



# COMMUNITY NEWSLETTER

# POTATOES



Potatoes are root vegetables that grow underground. They are part of the Solanaceae or nightshade family. Potatoes have an earthy, nutty, and sometimes sweet flavor with a fluffy, light, creamy texture. They can be eaten fresh, baked, grilled, fried, boiled, or mashed. Potatoes are harvested from July through October.



## POTATOES ARE

- An excellent source of vitamin C\*. Vitamin C is important to the body's tissues and supports a healthy immune system.
- A good source of potassium. Potassium helps maintain healthy blood pressure.
- A source of fiber. Fiber helps us feel fuller and benefits the digestive and cardiovascular systems.
- A source of magnesium. Magnesium helps build strong bones and supports the function of the heart, nerves, muscles, and more.

*\*Foods that are high in vitamin C, calcium and/or iron can help protect you from lead absorption.*

## MICHIGAN MADE

Potatoes are the second leading crop in the state. Michigan farmers grow over 1.7 million pounds of potatoes a year on family farms. Over 70% of the potatoes grown in Michigan are used to make potato chips. Montcalm and Bay County farmers harvest the most potatoes in the state.



## FUN FACTS

- Potato comes from the Spanish word "patata."
- Eat potatoes with the skin on for the most nutrients.
- There are about 200 different types of potatoes.
- The inside of potatoes can be white, yellow, red, blue, or purple.
- The most common types in the United States are russet, white, red, yellow, blue/purple, fingerling, and petite.
- The average American eats about 140 pounds of potatoes every year.
- Potatoes were first grown 7,000 years ago in the Peruvian Andes.

## BUYING AND STORING

- Choose potatoes that are dry, firm, without bruises, spots, mold, or decay.
- Avoid potatoes with any green coloring or trim away any green coloring.
- Wash potatoes just before using to prevent spoiling.
- Store unwashed potatoes in a mesh bag in a dry, dark, cool place.
- Freeze parboiled or cooked potatoes in freezer bags or freezer safe containers for up to three months.
- Avoid storing potatoes in the refrigerator because they can turn green and develop a bitter taste.

## MORE THAN FRESH

In addition to fresh, potatoes are available frozen, dried, and canned. Read labels and choose products that are low in saturated fat and sodium (salt).

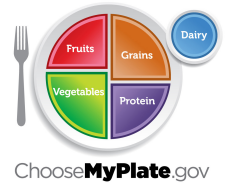




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## EAT FROM THE MYPLATE FOOD GROUPS

MyPlate focuses on whole grains, lean protein, low-fat dairy, and half the plate being fruits and vegetables. Potatoes are a part of the Vegetable Group. Most people need 2–3 cups of vegetables per day. For more information visit: [myplate.gov](https://myplate.gov).



## IT ALL COUNTS

Fresh, frozen, canned, dried, and 100% vegetable and fruit juices count toward your daily MyPlate goals.

## HERB ROASTED POTATOES

Time: 45 minutes | Makes: 6 Servings | Serving Size: ½ cup

Nutrition Information Per Serving: Calories 81, Carbohydrate 14g, Dietary Fiber 1g, Protein 2g, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 102mg

Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.



### INGREDIENTS

- 1 pound medium potatoes
- 1/4 bunch rosemary or thyme
- 1 tablespoon olive oil
- 1/4 teaspoon Kosher salt

### INSTRUCTIONS

1. Preheat oven to 450 F. Remove rinsed rosemary or thyme from stems be gently pulling off stalks.
2. Cut washed potatoes into quarters or smaller.
3. In a large bowl\*, toss potatoes with oil, salt, and herbs.
4. Place into baking dish. Cover. Bake for 30–40 minutes or until done. Serve warm.

\*If you are using a deep baking dish, you can skip the bowl and toss the potatoes, olive oil, salt, and herbs directly in the baking dish.

### TRY THIS

- Add diced potatoes to homemade soups.
- Make mashed potatoes with vegetable broth and Greek yogurt instead of milk and butter.
- Heat a little oil in a pan, add diced potatoes, chopped onions, peppers, and broccoli. Cook till tender. Serve with scrambled eggs for breakfast or add shredded chicken for dinner.
- If your soup or stew is too salty, add half a raw potato to absorb the excess salt, then discard the potato.

### CHANGE IT UP

- Use different seasonings like fresh or dried turmeric, dill, or lemon pepper.
- Make with different types of potatoes like red and blue.
- If using fingerling or baby potatoes, reduce cook time by about 10 minutes.