"Yam or sweet potato?" reference cards (print, laminate, keep in wallet)

YAM OR SWEET POTATO ?!?

- Are you in the United States? — YES → Probably a **sweet potato**. Unless you are at grocery store that also sells yams.
- Does label say sweet potatoes? — YES → **Sweet potato**. Even if bigger font says yam (USDA tolerates for some reason).
- Grown in the United States? — YES → **Sweet potato**. Yams are not grown commercially in the United States.
- Is it tapered at both ends? — YES → **Sweet potato**. Yams often irregularly shaped, rarely tapered at both ends.
- Does the skin feel bark-like? — YES → It's probably a **yam**. Sweet potato skin usually smoother (like a potato's).
- Is it bigger than a Guinea pig? — YES → Probably a **yam**. If it's bigger than a pug, it's definitely a yam.
- Does cut flesh bleed white sap? — YES → **Sweet potato**. Older, less sweet ones don't bleed like this, so not diagnostic.

photographs of both at http://colinpurrington.com/tips/home/yams-versus-sweet-potatoes

YAM OR SWEET POTATO ?!?

- Are you in the United States? — YES → Probably a **sweet potato**. Unless you are at grocery store that also sells yams.
- Does label say sweet potatoes? — YES → **Sweet potato**. Even if bigger font says yam (USDA tolerates for some reason).
- Grown in the United States? — YES → **Sweet potato**. Yams are not grown commercially in the United States.
- Is it tapered at both ends? — YES → **Sweet potato**. Yams often irregularly shaped, rarely tapered at both ends.
- Does the skin feel bark-like? — YES → It's probably a **yam**. Sweet potato skin usually smoother (like a potato's).
- Is it bigger than a Guinea pig? — YES → Probably a **yam**. If it's bigger than a pug, it's definitely a yam.
- Does cut flesh bleed white sap? — YES → **Sweet potato**. Older, less sweet ones don't bleed like this, so not diagnostic.

photographs of both at http://colinpurrington.com/tips/home/yams-versus-sweet-potatoes

YAM OR SWEET POTATO ?!?

- Are you in the United States? — YES → Probably a **sweet potato**. Unless you are at grocery store that also sells yams.
- Does label say sweet potatoes? — YES → **Sweet potato**. Even if bigger font says yam (USDA tolerates for some reason).
- Grown in the United States? — YES → **Sweet potato**. Yams are not grown commercially in the United States.
- Is it tapered at both ends? — YES → **Sweet potato**. Yams often irregularly shaped, rarely tapered at both ends.
- Does the skin feel bark-like? — YES → It's probably a **yam**. Sweet potato skin usually smoother (like a potato's).
- Is it bigger than a Guinea pig? — YES → Probably a **yam**. If it's bigger than a pug, it's definitely a yam.
- Does cut flesh bleed white sap? — YES → **Sweet potato**. Older, less sweet ones don't bleed like this, so not diagnostic.

photographs of both at http://colinpurrington.com/tips/home/yams-versus-sweet-potatoes

YAM OR SWEET POTATO ?!?

- Are you in the United States? — YES → Probably a **sweet potato**. Unless you are at grocery store that also sells yams.
- Does label say sweet potatoes? — YES → **Sweet potato**. Even if bigger font says yam (USDA tolerates for some reason).
- Grown in the United States? — YES → **Sweet potato**. Yams are not grown commercially in the United States.
- Is it tapered at both ends? — YES → **Sweet potato**. Yams often irregularly shaped, rarely tapered at both ends.
- Does the skin feel bark-like? — YES → It's probably a **yam**. Sweet potato skin usually smoother (like a potato's).
- Is it bigger than a Guinea pig? — YES → Probably a **yam**. If it's bigger than a pug, it's definitely a yam.
- Does cut flesh bleed white sap? — YES → **Sweet potato**. Older, less sweet ones don't bleed like this, so not diagnostic.

photographs of both at http://colinpurrington.com/tips/home/yams-versus-sweet-potatoes

YAM OR SWEET POTATO ?!?

