





Produced on the red loess in a vast hilly development zone, they are high in sugar content and have a good color. As they are packed with white flesh, they are widely recognized as chestnut sweet potatoes. They contain large quantities of pro-vitamin A, carotene, vitamins B1, B2, C, and niacin. They are a particularly excellent source for carbohydrates and dietary fiber. One potato can provide a nice burst of energy shortly after ingesting. They can substitute as a staple food and have recently been highlighted as a health food.

Location : Deokjin and Miam-myeon, Yeongam-gun

Sale time : July ~ May

Package : 5,10 kg boxes