

## TYPES OF SWEET POTATOES

At Benedict's, we carry two kinds of sweet potatoes: Beauregard and Centennial.

Beauregard Sweet Potatoes mature very quickly - usually ready for harvest in 90-95 days. The large reddish tubers have moist, deep orange flesh. The potatoes are very high yield and resist cracking.

Centennial Sweet Potatoes take a little longer to mature, but in 90-100 days you can have sweet "baby bakers." If you wait for them to mature, they can go all the way up until the first frost, so be sure to harvest them prior to that. These are orange inside and out with a moist texture. These have dependably high yields and lasting storage quality.

BENEDICT'S HOME & GARDEN

480 Purdy Hill Road  
Monroe, CT 06468

Phone: 203-268-2537

Fax: 203-261-1224

E-mail:

[info@benedictsgarden.com](mailto:info@benedictsgarden.com)

[www.benedictsgarden.com](http://www.benedictsgarden.com)



# Guide to Growing Sweet Potatoes



BENEDICT'S HOME  
& GARDEN

**Brands you trust. People who know.**



***If You Love Gardening,  
SWEET POTATOES  
Are Just for You this Year!***

Sweet potatoes will produce your greatest gardening thrill ever. They will be fresh, green and beautiful when the rest of your garden is brown and dry, and your harvest of big “jumbo” size (2 and 3 pounds) potatoes will be your most exciting garden experience ever. Every year, thousands of gardeners from Maine to California are now growing these marvelous plants!

### **Quality Sweet Potato Plants**

You have already spent all the money you will have to spend on sweet potatoes; there are no extra costs after the potatoes are harvested. Here are some general hints that will help your plants get off to a good growing start and increase your chances of a very bountiful harvest; but as with all your garden vegetables the weather conditions that prevail after your garden is planted is the most important factor in having top quality sweet potatoes and an abundant yield.

### **Receiving Your Potato Plants**

Expect your plants to appear wilted or possibly bleached to a higher color due to their enclosure during shipment, but do not be alarmed if either condition exists. Sweet potato plants are very tough and if planted properly and favorable weather exists, your plants will grow off good and yield for you an abundant supply of delicious potatoes. Heavy plant foliage is sometimes trimmed to prevent over-heating during shipment. Many large sweet potato farmers cut off all the leaves and a part of the plant roots.

Be sure to put the roots of one plant in a soda bottle full of water and place it in your kitchen window or on your office desk. Soon you will have a colorful clinging vine that will mystify your friends, and put 3 or 4 plants in your hanging basket.

### **Soil Preparation**

Most people prefer a sandy loam soil that drains well, but sweet potatoes are grown in all types of soil in all 50 states. Loose, freely worked soil will give the potatoes a chance to become large and smooth. The use of fertilizer is the gardener’s choice. Some say the taste is better

without fertilizer; others say the yield is better when you use fertilizer. We can help you select a good mixture for your sweet potato plants.

### **Putting Sweet Potatoes in Your Garden**

“Set” plants as soon as possible after you receive them; the ideal time is late in the afternoon after the hot sun has gone to bed. Try to avoid “setting” the plants when you it is very windy. Hold your plants until the following day and the results will be much better.

If there is to be a delay in planting just remove the plants from the carton and take the rubber band, waxed paper and moss away from the plant roots. The moss may be quite dry as the moisture has been removed from the moss while traveling to you. Then place the roots in a position where they can receive moisture, being careful to keep the plants away from the sun and wind. Do not wet the stems or leaves. Roots placed on wet sawdust or moss or on a wet burlap bag will keep the plants strong and healthy for several days. Plants will succeed even if they are yellow, slimy and have an odor that is almost unbearable. Potato plants are tough and strong and most of them will survive if they are “set” properly and have a good growing climate.

### **Planting or “Setting”**

Garden rows should be about 3 feet apart and the row itself about 8 to 12 inches high; the higher the row the more space for the potato to develop. Plants should be set 10 to 18 inches apart. Even spaced rows and plants will produce a more uniform sized potato. A peg, shovel, stick or transplanter can be used to set your plants. Place the roots well in the ground but do not cover the bud. Pour a little water in the plant hole around the roots and then “firm up” the soil. In case frost or unexpected cool moves in, protect your plants with a light cover.

### **Cultivation and Maturity**

Keep the soil worked to a fairly loose condition and hoe or pull out the undesired vegetation. Once the plants get started, the plant growth will smother out most grass and weeds. Maximum maturity is hard to determine as some people like a small potato which they call a “baby baker.” Others desire the potato to grow to its largest or “jumbo” size. Simply examine an average hill and dig the potatoes when they approach the size that you desire.

### **Harvesting or “Digging”**

Use care in “digging” your potatoes so that you do not cut or bruise them. A shovel or large pronged fork is ideal to use. With a loose row just pull the dirt away with the hands and gently place your beautiful potatoes in your storage basket or crate and start selecting your favorite recipes.

### **Storage**

Place your ventilated crates or baskets of freshly dug potatoes inside a building. Let the potatoes “dry out” or “air” 8 to 10 days. This helps to heal cuts and the bruises that may have occurred and toughens the skin for winter storage. The rich, black soil of some gardens may cause discoloration on the outside skin of some potatoes. Do not be alarmed; storage life and taste have not been affected. After the potatoes are dried out place them in a permanent storage area where the temperature ranges from 50 to 60 degrees. At this time your potato crop is finished; just do not let a sudden drop in the temperature “chill” the potatoes in your best storage area. While your potatoes are in storage, avoid unnecessary handling; just cook the potatoes as you come to them from the top of the storage container to the bottom.

Successful sweet potato growing is very interesting. Some gardeners have excellent results – others only fair – but in general all gardeners follow these directions in some fashion. We hope they will help you have the best garden possible and you will enjoy your crop to the fullest!

## **BENEDICT'S HOME & GARDEN**

480 Purdy Hill Road

Monroe, CT 06468

Phone: 203-268-2537

Fax: 203-261-1224

E-mail: [info@benedictsgarden.com](mailto:info@benedictsgarden.com)

[www.benedictsgarden.com](http://www.benedictsgarden.com)