

SWEET POTATOES VS YAMS

Beauregard Sweet Potato

Ipomea batata
Convolvaceae



Now one of the most popular commercial sweet potato varieties, Beauregard was originally developed at Louisiana State University for higher yield and disease resistance. Even though we often use the words “sweet potato” and “yam” interchangeably, they are distinct crops. Sweet potatoes, which are in the same family as morning glories, originated in South America and come in a variety of colors, from orange to purple to white. Yams, on the other hand, originated in Asia and Africa and tend to have dark exteriors and white or light purple insides.