



POTATOES

Eat 5 or more servings of fruits and vegetables every day!

FARMERS' MARKET SEASON

New red potatoes - Mid June to August

White (russets, etc.) potatoes - August to October

BUYING TIPS

Look for firm potatoes with no sprouts growing from "eyes".

Do not buy potatoes with:

- Shades of green on the skin.
- Soft spots or wrinkled skin.

STORAGE

New red potatoes should be used within a few days. Store at room temperature after buying. White potatoes should be stored in a cool well-ventilated dark cupboard or cellar (not in a refrigerator). The atmosphere should be moist enough so they do not dry out but not so damp they mold. If stored correctly, potatoes can be stored for several weeks.

PREPARATION

New red potatoes: Wash potatoes lightly in warm water and leave whole. Do not peel.

To Boil: Heat 1 inch salted water (1/2 teaspoon salt to 1 cup water) in large pot to boiling. Add potatoes. Cover and heat to boil again. Reduce heat and cook until tender, 20 to 25 minutes; drain.

White potatoes: Wash in warm water and scrub potatoes well. Cut off any sprouts.

To Bake: Select similarly sized potatoes and puncture skin with a fork before baking to allow steam to escape. For conventional oven: bake in 400 degrees oven for 40 minutes to an hour depending on the size. For microwave oven: bake approximately 6 minutes per potato, depending on the size and your microwave wattage.

Puncture with a fork to test for doneness.

To Boil: Leave whole or cut into large pieces. Heat 1 inch salted water (1/2 teaspoon salt to 1 cup water) to boiling. Add potatoes. Cover and heat to boiling again. Reduce heat. Cook until tender, whole 30 to 35 minutes, pieces 20 to 25 minutes; drain.

KEY NUTRIENTS

Vitamin C for healthy gums, skin and blood.
Potassium to maintain normal blood pressure.
Carbohydrate for energy.

RECIPES

Oven Wedge Fries

2 large potatoes

1 teaspoon vegetable oil

Seasoning suggestions (optional):

2 cloves garlic, finely chopped, or
garlic powder, or onion salt, or
Italian seasoning mix.

Preheat oven to 400 degrees. Lightly grease baking sheet or spray with non-stick cooking spray. Wash and cut potatoes into quarters. Then cut each quarter into wedges with the wedge (area with the skin) being about 1/4 inch wide.

Toss potatoes with oil. Place oiled potatoes on cookie sheet. Place the cookie sheet on the oven rack about 7 inches from the bottom of the oven. Bake for 7 minutes, until brown. Flip wedges over and sprinkle seasoning over the top. Bake for another 7 minutes, until brown and cooked throughout. Serves 4 to 6

Chive Potatoes

1 1/2 pounds new red potatoes (10 to 12 small)

2 tablespoons margarine or butter

2 teaspoons snipped chives

1/2 teaspoon salt

1/4 teaspoon pepper

Dash of ground nutmeg

Prepare and cook new potatoes as directed in "preparation section" of this card. Keep warm. Heat remaining ingredients just to boiling. Turn hot potatoes into serving dish: pour butter mixture over potatoes. 4 servings.

Department of Health & Family Services
Division of Public Health PPH 40005 (Rev. 03/00)