

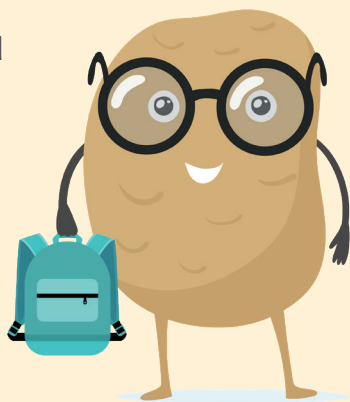
# Potato

Harvest of the Month Newsletter | December



## FUN FACTS

- Potatoes were the first vegetable to be grown in space.
- The potato is the #1 crop grown in the United States! In fact, Americans eat an average of 124 lbs of potatoes per year.
- Potatoes were such an important food during the Gold Rush in California, that miners traded them for gold.
- Potato varieties grown in the United States include Yukon Gold, French Fingerling, Adirondack Blue & Red, and German Butterball.



## GOOD FOR YOUR BODY

- The potato, a member of the nightshade family, is a good source of potassium, fiber, niacin, and Vitamin B6.
- Potatoes have more potassium than any other fruit or vegetable (even more than bananas)!
- These tasty tubers are naturally free of fat, saturated fat, sodium, and cholesterol!



## HARVEST SEASON

Pennsylvania farmers harvest potatoes from late August to early November.

## TASTY TIPS

- Look for firm potatoes with smooth skin and without sprouts. Avoid potatoes with green coloring.
- Store potatoes in a plastic bag with holes. Place in a cool, dark, and dry place. Do not store potatoes in the refrigerator.
- Scrub potatoes with a brush under cool running water to clean them...and then eat the skin!
- Boil, bake, roast, or grill potatoes in a variety of different shapes – whole, sliced, cubed, or wedged – use your imagination!



Contents obtained from the Pennsylvania Department of Education and Penn State University (Project PA).