

## ♥ ODE to the Sweet Potato ♥



Oh, my dear little sweet potato,  
Deep underground you grow.  
Hana and Beauregard are some varieties  
Harvested from the San Joaquin Valley.  
Canned, raw, baked, or in a pie.  
You are the apple of my eye.  
Loaded with vitamins A and B,  
Potassium, fiber and vitamin C.  
Your taste is so smooth, creamy, and super.  
You are from the root family known as tuber.

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