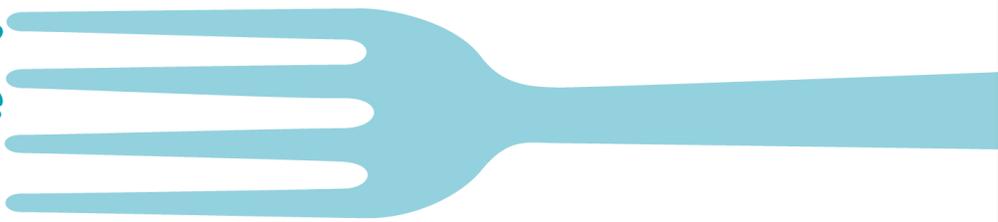


Harvest of the Month



February Potatoes



Pick:

- Choose firm, smooth-skinned potatoes, free of wrinkles and sprouts.
- Discard potatoes with soft or rotten spots as the flavor will be affected.

Store:

- Depending on variety, potatoes can be stored for up to a couple months in a cool, ventilated area.
- Do not store whole potatoes in the fridge.

Prepare:

- Wash and scrub the potatoes before use.
- For quick cooking, simply pierce a washed potato with a fork & place in the microwave for 3-5 minutes or bake at 375 degrees for 15-30 minutes, or until soft.

Nutrition Info

One medium potato has 150 calories and provides vitamin C, potassium and fiber.

Fun Facts

Of the more than 5,000 varieties of potatoes in the world, the most common is the red potato.

The Irish called the potato a “spud” after the spade that was used to dig them, called a “spudder”!

Many people believe potatoes to be the root of the plant, but they are actually a tuber – an underground stem.

Uses

The entire potato is edible! Wash well, but keep the skin on for added fiber.

Instead of using butter, sour cream and cheese, try spicing up potatoes with olive oil and seasonings such as black pepper, rosemary, garlic, or basil.

Family Friendly Activities

Check out the following books at your local library:

One Potato, Two Potato by Cynthia De Felice

Pigs Love Potatoes by Anika Denise

Potatoes, Potatoes by Anita Lobel

Farm2School Update: Served at School Served at Home!

Try Fifth Season Cooperative’s Potato Fusion Blend. A colorful blend of Wisconsin red, white and gold potatoes with skins on for a rustic and high contrast look. The blend is diced, blanched and frozen, ready to toss with seasoning and roast to finish or add to recipes for a color and nutrition boost.

This kid-friendly, local, frozen veggie blend is used in school cafeterias and is now available at retail locations (Festival Foods and the People’s Food Co-Op)! Look for it in the natural foods frozen section.

Garlic Potato and Cauliflower Mash

Serves 12 (1/2 cup per serving)

Ingredients:

4 large russet potatoes, peeled and chopped into medium chunks
2 medium heads cauliflower, cut into quarter size florets
2 Tbsp. butter
½ cup plain Greek yogurt
¾ tsp. salt
½ tsp. dried thyme
1 tsp. garlic powder
⅛ tsp. ground black pepper

Directions:

Bring water to a boil in two medium sauce pots. Boil potatoes and cauliflower in separate pots until each are fork tender, about 10 minutes; remove from heat and drain. Place cauliflower in a food processor and process until smooth, about 2 minutes. Place potatoes and processed cauliflower into a large bowl and mash using fork or potato masher. Add the butter, yogurt, salt, thyme, garlic and black pepper. Mix until all ingredients are well-incorporated, about 2 minutes.

Nutrition Facts

Per Serving (½ cup): 81 calories, 2 g fat, 1 g saturated fat, 3 g protein, 13 g carbohydrate, 2 g fiber, 184 mg sodium

For more information on Farm2School visit:

www.laxf2s.org

**Color a
Potato
Plant!**

