

Sweet Potato vs Yam (vsdiff.com)

Sweet potato	Yam
Botanical identity: <i>Ipomoea batatas</i> (a <i>storage root</i> , not a true tuber)	Botanical identity: <i>Dioscorea</i> spp. (a true <i>tuberous root</i> or rhizome)
Typical flesh: orange, purple, white; <i>sweeter</i> , moist	Typical flesh: white, yellow, purple; <i>starchier</i> , drier
Culinary uses: baking, mashing, fries, desserts	Culinary uses: pounded preparations, stews, flours
Major producers: China, parts of Africa, Americas	Major producers: West Africa (notably Nigeria), parts of Asia, Caribbean
Storage & handling: shorter shelf-life; <i>sensitive to cold</i>	Storage & handling: can be bulk-stored for weeks-months under cool dry conditions

Source: <https://vsdiff.com/sweet-potato-vs-yam/>