

Harvest of the Month



March



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”!

Uses

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

Try substituting butter, sour cream or cheese with olive oil and seasonings such as black pepper, rosemary, garlic, or basil.

We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate to the People’s Food Co-op! *Each month we’ll ask a new question...and give you a new chance to win!*

Here’s This Month’s Question:

NCAA March Madness is upon us again, which can make for even more “screen time” than usual (the average U.S. household has a television on for eight hours per day). Since snacking and viewing commonly go together, healthy munching options are definitely in order. So this month, we’re putting out the call for quick, tasty, and healthy snacks to eat home (or away)—preferably those that feature fruits and/or vegetables.

To Enter:

Answer this month’s question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month’s drawing, please send your response no later than March 31st, 2014 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

Harvest Home "Fries"

(serves 10)

Ingredients:

- 1 cup onion, diced
- ½ cup bell pepper, diced
- 4 cups potatoes, unpeeled, 1/2 inch cubes
- 1 cup butternut squash, peeled, ½ inch cubes
- 1 Tbsp. butter, melted
- 1 Tbsp. oil
- 1 tsp. dried thyme
- 1 tsp. salt
- 1 Tbsp. garlic powder
- 1 tsp. black pepper

Directions:

Preheat oven to 400 degrees. In a large bowl, mix onions, peppers, potatoes, squash, butter, oil, thyme, salt, garlic powder and black pepper. Pour vegetable mixture onto a large roasting pan. Roast vegetables in a single layer until vegetables are cooked through, about 13-17 minutes.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLaCrosse.org

Nutrition Facts

Serving Size (141g)
Servings Per Container 10

Amount Per Serving

Calories 110 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 260mg **11%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 2g

Vitamin A 50% • Vitamin C 60%

Calcium 2% • Iron 4%

*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!

