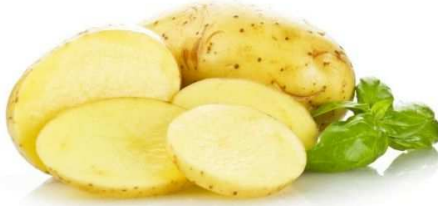


POTATO



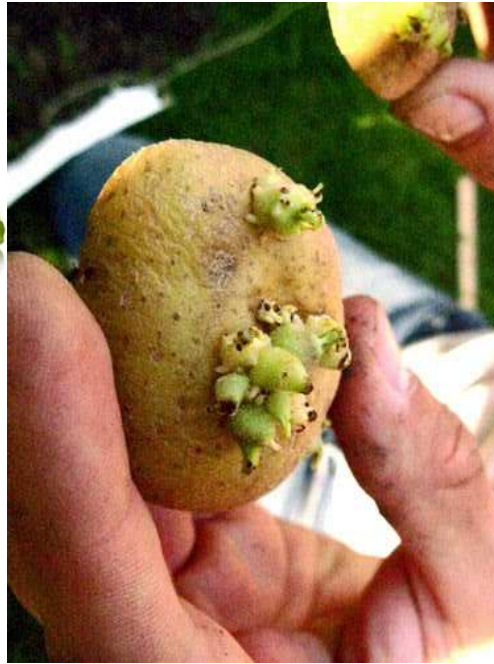
In the garden:



<https://www.organicfacts.net/wp-content/uploads/2013/05/Potato2.jpg>



<http://www.bellybytes.com/food/images/purple-potato.jpg>



<https://bonnieplants.com/wp-content/uploads/2011/12/red-potatoes-growing-lo.jpg>

Ready to eat:



<https://thecosmiccowgirl.files.wordpress.com/2010/03/potato-leek-soup.jpg>



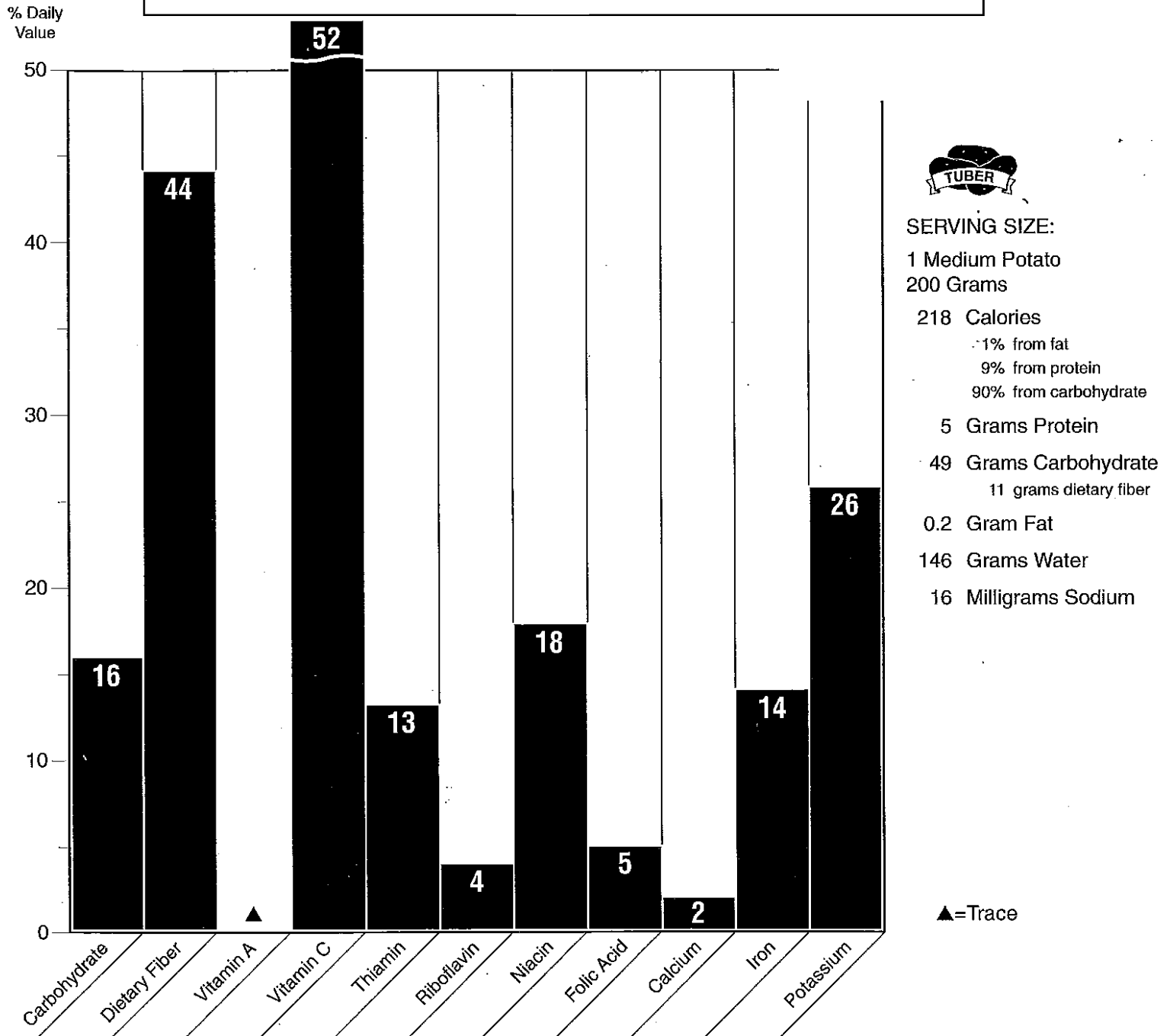
http://www.homecookingadventure.com/images/recipes/1753710624IMG_4213_copy2.jpg

FUN FACTS:

- When the skins of a potato turn green, they are poisonous.
- Potatoes were first grown in the Andes Mountains of South America over 7,000 years ago.
- Potatoes, onions, and apples all have the same taste. The difference in flavor is caused by their smell. Pinch your nose and try potatoes — they will taste sweet.

Potatoes

Nutrition Facts



From California Department of Education, 2007

Potatoes are an excellent source of Vitamin C to help heal your cuts and wounds.

Potato Wedges

Ingredients

- 3 large **potatoes**
- 3 Tablespoons **vegetable oil**
- 1 $\frac{1}{2}$ teaspoon **paprika**
- 1 $\frac{1}{2}$ teaspoon **garlic powder**
- 1 $\frac{1}{2}$ teaspoon **chili powder**
- 1 $\frac{1}{2}$ teaspoons **onion powder**



Directions

1. Preheat oven to 450 degrees F.
2. Scrub potatoes well. Do not peel off skin.
3. Cut each potato into 8 wedges, lengthwise.
4. Mix oil, paprika, garlic powder, chili powder, and onion powder together in a large bowl. Add potatoes to the oil mixture and coat each potato with oil.
5. Place potatoes on a baking sheet with space between wedges.
6. Bake for 30 minutes in preheated oven.
7. Refrigerate leftovers within 2 hours.

from: www.foodhero.org

Storage tips for potatoes:

- Place potatoes in cool, dry, dark place that is well ventilated.
- Potatoes will keep for up to 2 months.
- Do not wash before storing.
- Do not refrigerate.

* Baking time can vary according to size of the wedges; test for doneness by poking with a fork.

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USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.



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