

Other Benefits

- Sweetpotato leaves are rich in vitamin A and B, iron, zinc and protein and can be eaten in greens vegetable stews.
- They can also be used as animal feed.
- The new Orange-Fleshed Sweetpotato 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 Orange-Fleshed Sweetpotatoes.
- Compared to white varieties the orange color roots have many nutritious health benefits as outlined in this brochure especially for children, pregnant and lactating mothers.

Planting, Caring and Harvesting

Land Preparation

Prepare your land in readiness for planting your new sweetpotato vines 2 weeks before planting so that plant residues rot.

Prepare ridges 100 cm apart, 60 cm tall.

The planting vines should be looking healthy with no wrinkles or different colored leaves other than normal green leaves – wrinkled or non-green leaves is a sign that the vines have a viral disease.

Planting

For planting use the top 30 cm of the vine and plant 2nd and 3rd node in the soil. That is at least 2 nodes below the surface in the soil. For each hole plant only one vine.

From one plant or hole to the other leave a space of 30 cm.

Caring for vines

Weed for your crop 3 and 6 weeks after planting.

Be checking your field periodically and remove any plants that look sick or are not growing well or has leaves with different colors or wrinkled so that the virus does not spread.

Holes in roots are caused by weevils. But weevils cannot dig! So when you weed, make sure you cover all of the roots with soil (hill-up) to fill cracks so that the weevils can't get in.

Harvest without Damaging

You can harvest roots after 3 months by digging carefully only with a stick.

Remove only large roots without damaging the small ones.

Re-cover the remaining roots well so that they continue to grow without weevil damage.

If harvesting a lot at once, cut the vines 2-3 days prior to the harvest so the skin of the roots can harden.



ORANGE-FLESHED SWEETPOTATO

A nutritious, rich and available source of vitamin A



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Vitamin A-Sources, Uses and Benefits

- Vitamin A is essential for everyone to build their body, improve their vision and protect them from illness.
- You can get vitamin A from foods such as Orange-Fleshed Sweetpotatoes, dark green leafy vegetables, pawpaw, mangoes, carrots, pumpkin, eggs, liver, fish oil (seven seas), milk, blue band margarine, fortified sugar, and fortified cooking fat.
- 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.
- Adding a small amount of oil or foods with fat, like avocados and nuts, to vitamin A rich foods helps the body to use more of the vitamin A found in these foods.
- 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 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 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 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 4 months.
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, steaming or roasting. They can be mashed into puree for children or used as an ingredient in many dishes e.g. for making chapatti.
4. Eating one medium-size Orange-Fleshed Sweetpotato each day is enough to provide the vitamin A needed by an adult.
5. One small sweetpotato is enough for a child to meet their vitamin A requirement. The sweetpotato is also an energy giving food.
6. Remember to eat a variety of foods from each food groups daily in addition to sweetpotato to ensure that your diet is well balanced.

