

Batata

**Common Culinary Name:**

Batata
White Sweet Potato

Botanical Family & Name:

Ipomoea batatas

Vegetative Description:

It is a white-fleshed variety of the sweet potato.

Culinary Uses:

It is usually peeled, then cooked like sweet potatoes. It can also be baked, boiled, fried, roasted or microwaved. An especially good use for the batata is when combined with butternut squash, black beans, and other seasonings to make a Caribbean-style stew. Due to the batata's sweet flavor, it can be used in a variety of ways including as a dessert ingredient, entrée, or side dish.

Native Habitat & Ecology:

Can be stored in your home for one week. The batata is a type of root crop that grows well in tropical regions where the climate is moderate, but has been grown in Central New York.

Tasting Notes:

They are just as sweet as yams, but are more starchy in texture.

General Packaging:

Priced by pound. Sold to stores in bulk by the pound, and delivered in boxes.

Price sold in stores:

Priced per pound. Some may sell it in bags that have already been weighed and priced. Others are picked and weighed by certain amount per pound.

