



Sweet potato

The **sweet potato** (*Ipomoea batatas*) is a dicotyledonous plant that belongs to the family Convolvulaceae.

Its large, starchy, sweet-tasting, tuberous roots are a root vegetable. The young leaves and shoots are sometimes eaten as greens. *Ipomoea batatas* is native to the tropical regions. Of the approximately 50 genera and more than 1,000 species of Convolvulaceae.

The plant is a herbaceous, perennial vine, bearing alternate heart-shaped or palmately lobed leaves and medium-sized sympetalous flowers. The edible tuberous root is long and tapered, with a smooth skin whose color ranges between yellow, orange, red, brown, purple, and beige. Its flesh ranges from beige through white, red, pink, violet, yellow, orange, and purple. Sweet potato varieties with white or pale yellow flesh are less sweet and moist than those with red, pink or orange flesh.

9 Health Benefits of Sweet Potatoes

1. They are high in vitamin B6.

Vitamin B6 helps reduce the chemical homocysteine in our bodies. Homocysteine has been linked with degenerative diseases, including heart attacks

2. They are a good source of vitamin C.

While most people know that vitamin C is important to help ward off cold and flu viruses, few people are aware that this crucial vitamin plays an important role in bone and tooth formation, digestion, and blood cell formation. It helps accelerate wound healing, produces collagen which helps maintain skin's

youthful elasticity, and is essential to helping us cope with stress. It even appears to help protect our body against toxins that may be linked to cancer.

3. They are a good source of vitamin D, which helps build healthy bones.

Vitamin D is critical for immune system and overall health at this time of year. Both a vitamin and a hormone, vitamin D is primarily made in our bodies as a result of getting adequate sunlight. You may have heard about seasonal affective disorder (or SAD, as it is also called), which is linked to inadequate sunlight and therefore a vitamin D deficiency.

Vitamin D plays an important role in our energy levels, moods, and helps to build healthy bones, heart, nerves, skin, and teeth, and it supports the thyroid gland.

4. Sweet potatoes contain iron and support a healthy immune system.

Most people are aware that we need the mineral iron to have adequate energy, but iron plays other important roles in our body, including red and **white** blood cell production, resistance to stress, proper immune functioning, and the metabolizing of protein, among other things.

5. Sweet potatoes are a good source of magnesium, which is the relaxation and anti-stress mineral.

Magnesium is necessary for healthy artery, blood, bone, heart, muscle, and nerve function.

6. They are a source of potassium.

Potassium is one of the important electrolytes that help regulate heartbeat and nerve signals. Like the other electrolytes, potassium performs many essential functions, some of which include relaxing muscle contractions, reducing swelling, and protecting and controlling the activity of the kidneys.

7. Sweet potatoes do not cause blood sugar spikes.

Sweet potatoes are naturally sweet-tasting but their natural sugars are slowly released into the bloodstream, helping to ensure a balanced and regular source of energy, without the blood sugar spikes linked to fatigue and weight gain.

8. Sweet potatoes help ward off cancer and protect against the effects of aging.

Their rich orange color indicates that they are high in carotenoids like beta carotene and other carotenoids, which is the precursor to vitamin A in your body. Carotenoids help strengthen our eyesight and boost our immunity to disease, they are powerful antioxidants that help ward off cancer and protect against the effects of aging.

9. They are versatile.

Try them roasted, puréed, steamed, baked, or grilled. It can add them to soups and stews, or grill and place on top of leafy greens for a delicious salad. Enjoy grilling them with onions and red peppers for amazing sandwich or wrap ingredients. Puree them and add to smoothies and baked goods.

The sweet potato is one of the most nutritious foods in the world

Project Starting Point

- ✓ **Moncada** being a prime producer of indigenous sweet potatoes and seeing its vast potential in terms of income generation.
- ✓ To bring prestige and honor to the town of **Moncada**.

Project history

- In 2003, under Mayor Estelita M. Aquino, the municipality ventured into sweet potato food processing
- A variety of processed foods like camote chips, buchi, crunchies and camote juice, popularly known as Moncadenian Delicacies.
- 2007, the Sweet potato wine was conceptualized by Mayor Benito E. Aquino
- 2010, Don Benito was introduced and named after the honorable mayor

A. Winemaking, or vinification, is the production of wine, starting with selection of the grapes or other produce and ending with bottling the finished wine. Although most wine is made from grapes, it may also be made from other fruit or non-toxic plant material.

B. Winemaking can be divided into two general categories: still wine production (without carbonation) and sparkling wine production (with carbonation).

The science of wine and winemaking is known as oenology. A person who makes wine is traditionally called a winemaker or *vintner*.

STEPS ON HOW TO MAKE SWEET POTATO WINE

1. Sorting of sweet potatoes
2. Weighing
3. Cleaning/Washing
4. Cutting/Chopping into small pieces
5. Boiling
6. Cooling
7. Primary Fermenter
8. Glass Carboy with airlock
9. Filtering Machine
10. Bottling
11. Corking
12. Labelling



Where do we market our products?

- Centro Pasalubong Shop de Tarlac
- Pasalubong Center(Moncada)
- Trade Fairs
- Visitors





Don Benito is a name that exemplifies statesmanship, integrity, generosity, industry and compassion.

Don Benito wines are unified from carefully selected sweet potatoes in the tradition of fine Philippine winemaking. Savor its delightfully sweet character and elegant finish, soft and smooth. Enjoy Don Benito moderately anytime with meals and especially on every happy occasion.



Don Benito Wine is locally produced by **El Vino de Benito de Moncada**, registered under the Department of Trade and Industry.