

Agriculture Fact Sheet

Sweet Potatoes 2025



- Mississippi ranks #3 in the U.S. in sweet potato production, producing 3.78 million hundredweight annually.
- In 2025, Mississippi harvested 31,500 acres of sweet potatoes on 156 farms.
- The production value of sweet potatoes in 2025 was \$84 million.
- Beauregard is the most popular sweet potato variety in the state based on acres planted, following it the most popular is the Hernandez and Nancy Hall.
- It takes approximately 90 to 120 days to grow a sweet potato.



- Planting takes place in late May and June. Harvesting runs from late August through November.
- Mississippi hosts the National Sweet Potato Festival each November in Vardaman, which is the sweet potato capital of the world.
- Sweet potatoes are an excellent source of vitamin A, vitamin C and vitamin B6. They are also low in sodium.



• NUTRITION INFORMATION (One medium sweet potato)

Calories 130
Calcium 28.6 mg
Protein 2.1 g
Fat 0.4 g
Carbohydrate 32 g
Dietary Fiber 3.9 g
Sodium 17 mg
Potassium 266 mg



Source: Mississippi State University & USDA-NASS



**MISSISSIPPI DEPARTMENT OF
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