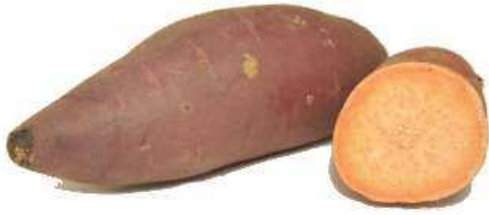


20# #1 Yams 80-90 Size



PRODUCT DESCRIPTION

Yam is the common name for some plant species in the genus Dioscorea that form edible tubers. These are perennial herbaceous vines cultivated for the consumption of their starchy tubers in Africa, Asia, Latin America, the Caribbean and Oceania.

Dilgard Item #
P00178

Vendor Item #
Dilgard Produce

INGREDIENTS

Whole Yams

Storage/Shelf Life

Store in Cool Dry Place.

Packaging Qty

1, 20 lb

Piece Count

80-90 count

Product Benefits

- Fresh Product
- Fresh Taste
- Good Source of Potassium
- Good Source of Vitamin B6

Preparation

- Follow Recipes

Serving Suggestions:

- Puree cooked yam with a little milk and season with soy sauce, coriander, cumin and cayenne.
- As yam has an earthy, deep taste, it nicely complements darker meats such as venison.
- Add chunks of yams to your next stir fry or pan of roasted vegetables. Roasted yams, fennel, onions, and mushrooms are a delicious combination.

