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 Potato 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

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