

'Uala

Ipomoea batatas

The sweet potato is a nutrient-dense, tuberous-rooted plant, it has dark green, heart-shaped, five-lobed leaves. The large tuberous roots range in color from purple to white or orange. The flowers are pink-lavender and tubular.

GROW

- **Size:** 0.3-0.6 ft tall, 15 ft wide
- **Light:** Full Sun to Partial Sun
- **Soil:** Well-drained Soil
- **Water:** Accustomed to moist but tolerates occasionally dry.
- **Maintenance:** Prune as needed to your gardening wants and needs.
- **Pests:** May be affected by ants, rodents, beetles

PROPAGATE

'Uala is best propagated by cuttings (NOT seeds).

Can be planted directly in ground, with regular watering.

- **Cut:** Use a clean pruner to snip a 12–18 inch branch (not flowering or fruiting)
- **Dry:** Let cuttings dry in shade for 1–3 days
- **Plant:** Stick ½ of the stem into moist soil (vertical orientation)
- **Water:** Keep soil moist but not soggy until roots form (about 3–4 weeks)

HARVEST

- Pick young to mid-sized leaves once plant is well-established.
- Harvest every 1–2 weeks to encourage new growth
- Tubers can be harvested after 4 to 6 months

EAT

Leaves can be used in stir-fries, salads, and soups.

- Remove the stems from leaves
- Rinse fresh leaves
- Boil the leaves until tender

Tubers can be used in a variety of dishes.

- Peel and cut tubers as desired
- Rinse the tubers of all dirt
- Boil until it can be pierced with a fork

