

DECEMBER ROASTED YAMS!



Yams are tuberous root veggies that originated in Africa and Asia. Technically, yams are monocots, meaning they're plants that have one embryonic seed leaf. Yams are NOT potatoes!

Yams are grown in tropical climates, such as in places like South Africa, other African countries and the Caribbean. 100% of the yams being served to our LAUSD student community come from Yagi Brothers Produce Farm located in Livingston, California!

Yams are rich in vitamins, minerals, and fiber. One cup (136 grams) of baked yams provides:

- Calories: 158
- Carbs: 37 grams
- Protein: 2 grams
- Fat: 0 grams
- Fiber: 5 grams
- Vitamin C: 18% of the Daily Value
- Potassium: 19% of the Daily Value



Yams are not only an excellent source of fiber but also high in potassium and manganese, which are important for supporting bone health, growth, metabolism, and heart function.