- Are you in the United States? — YES → Probably a **sweet potato**. Unless you are at grocery store that also sells yams.
- Does label say sweet potatoes? — YES → **Sweet potato**. Even if bigger font says yam (USDA tolerates for some reason).
- Grown in the United States? — YES → **Sweet potato**. Yams are not grown commercially in the United States.
- Is it tapered at both ends? — YES → **Sweet potato**. Yams often irregularly shaped, rarely tapered at both ends.
- Does the skin feel bark-like? — YES → It's probably a **yam**. Sweet potato skin usually smoother (like a potato's).
- Is it bigger than a Guinea pig? — YES → Probably a **yam**. If it's bigger than a pug, it's definitely a yam.
- Does cut flesh bleed white sap? — YES → **Sweet potato**. Older, less sweet ones don't bleed like this, so not diagnostic.

photographs of both at http://colinpurrington.com/tips/home/yams-versus-sweet-potatoes

YAM OR SWEET POTATO ?!?

- Are you in the United States? — YES → Probably a **sweet potato**. Unless you are at grocery store that also sells yams.
- Does label say sweet potatoes? — YES → **Sweet potato**. Even if bigger font says yam (USDA tolerates for some reason).
- Grown in the United States? — YES → **Sweet potato**. Yams are not grown commercially in the United States.
- Is it tapered at both ends? — YES → **Sweet potato**. Yams often irregularly shaped, rarely tapered at both ends.
- Does the skin feel bark-like? — YES → It's probably a **yam**. Sweet potato skin usually smoother (like a potato's).
- Is it bigger than a Guinea pig? — YES → Probably a **yam**. If it's bigger than a pug, it's definitely a yam.
- Does cut flesh bleed white sap? — YES → **Sweet potato**. Older, less sweet ones don't bleed like this, so not diagnostic.

photographs of both at http://colinpurrington.com/tips/home/yams-versus-sweet-potatoes

YAM OR SWEET POTATO ?!?

- Are you in the United States? — YES → Probably a **sweet potato**. Unless you are at grocery store that also sells yams.
- Does label say sweet potatoes? — YES → **Sweet potato**. Even if bigger font says yam (USDA tolerates for some reason).
- Grown in the United States? — YES → **Sweet potato**. Yams are not grown commercially in the United States.
- Is it tapered at both ends? — YES → **Sweet potato**. Yams often irregularly shaped, rarely tapered at both ends.
- Does the skin feel bark-like? — YES → It's probably a **yam**. Sweet potato skin usually smoother (like a potato's).
- Is it bigger than a Guinea pig? — YES → Probably a **yam**. If it's bigger than a pug, it's definitely a yam.
- Does cut flesh bleed white sap? — YES → **Sweet potato**. Older, less sweet ones don't bleed like this, so not diagnostic.

photographs of both at http://colinpurrington.com/tips/home/yams-versus-sweet-potatoes

YAM OR SWEET POTATO ?!?

- Are you in the United States? — YES → Probably a **sweet potato**. Unless you are at grocery store that also sells yams.
- Does label say sweet potatoes? — YES → **Sweet potato**. Even if bigger font says yam (USDA tolerates for some reason).
- Grown in the United States? — YES → **Sweet potato**. Yams are not grown commercially in the United States.
- Is it tapered at both ends? — YES → **Sweet potato**. Yams often irregularly shaped, rarely tapered at both ends.
- Does the skin feel bark-like? — YES → It's probably a **yam**. Sweet potato skin usually smoother (like a potato's).
- Is it bigger than a Guinea pig? — YES → Probably a **yam**. If it's bigger than a pug, it's definitely a yam.
- Does cut flesh bleed white sap? — YES → **Sweet potato**. Older, less sweet ones don't bleed like this, so not diagnostic.

photographs of both at http://colinpurrington.com/tips/home/yams-versus-sweet-potatoes