

Sweet Potato Production

And the Adventist Advantage

The Adventist Advantage

- * The health message grants adventists a longer more disease free life.
- * Promoting the use of Sweet Potato goes hand in hand with sharing the health message.

Properties of Sweet Potato

- * Sweet potatoes are rated by some authorities as the best vegetable you can eat! They are loaded with Carotenoids, Vitamin C, Potassium and fibre.
- * Skin has as much antioxidants as blueberries. And three times the nutrients of the flesh.
- * Can absorb up to 62 minerals if they are present in the soil. More than 3 times that of other produce.
- * Has an anti cancer protein called Sporamin as 80% of its total protein. Exposed directly to tongue cancer reduced its viability in days!

Sweet Potato Leaves

Sweet Potato Leaves Kill 94% of Prostate Cancer Cells in Vitro: An extract of sweet potato leaves was discovered to be extremely toxic to prostate cancer cells in a study, killing 94% of them in vitro and slowing the growth of prostate tumors in mice by 75%. Other research has shown that these super-greens are also active against breast cancer, lung cancer, colon cancer, stomach cancer and leukemia. And the health benefits of these greens are not just for the lab. One study out of Taiwan showed that eating at least 100 grams per week of this super vegetable decreased lung cancer risk by up to 57%! In other studies, sweet potato leaves boosted immunity (T lymphocytes and natural killer cells) in humans and lowered blood sugar in mice with type II diabetes. And if you need an energy boost, sweet potato leaf could be just the vegetable for you: a recent study showed it significantly relieved fatigue in mice, increased exercise capacity and even boosted muscle glycogen levels! Why are these greens so powerful? They are an excellent source of potent antioxidants called polyphenols, including the unique and powerful caffeoylquinic acids, and anticancer peptides. And alkaline diet fans take note: these greens are one of the most alkalizing vegetables out there, delivering 400% the alkalizing power of pure lemon juice, ounce for ounce.

A Good fit for Our Boarding Schools

- * Planted before School gets out for summer.
- * Just needs watering and weeding during summer.
- * Harvested when school has started again.
- * Stored, washed, packed and shipped during winter.
- * Provides excellent work experience for unskilled students
- * Minimal damage/loss occurred by careless handling compared with other crops.



Demand increasing for Sweet Potatoes

*Sweet potatoes are a marketer's dream commodity because, as with blueberries and strawberries, demand keeps increasing despite harsh economic times. The Packer Oct 16, 2013

Provides Off Season Income

- * When Summer crops diminish and their income comes to an end, Sweet Potato sales kick in and are especially strong during the holiday seasons.

Getting Started

The Source of Wisdom

"Give ear and hear my voice,
Listen and hear my speech.

Does the plowman keep plowing all day to sow?
Does he keep turning his soil and breaking the clods?

When he has leveled its surface,
Does he not sow the black cummin
And scatter the cummin,
Plant the wheat in rows,
The barley in the appointed place,
And the spelt in its place?

For He instructs him in right judgment,

His God teaches him.

For the black cummin is not threshed with a threshing sledge,

Nor is a cartwheel rolled over the cummin;

But the black cummin is beaten out with a stick,

And the cummin with a rod.

Bread flour must be ground;

Therefore he does not thresh it forever,

Break it with his cartwheel,

Or crush it with his horsemen.

This also comes from the Lord of hosts,

Who is wonderful in counsel and excellent in guidance." Isaiah 28:23-29

In the cultivation of the soil the thoughtful worker will find that treasures little dreamed of are opening up before him. No one can succeed in agriculture or gardening without **attention to the laws involved**. The special needs of every variety of plant must be studied. Different varieties require different soil and cultivation, and **compliance with the laws governing each is the condition of success**. ED 111



Growing Slips







Humus Content, Percent			3.2								
BASE SATURATION PERCENT Calcium (60 to 70%) Magnesium (10 to 20%) } 80% Potassium (2 to 5%) Sodium (.5 to 3%) Other Bases (Variable) EXCHANGEABLE HYDROGEN (10 to 15%)			65.91 13.24 5.58 1.25 5.02 9.00			%		%		%	
					RECOMMENDATIONS						
ANIONS	NITROGEN Lbs/Acre ENR Value		82	AS NEEDED DEPENDING ON CROP AND YIELD							
	SULFATE - S p.p.m. Value Found		27	SULFUR 90-92% (a)		55					
	PHOSPHATES Desired Value Olsen Value as (P2O5) Value Found Lbs/Acre Deficit/Surplus		750 658 -92	SFT RK PHOSPHATE		400					
CATIONS	CALCIUM Desired Value Lbs/Acre Value Found Deficit/Surplus		3449 3343 -106			Amend	added	Amend	added	Amend	added
	MAGNESIUM Desired Value Lbs/Acre Value Found Deficit/Surplus		365 403 +38								
	POTASSIUM Desired Value Lbs/Acre Value Found Deficit/Surplus		742 552 -190	POT SULFATE 0-0-50		250					
	SODIUM Desired Value Lbs/Acre Value Found Deficit/Surplus		58 73 +15								
TRACES	Boron p.p.m. Iron p.p.m. Manganese p.p.m. Copper p.p.m. Zinc p.p.m.		0.98 125 118 3.10 15.60	BORAX 11% FE SULFATE 21% (b) (c) MANG FOLIAR (d) ZINC SULFATE 36%		20 400 10					
(a) Sulfur applications including the sulfate form of 50 lbs/acre or more need to be applied at least 6 months prior to next soil sampling. (b) Ferrous Sulfate - should only use the white or blue-green in color, black or rust colored is never recommended. CAUTION: Apply so as to avoid getting the dust from the material on the leaves of actively growing plants.											



Mycorrhizae

- * Attaches to the plant roots and increases its ability to take up nutrients from 100 - 1000 times.
- * Communicates to plants



Mycorrhizal Fungi on Plant Roots
Photo courtesy of Paula Flynn,
Iowa State University Extension.







Ocean minerals
Azomite
and Kelp products

Standard Fines
Industrial Fines

0-0-50

Sulfate of Potash

Potassium Sulfate

GUARANTEED ANALYSIS

Soluble Potash (K_2O) **50%**
Sulfur (S) **17%**

Derived entirely from Potassium Sulfate

CAS# 7778-80-5

50 LB Net Wt (22.7kg)



Great Salt Lake Minerals Corp.
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