

Harvest of the Month



November



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.
- If the potato has sprouted or has a green tinge but is still firm, you can still eat it! Simply remove sprout or green skin before cooking.
- 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

Allow your children to help mash cooked potatoes using a potato masher or heavy fork.

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 Updates

This year the school District of Holmen will be making a new homemade cheesy meat loaf recipe that will be featured in all of the Holmen schools. The meatloaf will be made with locally grown, grass fed ground beef. Besides tasting great, this meatloaf will be high in omega 3's, low in sodium, and made by their very own staff.

Beef Barley Soup

Serves 8 (1 1/2 cups per serving)

Ingredients:

- 1 onion, diced
- 3 stalks celery, diced
- 1 Tbsp. oil
- 1 pound ground beef, cooked
- ¼ cup barley
- 1 (14.5 ounce) can diced tomatoes
- 1 (15 ounce) can tomato sauce
- 6 cups water
- Salt, bay leaves, parsley, peppercorns, basil & thyme to taste
- 3 medium potatoes, cubed
- 4 carrots, sliced
- ½ cup cabbage, shredded

Directions:

In a large soup kettle, sauté onions and celery in oil until soft. Add cooked beef, barley, tomatoes, tomato sauce, water, salt and spices. Simmer for one hour. Add fresh vegetables, cover and simmer for one hour or until vegetables are tender.

For more information on Farm2School visit www.GetActiveLaCrosse.org

Nutrition Facts

Serving Size 1 1/2 cups (438g)
Servings Per Container 8

Amount Per Serving

Calories 220 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 490mg **20%**

Total Carbohydrate 21g **7%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 20g

Vitamin A 90% • Vitamin C 45%

Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Color a
Potato!

