



Harvest of the Summer Potatoes

Nutrition Information

- Potatoes are a great source of vitamin C.
- They're naturally high in potassium.
- Potatoes count as a starchy vegetable and provide energy, fiber, and key nutrients.

Selection and Storage

- Choose firm, smooth potatoes without bruises, sprouts, or green spots.
- Store unwashed in a cool, dark, well-ventilated place—avoid the fridge.
- Whole potatoes last 2–4 weeks; use cut or peeled ones within a few days (store in water to prevent browning).

Fun Facts

- Potatoes were first grown in the Andes Mountains. They were cultivated over 7,000 years ago in what is now Peru and Bolivia.
- Washington is a top potato-growing state. It ranks second in the U.S. after Idaho, and nearly all potatoes grown here are irrigated.
- There are thousands of potato varieties. They come in all shapes, sizes, and colors, like red, yellow, blue, and purple.
- The largest potato ever grown weighed over 18 pounds. That's heavier than a typical bowling ball!



Recipes*

- [Mashed Potatoes](#) – ICN Recipe Box
- [Cream of Potato Soup](#) – ICN Recipe Box
- [Roasted Potatoes O'Brien](#) – USDA
- [Roasted Potatoes and Turkey Hash](#) – ICN Recipe Box
- [Potatoes Au Gratin](#) – ICN Recipe Box
- [Rainbow Potatoes](#) – National CACFP Association
- [Patatas Bravas](#) – National CACFP Association



*As a reminder, the School Food Authority sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

Educational Resources

- [Powerful Potato](#) (Grades K–2) – National Ag in the Classroom
- [Potatoes: More Than Fries](#) (Grades K–2) – National Ag in the Classroom
- [No Small Potatoes: Junius G. Groves and His Kingdom in Kansas](#) (Grades 2–6) – National Ag in the Classroom
- [Potato Power Poster & Lesson Plans](#) – The Potato Museum
- [Spud Stories](#) – Washington Potato Commission
- [Teaching tools, recipe ideas, and kid-friendly resources](#) - Washinton Potato Commission

Sourcing

- Use the [Washington Food and Farm Finder](#) to find potatoes and other seasonal foods from local growers. You can also explore the WSDA Finding Farms webpage for more resources.
- Can't find potatoes in your area to feature? Try substituting sweet potatoes, turnips, parsnips, or beets. These root vegetables are often available in similar seasons.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for help connecting with local producers for Harvest of the Month foods.

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).