

Fun FACTS



The average American consumes 100-150 pounds of potatoes each year!



Potatoes can come in all shapes and sizes, but they also come in a variety of colors like white, yellow, red, blue and purple!



Despite their name and how we use them, sweet potatoes are actually not a potato, but a variety of root vegetable!



Potatoes are also called spuds!



Potatoes have so many nutrients that you could live off of them! Just add a glass of milk to your meal and you are good to go!

Potatoes are rich in nutrients with high levels of vitamins B, C, E, and K, potassium, magnesium, and phosphorus!



**LOCAL FOODS
HEALTHY SCHOOLS**
FARM TO SCHOOL

Cornell Cooperative Extension
Schoharie and Otsego Counties

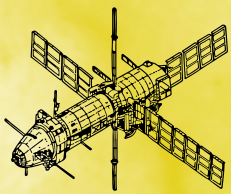


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Potatoes originated in the Andes of South America; the Inca were the first to cultivated them!



Idaho is known as the potato state because they are the biggest producer in the US. They even have a Potato Museum!



In 1995, potatoes were the first vegetable to be grown in space!



Potatoes are 80% water!



McDonald's sells about 9 million pounds of French fries every day!



Don't eat green potatoes! The reason that potatoes have to be stored in a dark place is because too much light can cause them to turn green and release toxins that will make you sick!



The spots on a potato that sprouts grow from are called eyes!



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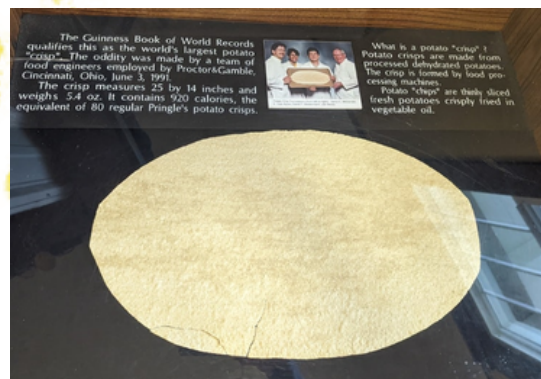


World's BIGGEST



Potato: The world's biggest potato, grown in the UK in 2011, weighed **10 pounds 15 ounces!** This one potato weighs as much as a whole bag of potatoes you get from the grocery store!

Chip: Pringles made a giant potato chip that now lives in the Potato Museum in Idaho. It weighs 5.4 oz (about 1/3 pound) and it is **25 inches** long and **14 inches** wide! That's a big pringle!



There is a giant, **13 feet long** baked potato sculpture that sits outside of the Potato Museum, made from fiberglass and even topped with sour cream!



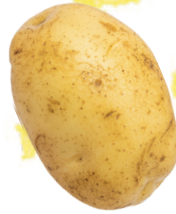


Need To KNOW



Potatoes are best planted in fertile and well-drained soil where they receive at least 6 hours of full sunlight a day.

Growing



Potatoes do well in cool climates, and can often be planted in early spring once the soil temperature has warmed to 40 ° F.

As your potatoes grow, continue to add soil to the base of the plant, burying the stem to create a hill or mound. This allows the plant to sprout more potatoes from the stem.



STOP! Don't wash your potatoes before you store them, it will lessen their shelf life. Wash them as you use them!

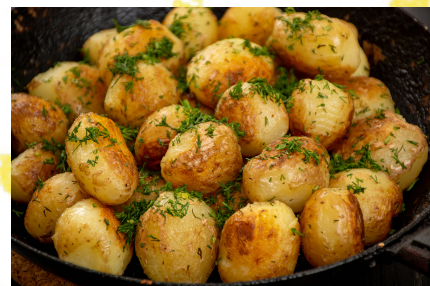
Potatoes are ready to be harvested when the plant stem and leaves die and have dried out.



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Storage

If you find that your potatoes have started to sprout/grow, you don't need to throw them away. Simply break the sprouts off when you wash your potatoes and cook as normal!

You should store your potatoes in a dark, cool, and dry place. If stored right your potatoes could last up to a year!



Cooking

You can prepare potatoes by boiling, baking, roasting, frying, or mashing to create many tasty dishes! You can also add them to soups and stews for a hearty meal!

