

Food Feature: Sweet Potatoes

Contrary to what their name might suggest, sweet potatoes are actually an edible root in the morning glory family, and unrelated to true potato tubers. Immediately recognisable by their vibrant orange flesh, sweet potatoes come in a dazzling array of col

Tubers: Nature's answer to affordable energy

When we think of tubers like potatoes, sweet potatoes, yam, cassava, Taro etc. their similarity to grains hardly strikes us, yet tubers and grains are the main source of inexpensive energy in the plant kingdom.