magnesium**, which are important for bone health and metabolic function.



'Uala Salad

FUN FACT

- Sweet potatoes come in various colors, including orange, purple, and white.



Hawai'i's colorful, healthy & delicious staple starch!



UNIVERSITY of HAWAI'I at MĀNOA
COLLEGE of TROPICAL AGRICULTURE
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