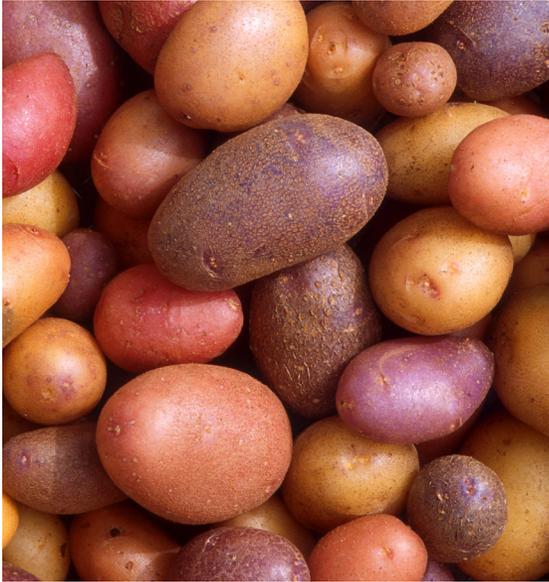


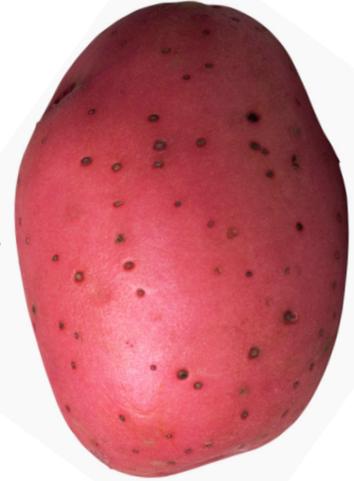
**POTATOES CAN BE MASHED, ROASTED, STEAMED, BOILED, & GRILLED.**

**Potatoes are harvested after flowering, when the plants begin to yellow.**

There are more than  
**4,000**  
varieties of potato available worldwide.



The only edible part of the plant is the tuber, the thickened end of the plant's stem, which grows underground and may be round, oval or elongated in shape.



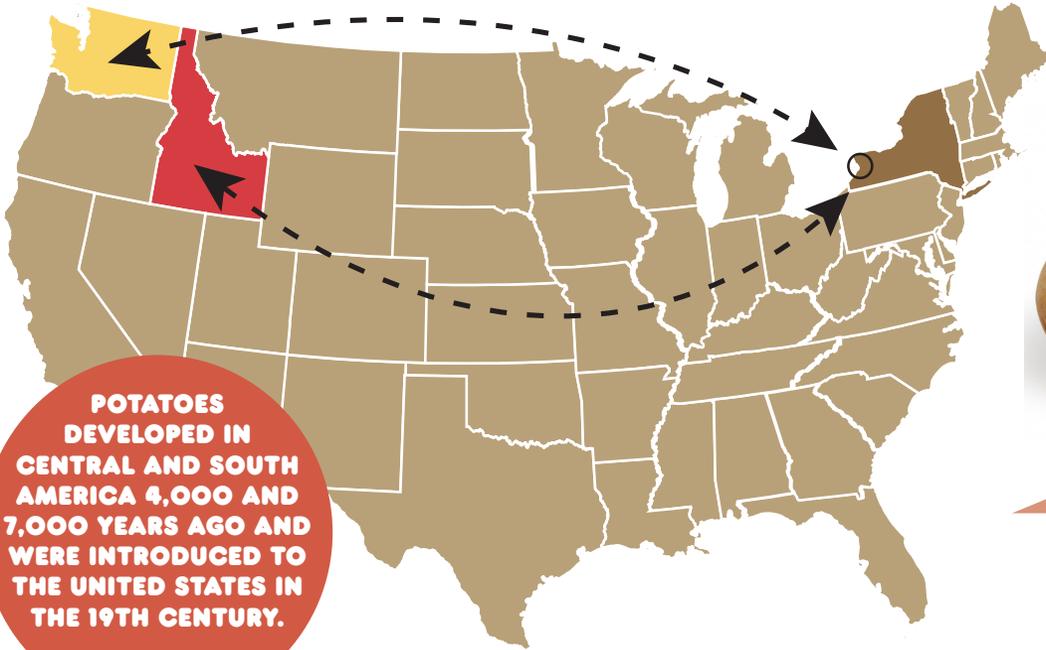
**The tubers can be smooth or rough and often have "eyes," out of which new buds eventually grow.**

Potatoes are also a significant source of **VITAMIN C** and the minerals **POTASSIUM** and **COPPER**. Vitamin C is an antioxidant vitamin that is needed to form collagen for skin, healthy teeth, gums and blood vessels. Potassium is important for maintaining fluid balance, nerve impulses, and cardiac and muscle function. Copper is needed to make a protein in red blood cells called hemoglobin, maintenance of blood vessels and to metabolize iron.

# Potatoes belong to the Solanaceae family also known as the nightshade family.

Potatoes are harvested from spring all the way through fall and store well through the winter.

IDAHO AND WASHINGTON LEAD THE NATION IN PRODUCTION OF WINTER SQUASH. POTATOES GROWN IN IDAHO WOULD HAVE TO TRAVEL OVER 1,900 MILES TO REACH THE CAFETERIA! OUR NEW YORK STATE POTATOES ONLY HAS TO TRAVEL [ \_\_\_ MILES FROM \_\_\_ ] TO REACH THE CAFETERIA!



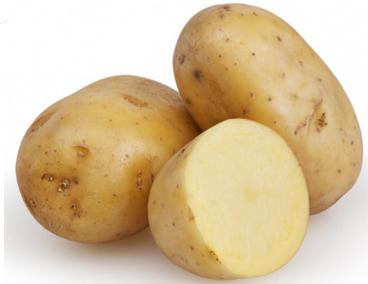
**POTATOES DEVELOPED IN CENTRAL AND SOUTH AMERICA 4,000 AND 7,000 YEARS AGO AND WERE INTRODUCED TO THE UNITED STATES IN THE 19TH CENTURY.**

Popular varieties of potatoes:  
Russet, white, red, purple, yellow, new, fingerling, and sweet.

ONE MEDIUM BAKED POTATO,  
EATEN WITH THE SKIN, HAS ABOUT

**160** CALORIES

AND ABOUT 4 GRAMS OF BOTH  
PROTEIN AND FIBER.



Potatoes are an excellent source of the vitamin B6, which is needed for nutrient metabolism as well as for the health of our cardiovascular and nervous systems.