

Harvest of the Month NEBRASKA

# POTATOES



Nebraska Harvest of the Month is highlighting locally grown potatoes in the school cafeteria this month! Check out how local potatoes are being highlighted on your school's menu.

## SELECTION & STORAGE

- Look for firm potatoes without sprouts. Avoid potatoes with green coloring.
- Store potatoes in a cool, dark, humid place with good air circulation. Do not store in refrigerator.

## NUTRITION TIPS

Most of the nutrients are contained right below the skin of the potato, so avoid peeling when possible. Potatoes are a good source of vitamin C, fiber, potassium, complex carbohydrates, and antioxidants.

[www.nationalpotatocouncil.org/potato-facts](http://www.nationalpotatocouncil.org/potato-facts)

## DID YOU KNOW?

Wild potatoes originated in the Andes mountain range and were first cultivated about 7,000 years ago.

There are thousands of varieties of potatoes. Potatoes come in different colors including: white, red, russet, yellow, and blue.

## FAMILY-FRIENDLY COOKING IDEAS

BRING THE WHOLE FAMILY TOGETHER IN THE KITCHEN TO DRESS UP YOUR TATERS WITH THESE FUN IDEAS

- Drizzle potato wedges with olive oil; sprinkle with chopped garlic and Italian seasoning; bake at 400°F for 7 minutes. Flip the wedges and sprinkle the other side with the garlic mixture; bake 7 minutes more.
- Top baked potatoes with unique toppings, like avocado and salsa, broccoli and shredded cheese, or tomatoes and bell peppers.

## SEASONAL AVAILABILITY



LEARN MORE ABOUT HARVEST OF THE MONTH

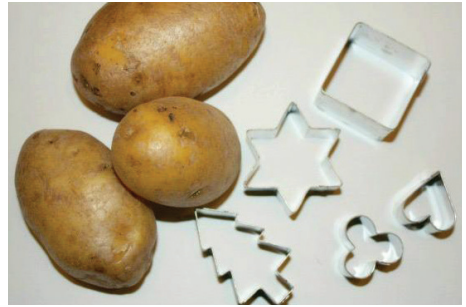
[www.education.ne.gov/ns/farm-to-school/harvest-of-the-month](http://www.education.ne.gov/ns/farm-to-school/harvest-of-the-month)

# FUN WITH POTATOES



## PLANT A POTATO

1. Fill a large pot one-quarter full of potting soil.
2. Find a potato that has started to sprout, and place it on top of the soil. Cover with 3-4" of soil or until the pot is half full. Water lightly.
3. As green shoots appear, cover them with soil and tie them to a stake. Stop watering when flowers appear so the potato does not rot. After 6-8 weeks, the potato plant will finish flowering.
4. Harvest the potatoes by gently pulling the plant out of the pot. Potatoes will be attached to the plant, and some may still be in the pot. Clean, prepare, eat and enjoy!



## MAKE A POTATO STAMP

1. Choose a cookie cutter to use for your design. Select a potato that is large enough to fit the design.
2. Cut potato.
3. Push cookie cutter into potato.
4. Adults: help children cut and scrape around cookie cutter. Remove cookie cutter.
5. Mix water-based paints in shallow dishes and dip potato. Press painted potato into surface of paper to make a print. Voila!

[www.emmaowl.com/how-to-make-your-own-potato-stamp-the-easy-way/#\\_a5y\\_p=4888738](http://www.emmaowl.com/how-to-make-your-own-potato-stamp-the-easy-way/#_a5y_p=4888738)