Sweet Potatoes vs Yams

Wait, before you stretch across Grandmas plate at the dinner table to grab that bowl of sweet potatoes, are they really…sweet potatoes? For your knowledge, because I know you were eager to find out, I have the answer to the age old Thanksgiving question…are they sweet potatoes or yams? There are 2 types of sweet potatoes. One has a golden skin with a creamy white flesh, the other has copper skin and orange flesh (the ones that I like….with enough butter and brown sugar mind you!). Yams, on the other hand, have an almost black bark like skin with purple or reddish flesh. However, Americans have been calling the orange flesh sweet potatoes ‘yams’ since colonial times. So, just to make things simple, the USDA decided to label these orange sweet potatoes as Yams…further adding to the confusion at the dinner table. So, feel free to start a debate this Thanksgiving armed with some amazing knowledge! And remember, if you happen to hurt your shoulder or neck reaching across the table for the…Yams, I can fix that. Have a happy Thanksgiving everyone.