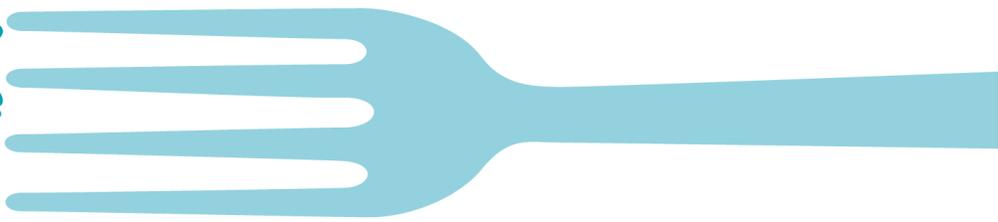


# Harvest of the Month



## April 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:

- Potatoes can be stored for a few weeks in a cool, ventilated area.
- Do not store whole potatoes in the fridge.
- Once cooked, use within a few days or freeze and use within in 6 months.

### Prepare:

- Wash and scrub the potatoes before use.
- 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 Potato* by Cynthia De Felice

*Pigs Love Potatoes* by Anika Denise

*Potatoes, Potatoes* by Anita Lobel

## Chef Thomas's Green Eggs and Ham

### Ingredients:

- 2 cups shredded fresh potatoes
- 1 ½ cups diced fresh or frozen broccoli
- ½ cup diced onion
- ½ cup chopped & packed spinach
- 1 Tbsp. chopped fresh garlic
- ½ tsp. oregano
- ¼ tsp. salt
- ¼ tsp. black pepper
- 4 ounces –sausage, bacon, or ham, precooked & diced (optional) \*
- 1/2 cup diced water chestnuts (optional) \*
- ¾ cup milk
- 8 eggs
- 1 cup shredded cheddar cheese

### Directions:

Preheat oven to 350 degrees. Spread potatoes in a 13 x 9 inch baking dish coated with cooking spray. Top potatoes with broccoli, onion, spinach, garlic, oregano, salt, pepper, meat and water chestnuts; toss together. In a separate bowl beat the milk and eggs together; pour the egg mixture over the potato mixture. Top with the cheese and bake for 35-45 minutes or until firm. Serves 8 (1/8 of pan).

\*not included in nutritional analysis

For more information on Farm2School & Foot Steps to Health visit [www.getactivelacrosse.org/](http://www.getactivelacrosse.org/)

## Nutrition Facts

Serving Size (155g)  
Servings Per Container

Amount Per Serving

**Calories** 140    **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g    **9%**

Saturated Fat 2g    **10%**

Trans Fat 0g

**Cholesterol** 190mg    **63%**

**Sodium** 280mg    **12%**

**Total Carbohydrate** 10g    **3%**

Dietary Fiber 2g    **8%**

Sugars 2g

**Protein** 12g

Vitamin A 10%    •    Vitamin C 25%

Calcium 10%    •    Iron 6%

\*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!

