

**Y** is for yam. Grown in the U.S., yams are an orange-fleshed variety of sweet potato, but in the rest of the world, yams and sweet potatoes are two very different plants. Rarely found in U.S. markets, the yam is a popular vegetable in Latin American, Africa, and the Caribbean. Over 150 varieties are available worldwide. Generally sweeter than the sweet potato, yams can grow over seven feet in length. The word yam comes from the African words “nyam”, “nyami, or “djambi”, meaning “to eat”.

