



# 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\*

- [Scalloped Potatoes \(With Fresh Potatoes\) – ICN Recipe Box](#)
- [Roasted Potatoes O'Brien – ICN Recipe Box](#)
- [Mashed Potatoes – ICN Recipe Box](#)
- [Baby Potatoes Persillade – ICN Recipe Box](#)
- [Southwest Seasoned Potatoes – ICN Recipe Box](#)
- [Potato and Corn Chowder – The Lunch Box](#)
- [Buttered Parsley Potatoes – The Lunch Box](#)



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

## Educational Resources

- [Learning/teaching Potato Resources](#) – USDA Snap-Ed
- [Serving Up MyPlate: A Yummy Curriculum](#) – USDA
- [MyPlate Kids' Place – Games, Videos, and Posters](#) – USDA (Grades 3-4)
- [Potatoes from Garden to Table](#) - North Dakota State University Extension Service.
- [Fresh Potatoes Handout \(PDF, 879 KB\)](#) - USDA Household Foods List.
- [Fresh Red Potatoes Handout \(PDF, 866 KB\)](#) - USDA Household Foods List.
- [The Spud Syllabus \(PDF, 1.7MB\)](#) - Washington Potatoes
- [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](mailto:farmtocnp@k12.wa.us) or WSDA at [farmtoschool@agr.wa.gov](mailto: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](#).**