

Other Benefits of OFSP



- Sweetpotato leaves are **rich in vitamin A, B, iron** and rich in proteins. They can be eaten in green vegetable stews.

- They can also be used as animal feed

- The **new OFSP varieties** can grow anywhere and are **high yielding**. They can be mixed with your other crops in your home garden as a rich and reliable source of vitamin A

- All you need are clean **virus free vines** such as what you have received today to grow OFSP

Compared to white varieties the **orange color roots** have many nutritious health benefits as outlined in this brochure especially for children and pregnant and lactating mothers



Planting, Caring and Harvesting

1. Land Preparation

- ✚ Prepare your ridges the day prior to the day that you receive your bundle of cuttings
- ✚ Select a plot in or near your main sweetpotato field so you can compare performance.
- ✚ Prepare ridges 75 cm apart, 60 cm tall incorporating all vegetation
- ✚ By the time the plants are established, the incorporated green manure will have decomposed and the nutrients will be available

2. Planting

- ✚ Your bundle will consist of 100 30 cm cuttings of one of the new OFSP varieties. The leaves will be removed and the bundle labeled with the name of the variety.
- ✚ These cuttings are from select commercial multipliers who have had their fields inspected to ensure that the vines are virus free.
- ✚ Plant single cuttings 30 cm apart

3. Caring for vines

- ✚ Weevils cause serious damage to roots. But weevils cannot dig! So when you weed, make sure you cover all of the roots with soil (hill-up) to fill cracks so the weevils can't get in.

4. Harvest without Damaging

- ✚ Cut the vines 2-3 days prior to the harvest so the skin of the sweetpotato roots harden and store longer outside of the ground.
- ✚ Take care when digging to not cut the roots as these damaged roots cannot then be stored



ORANGE-FLESHED SWEETPOTATO...

A nutritious, rich and available source of vitamin A for you and your household

You have just received vitamin A rich orange fleshed sweetpotato (OFSP) vines as part of the International Potato Center's (CIP) program in Malawi supported by UKaid, USAID and Irish Aid



Vitamin A-Sources, Uses and Benefits

1. Vitamin A is essential for everyone, to build their body, improve their vision and protect them from illness.
2. You can get vitamin A from foods such as **orange-fleshed sweetpotatoes**, dark green leafy vegetables (e.g. pumpkin leaves), pawpaw, mangoes, carrots, pumpkin, eggs, liver, milk, blue band margarine, fortified sugar and fortified cooking fat.
3. Illnesses such as malaria, measles, diarrhea and worm infestation prevent the body from using vitamin A properly. Go to the health center for treatment immediately if you feel unwell.
4. Adding a small amount of oil or foods with fat, like avocados and groundnuts, to vitamin A rich foods helps the body to use more of the vitamin A found in these foods.
5. Children between six months and five years should receive a FREE vitamin A capsule every six months from their health facility. Mothers should get a capsule within 4 weeks after giving birth from their health facility.

Infant and Young Child Feeding

1. **Breastmilk provides ALL of the nutrition a baby needs for the first 6 months of life.** It also provides protection from diseases and makes your baby strong.
2. **Do NOT give a baby anything else the first 6 months of life.** Even water, local herbs or tea is harmful to their health. Only medicine is allowed if the child falls sick.
3. **AT 6 months, start giving the baby other foods** and continue giving breast milk.
 - ✚ Try mashing and feeding boiled Orange-Fleshed Sweetpotato, mango, pawpaw, banana and avocado. Mix maize meal porridge with foods such as bean flour, fish powder, dark green leafy vegetables (pumpkin leaves) and a small amount of oil to make the porridge more nutritious.
4. In addition to breastmilk feed your baby at:
 - ✚ **6 months of age: 2 or 3 spoons, 2 times a day**
 - ✚ **7-8 months of age: half a cup, 3 times a day**
 - ✚ **9-11 months of age: 2/3rds of a cup, 3 times a day and a snack**
 - ✚ **12-24 months of age: a full cup, 3 times a day and 2 snacks**
5. Make sure the **mashed food is not so runny** that it falls off the spoon

Orange-fleshed sweetpotatoes

1. Orange-fleshed sweetpotatoes are easy to grow and are ready to eat in 3 to 6 months depending on the variety.
2. The darker the orange color of the inside of the sweetpotato, the more vitamin A.
- ✚ Yellow-fleshed ones have a small amount of vitamin A, and white-fleshed ones have none.
3. They are easy to prepare by boiling in water for 20 minutes, mash and eat the orange-fleshed root or make doughnuts and cakes or other local foods like *fuatli* and *ntoliro*
4. Eating one medium-size Orange-Fleshed Sweetpotato each day is enough to provide the vitamin A needed by an adult.
- ✚ One small sweetpotato is enough for a child to meet their vitamin A requirement. The sweetpotato is also an energy giving food.

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