



Potatoes



Varieties Grown in New York State

- Yukon Gold
- Adirondack Blue & Red
- French Fingerling
- German Butterball

Nutrition and Health Benefits

- Potatoes are a good source of potassium, fiber, niacin, and Vitamin B6!
FUN FACT! Potatoes have more potassium than any other fruit or vegetable (even more than bananas)!
- These tubers are high in Vitamin C.
- Potatoes are naturally free of fat, saturated fat, sodium, and cholesterol!

How to Grow It

- Potatoes grow in full sun, in loose, acidic, well-draining soil.
- This annual veggie grows best in moderate temperatures, like 60 degrees F.
FUN FACT! Potatoes come in a large variety of colors, shapes, and flavors – try to grow some unique potatoes you can't find at the store!
- Ease-of-care: Easy if you have the right soil and location!
FUN FACT! Idaho grows one third of the nation's potatoes!
- Plant potatoes 2-4 weeks before your last frost. Make sure to rotate where you grow your potatoes each year!
FUN FACT! The potato is America's number one veggie crop!

Selection

- Choose fresh potatoes that are clean, firm, smooth, and dry. Pick ones that are uniform in size, with no cuts, or bruises.
- Take note! Avoid potatoes with sprouts or green skin.
EXPERT TIP! Buy potatoes fresh, frozen, or canned!

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Storage Tips

- Store potatoes in a cool, dark, well-ventilated place for 3-5 weeks.
- Take note! Don't refrigerate potatoes, but do keep them away from light.

EXPERT TIP! Don't wash potatoes before storing them, dampness promotes spoilage!

EXPERT TIP! Perforated or paper bags are the best home for storing potatoes and extending their shelf life!

Preparation & Cooking Tips

- Scrub potatoes with a brush under cool running water to clean them...and then eat the skin!
- Boil, bake, roast, or grill potatoes in a variety of different shapes – whole, sliced, cubed, or wedged – use your imagination!
- Keep potatoes low in fat with these steps:
 - Top baked potatoes with plain yogurt or fat-free sour cream, cooked raw veggies, or cooked beans!
 - Make oven baked 'fries' rather than frying potatoes in fatty oil.
 - Use potato cooking water or low-fat milk in mashed potatoes.

EXPERT TIP! Eat the potato skin to get all of the fiber and nutrients these tubers have to offer!

Kid-Friendly Eating Tips

- **Top it!** Top baked potatoes with many fun toppings! Create a potato topping bar, and let kids choose their own topping like salsa, broccoli, mashed avocado, and low-fat cheddar cheese!
- **Add it!** Add potatoes with the skin to a soup or stew to make them more hearty!
- **Color it!** Make orange mashed potatoes! Boil cubes of potatoes with skin and carrot slices. Mash with a small amount of low-sodium chicken broth for a colorful twist on mashed potatoes!

RECIPES

DIPPERS (Seasoned Potato Wedges with Cheese Sauce)

Makes 4 servings

Ingredients:

- 2 large Yukon Gold Potatoes, cut into wedges
- ¼ cup olive oil
- 1 tablespoon granulated garlic
- Cheese sauce for dipping (see recipe)

Directions:

- Preheat an oven to 350F.
- Combine the potatoes, olive oil, and granulated garlic in a bowl and mix together.
- Transfer the seasoned potatoes to a baking sheet that is lined with parchment paper.
- Bake the potatoes for about 30 minutes, or until cooked throughout and lightly browned.
- Serve with cheese sauce.

CHEDDAR CHEESE SAUCE

Makes about 4 servings

- 2 tablespoons butter
- ¼ cup flour
- 2 cups low-fat milk
- ½ teaspoon black pepper
- ½ teaspoon onion powder
- ¾ cup sharp cheddar, grated

Directions:

- Melt the butter in a small sauce pan over medium heat. Add the flour and cook for 2-3 minutes while stirring. Whisk in the milk, making sure to whisk out any lumps.
- When the sauce thickens, lower the heat. Stir in the black pepper, onion powder, and cheddar. Remove from the heat.

ROASTED RUBY RED POTATOES

Makes about 4 servings

- 1 pound baby red potatoes
- ¼ cup olive oil
- 1 teaspoon granulated garlic
- 1 teaspoon granulated onion
- ½ teaspoon ground black pepper

Directions:

- Preheat an oven to 350F.
- Combine all of the ingredients in a bowl and mix together.
- Transfer to a baking sheet that is lined with parchment paper.
- Bake the potatoes for about 30 minutes, or until cooked throughout and lightly browned.



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