

3. Sweet potato flour benefits

1. The sweet potato flour is cheaper and readily available compared to wheat.
2. Sweet potatoes are a source of natural sugars which are healthier and nutritious than the industrial sugar.
3. The Flour making process is a source of employment to the youths operating the mill.
4. The flour diversifies products from sweet potatoes and thus encouraging its consumption unlike when they are solely consumed as boiled.
5. Farmers make more money from the flour unlike when they sell raw sweet potatoes.



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BvAT Practical Guide



Sweet Potato Value Addition Guide

Botanical name: *Ipomoea batatas*

Common names: *Rabuon (Luo), mapwoni (Luhya), Ngwaci (Kikuyu), Viazi vitamu (Swahili)*

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1. Description

Sweet potatoes are underutilized in Kenya yet they have a huge potential. They can earn farmers extra income, provide employment and provide food in times scarcity. Sweet potatoes are drought tolerant, hardy and can grow in marginal areas, thus contributing to improved food security. Besides the tubers, its young leaves can be consumed as vegetables. The orange-fleshed sweet potato varieties have high beta-carotene content, which boosts the immune system. During bumper harvests, farmers often sell sweet potatoes at throw-away prices. Losses after harvesting are high due to its high perishability. This leaflet provides information on value-added sweet potato products.

2. Making sweet potato flour

Value addition for sweet potato starts with conversion into flour. Milling potatoes into flour can be done at the local posho mill. To prepare the potato for milling, the following steps are followed;

Ingredients

- Mature yellow-fleshed sweet potatoes
- Solar drier
- Holding sacks

i. Harvesting

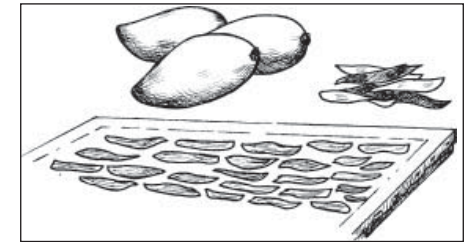
Ensure that the sweet potatoes are mature before harvesting them. To harvest potatoes, dig them out carefully to avoid injuring them.



Harvest without injury

ii. Washing

Wash the potatoes thoroughly to remove all dirt and soil particles. This is to ensure that there are no impurities in the flour.



iii. Peeling

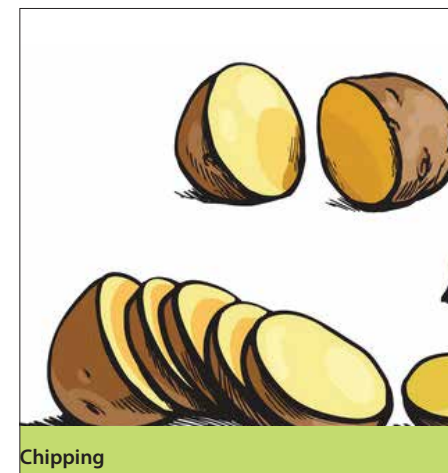
Once clean, peel the potatoes. The peeling is done to ensure that the colour of the flour is not interfered with.



Peeling

iv. Chipping

Peeled potatoes are then chipped into thin chips. This is to facilitate faster drying.



Chipping

v. Drying

Spread the potato chips into the solar drier or spread them on a clean surface in the sun. The drying of the chips is dependent on the size of the chips and the weather. To know they are sufficiently dry, the chips should be brittle – break when bent.

vi. Milling

Take your dry potato chips to the posho mill dry milling. Note that you may need to carry with you a small amount of maize for cleaning the posho mill once your sweet potatoes have been milled.

vii. Sweet potato-wheat mixing

Sweet potato flour is then mixed with wheat flour to give it the latter's effect for making products such as chapati, *mandazi*, cakes etc