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A: YES!

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While American grocery stores use the terms interchangeably, what they are always referring to is actually a **sweet potato**, not a **yam**. Garnet Yams and Jewel Yams, for instance, aren't yams at all -- they're sweet potatoes! Candied Yams? Sorry, sweet potatoes.

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In fact, chances are that you'll never accidentally end up with an actual yam instead of a sweet potato after a trip to the store. (Trust me, you'll have to go out of your way to find a "true" yam.) You can find yams (not sweet potatoes) in Caribbean or Asian specialty grocery stores.

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HELLO, I'M A **SWEET POTATO!** PEOPLE ARE ALWAYS CONFUSING ME WITH MY BEST FRIEND, THE YAM. HOW ZANY AND WACKY!

- Light, smooth, thin skin
- Tapered ends
- Pale or bright orange flesh
- Sweet taste



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I'M A **YAM** AND I SWEAR IF ONE MORE PERSON CALLS ME A SWEET POTATO I'M GOING TO FLIP OUT AND KILL SOMEONE! ARGH!

- Dark, thick, rough, scaly skin
- Cylindrical and HUGE
- White flesh\*
- Starchy taste



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**Did you know?** The U.S. Department of Agriculture (USDA) requires that the label “yam” always be accompanied by “sweet potato,” in case you weren’t confused enough to begin with.

## MEMOIRS OF A SWEET POTATO

- The sweet potatoes we purchase at the grocery store are likely grown here, but North and South America combined hardly account for 3% of the world’s sweet potato supply. China produces 80% of it, and 100 different varieties. Aiya!!
- Don’t refrigerate your sweet potatoes! Cold temperatures will make them taste gross. Instead, keep them in a cool, dry place.

**Sweet Potato Pie** / tigersandstrawberries.com

1 1/2 pounds sweet potatoes	1 1/2 tsp vanilla extract
3/8 cup heavy cream	1/4 tsp salt
6 tablespoons maple syrup	1/8 tsp nutmeg
3 tbs raw sugar	1/4 tsp cinnamon
4 tbs melted browned butter	1/4 tsp ginger
1/4 cup Carolan’s Irish Cream liquor	1/4 tsp Five Spice Powder
3 large eggs	1/8 tsp finely ground white pepper
1 egg yolk	1 pre-baked pie crust

1. Wash sweet potatoes, pierce several times with a fork and bake in a 400 degree oven for one hour or until completely soft. Remove from oven, allow to cool, peel and mash into a stiff puree. Turn oven down to 325 degrees.
2. Whisk together sweet potatoes with all other ingredients, and pour into the pie shell.
3. Put it into the oven, cover the edge of the crust with your pie chakram or some strips of aluminum foil, and bake for 45-50 minutes. Allow to cool completely on a rack, before covering. Serve with unsweetened freshly whipped cream.

## YAM STRAIGHT!

- Yams can be found growing naturally in Africa, Asia, Latin America and Oceania. Typically, yams found in America are imported from the Caribbean.
- Yams can grow up to seven feet long and weigh up to 150 pounds.
- The word “yam” comes from the Portuguese “inham” or Spanish “ñame,” which are both derived from the West African word “nyam,” meaning “to taste” or “to eat.”
- Word on the street is that yams are responsible for the high rate of twin births in certain parts of Africa.
- Don’t eat raw yams! There are toxins in them that can make you sick, unless you boil them.

**Cinnamon Yam Mash** / bahamabreeze.com / Serves: 4

2 1/2 pounds of yams, peeled, 2” diced	3/4 tsp cinnamon, ground
1 quarts water, hot	1/4 cup brown sugar
1/2 tbs salt	pepper, white, ground, to taste
4 oz butter, cold, 1/2” dice	

1. Place the peeled and diced yams in a large stock pot. Add hot water and salt, then place the stock pot on the stove over medium heat. Bring to a boil and cook for 35 minutes or until an inserted fork in the yam pierces easily.
2. Drain the water from the yam and transfer them into a mixing bowl. Using a wire whisk, mash until yams are broken up. Add diced cold butter, ground cinnamon, white pepper and brown sugar then mix again until the yams are smooth and all of the ingredients are mixed evenly. If needed, season with additional salt to taste. Enjoy!

This public service announcement was brought to you by Nicole Mills, who is in no way affiliated with any diabolical yam or sweet potato agendas, and apparently has entirely too much free time. Visit her at [sweetpotato.pinkfairywand.com](http://sweetpotato.pinkfairywand.com)!

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