

The Sweet Potato Challenge

The sweet potato is a fantastic plant that grows well in Alabama's long, hot growing season. It can be planted around the end of April or later and will grow until cool fall weather arrives. It likes loamy, well-drained soil but can grow in other soil types as long as it drains well and is loose. The soil needs to have a pH of around 6.0.

The sweet potato is considered a "superfood" being highly nutritious, a great source of beta-carotene, and versatile. It can be grown in your garden or raised bed, in a large container, or to add interest to your landscape. The entire plant is edible, including the flowers, leaves, and vines but the tuber, which is what most people consume, is the most popular part of the sweet potato.



Do you think you can grow the largest bunch of sweet potatoes?

Any youth, age 9–18 years old by January 1, can participate in The Sweet Potato Challenge beginning May 1. If interested in participating, contact your county Extension office. They will provide you with the 4HOnline registration instructions. Once registered, timely information about the program will be communicated to participants throughout the length of the project (May–September).

After registration, participants will receive six sweet potato plants and a journal in which to record their gardening experience through photos and written entries. In early September, the participating youth will be notified to bring their sweet potato harvest and journal to their local Extension office for an official weigh-in.

The Sweet Potato Challenge project fee is _____.

For more information, please contact the _____ county Extension office at _____.



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Registration Form

I would like to participate in the Alabama 4-H Sweet Potato Challenge sponsored by the Alabama Farmers Cooperative and Bonnie Plants. By signing the registration form, I agree to plant and care for my six sweet potato plants, keep my gardening journal up to date, and bring my harvest to the local Extension office when notified in September. I have included a registration fee for this project. I understand that once I am registered and have paid my registration fee, I will receive six sweet potato plants. Throughout the term of the project, if I have questions or problems, I will contact my local Extension office and check **The Sweet Potato Challenge** website for information about growing sweet potatoes. When the project is complete, I will submit my gardening journal and sweet potato harvest for weighing, rating, and judging as a part of the project.

4-H Member's Name _____

Street Address _____

City _____ Zip _____

School _____ Grade _____

Cell Phone _____ Birth Date _____

Email Address _____

4-H Member's Signature _____

Parent's/Guardian's Signature _____

