

Potatoes

Buy fresh, buy local shopping tips

- Wisconsin potatoes are harvested in early spring.
- If you store potatoes in a root cellar, they can be enjoyed year-round!
- Keep potatoes in a cool, dark, dry place (not in the refrigerator) or store for up to five weeks in a plastic bag with holes.
- Look for firm potatoes with smooth skin without any sprouts. Avoid potatoes with any green coloring.
- Wash potatoes thoroughly before cooking. Do not use potatoes that have sprouted or softened.
- Keep an eye on portion size when eating potatoes. One serving of potatoes is about half of one medium-sized potato.



FAMILY NEWSLETTER

Why eat potatoes?

A medium potato with the skin on has as much vitamin C as a tomato and more potassium than a banana. Vitamin C helps your body stay healthy, and potassium helps your brain tell your muscles when to move.



Ways to eat potatoes

- Boil, bake or grill potatoes - season with your favorite herbs and spices.
- Cut potatoes into strips - bake with oil and salt to make homemade fries.
- Try new toppings for baked potatoes: broccoli & cheese, chili, salsa, grilled chicken and BBQ sauce or plain yogurt & chives.
- Add diced potatoes to soups and stews.
- Put a spin on traditional mashed potatoes by adding carrots, cauliflower, parsnips or turnips.
- Make potato pancakes for a hearty side dish.

Nutrition Facts	
Serving Size: ½ cup potato, cooked (78g)	
Amount Per Serving	
Calories 68	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	2%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Calcium 0%
Vitamin C 17%	Iron 0%

How much do I need?

One serving of potatoes (½ cup cooked potatoes) is about the size of half of one medium potato.

Recommended Daily Amount of Fruits and Vegetables*	AGES 5-12	AGES 13 AND UP
	Males 2 ½ - 5 cups	Males 4 ½ - 6 ½ cups
Females 2 ½ - 5 cups	Females 3 ½ - 5 cups	

In Wisconsin, FoodShare assists low-income families and individuals to buy nutritious food. Visit access.wisconsin.gov or call 1-800-362-3002.

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Get active together

Try a new winter sport! Experiment with ice skating, hockey, skiing or snowboarding. No equipment? No problem! Together, try to build the biggest snowman possible.



Want to volunteer?

Live54218 Farm to School volunteer opportunities include:

- Lunchroom Tastings
- Classroom Harvest of the Month Activities
- Maintaining School Gardens
- Serving on the Farm to School Taskforce

If you are interested in any of these volunteer opportunities, please contact:

Ashley Ponschok, Live54218 Farm to School Coordinator
 Email: Ashley@live54218.org
 Phone: (920) 593-3401

Learn more at live54218.org

Cook together...

Oven wedge fries

- 2 large russet potatoes, wedged
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon salt

Preheat oven to 425° F. Place potato wedges on a non-stick cookie sheet. In a small bowl, combine garlic powder, paprika and salt. Spray potato wedges with non-stick cooking spray and sprinkle with seasoning mixture. Bake until golden brown about 25-30 minutes, flip potatoes halfway through cooking. Serve warm with your favorite dipping sauce. Makes four servings.



Nutrition information per serving: 130 calories; 0.5 g fat, 30 g carbohydrates; 3 g protein; 5.5 g fiber; 302 mg sodium

Kids corner

Potato word scramble

Unscramble the **BOLD UNDERLINED** words to complete the potato facts. Answers at the bottom of the page.

- The potato is America's number one **BLEGETEVA** _____ crop.
- There are more than 200 varieties of **OAPTTEOS** _____.
- Potatoes are a tuber vegetable. Tubers grow beneath the **NURGOD** _____.
- Potatoes grow larger as they produce more and more **AHCSTR** _____.

Why did the potato cross the road?
 HE SAW THE FORK UP AHEAD!

Read together

- **One Potato, Two Potato** by Cynthia DeFelice
- **The Couch Potato Caper** by Doug Peterson
- **The Enormous Potato** by Aubrey Davis



WORD SCRAMBLE ANSWERS: A) VEGETABLE B) POTATOES C) GROUND D) STARCH