

# Harvest of the Month



**December**



**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.

Potatoes provide 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”!

Idaho and Washington are the largest producers of potatoes in the United States.

Many people believe potatoes to be the root of the plant, but they are actually a tuber – an underground stem.

## **Uses**

Enjoy potatoes baked, broiled, roasted, boiled, or mashed. Potatoes also make great additions to egg bakes, casseroles and soups.

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 Potatoes* by Cynthia De Felice

*Pigs Love Potatoes* by Anika Denise

*Potatoes, Potatoes* by Anita Lobel

## 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 & Foot Steps to Health visit [www.GetActiveLaCrosse.org](http://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!

