
Selection

Most potatoes have a light brown or red skin with white flesh. Potatoes can come in different colors, inside and out.

The peel is good to eat and has many nutrients. Cut off any green spots or sprouts, which are toxic.



Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
 - ◆ Be sure to scrub produce prior to cooking or eating. With firm produce it is best to use a produce brush to ensure all bacteria and dirt are removed.
 - ◆ Cut away any damaged or extra growth prior to preparing or eating.
 - ◆ Store vegetables and fruit in separate drawers in the fridge.
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Why Buy Local?

- ◆ Your money stays locally and is recirculated in your community.
 - ◆ When you spend money locally, it helps to keep small businesses open and build up your community.
 - ◆ Local food travels a lesser distance to your plate compared to supermarket food which can travel as far as 2,000 miles.
 - ◆ You are making a healthy choice for you and your family.
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FOR MORE INFORMATION...

Contact your local Extension office:

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Potato Papa

Uses

Potatoes can be eaten raw, but are usually cooked: boiled, baked, microwaved, mashed, fried or grilled. Potatoes can be added to soups, stews or casseroles.

Other popular ways to eat potatoes are: potato salad, hash browns, potato chips, and French fries.



Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Good source of Fiber
- ♦ High in Potassium
- ♦ High in Vitamin C

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Try It!

Potato Cakes

INGREDIENTS

- 2 cups Potatoes, cold and mashed
- 1/2 cup All-purpose flour, un-sifted
- 2 Tbsp. Onion, finely chopped
- 2 Tbsp. Vegetable oil

INSTRUCTIONS

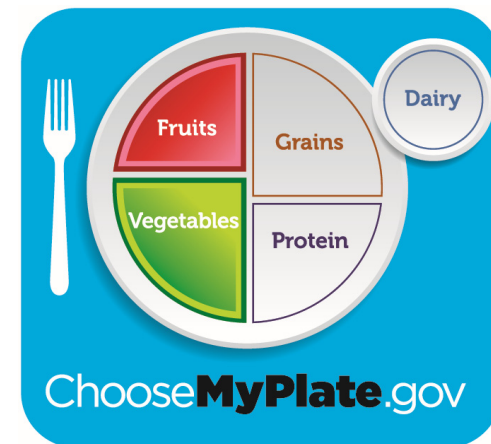
1. Put mashed potatoes in a bowl.
2. Add flour and onion. Mix well.
3. Pat potato mixture on a lightly floured board until 1/2 inch thick.
4. Cut with a 3-inch-round cutter.
5. Place on a baking sheet, cover and refrigerate until just before cooking.
6. Heat oil in a frying pan or griddle.
7. Fry cakes over medium heat, turning to brown on both sides. Serve immediately.

Yield: 7 servings

Recipe Source: www.recipefinder.nal.usda.gov/



Potato Cakes



History & Fun Facts

Potatoes were first grown in the Andes Mountain of South America over 7,000 years ago. Spaniards brought potatoes to Spain in the 1500's, which then gradually spread to the rest of Europe. Irish immigrants introduced potatoes to North America in the 18th Century.

There are thousands of varieties of potatoes. Common North American potato varieties include: Russet Burbank, Yellow Finn, Red Gold, German Butterball, and Yukon Gold.