



Potatoes



Selecting Fresh Potatoes:

- Try and choose your own potatoes instead of purchasing them pre-bagged. Some bags lock in moisture, speeding up decay, and you won't know what quality the potatoes are!
- Look for potatoes that are well formed, smooth, firm, and have few eyes. There should be no discoloration, cracks or soft spots.
- Avoid green potatoes and those that appear to have a waxy coating.

Measuring Fresh Potatoes:

New Potatoes: 1 pound = 9-12 small

Red Potatoes: 1 pound = 7-9 small = 5-6 medium

Russet Potatoes: 1 pound = 3 medium = 2¼ cups peeled & diced = 3 cups shredded = 1¾ cup mashed

Handling and Storing:

- Store potatoes in a paper bag, in a dry, dark place between 45°F - 50°F. Higher temperatures, even room temperature, will cause potatoes to sprout and dehydrate, making them useless.
- Do not store potatoes in the refrigerator or near onions, both will ruin the potato.
- Check on potatoes frequently, making sure to remove any that have sprouted.
- Mature potatoes, stored properly, will last for 2 to 5 weeks. Thin skinned potatoes should be used within 3 days. Cooked potatoes last in the refrigerator for several days. New potatoes only keep for 1 week. Potatoes do not freeze well.

Preparation and Serving:

- Try not to peel the potato. The peel has almost all of the healthy fiber & many other important nutrients lie just below the skin.
- Scrub the potato under cold running water and carefully remove any deep eyes or bruises.
- Potatoes should be cleaned & cut right before cooking to avoid discoloration from air contact.
- If you cannot cook them right after cutting place them in a bowl of water with a few drops of lemon juice, but remember soaking them in water will decrease their nutritional value.
- Potatoes can be baked, boiled, steamed, grilled, mashed, sliced or diced and added to just about any dish at breakfast, lunch or dinner. Try adding skin-on potatoes to your favorite casserole or egg dish. Create simple side dishes using roasted potatoes topped with olive oil and fresh herbs. Have a baked potato bar with enough toppings to make everyone happy!

Nutrition Facts: one serving = 1 medium Russet potato: Calories 161, Protein 4 grams, Carbohydrates 37 grams, Sugar 2 grams, Fat 0 grams, Fiber 4 grams. Potatoes are an excellent source of potassium, vitamin C and vitamin B₆ and are a good source of iron, fiber, and the B vitamins niacin and folate.

References: <http://southernfood.about.com/library/info/blequivp.htm>, <http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2770/2>, <http://forum.newsarama.com/showthread.php?t=14128>, <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=48#purchasequalities>

Creamy Potato Salad \$

Serves 4-6

Ingredients:

2 pounds potatoes, not peeled, cut in 1/2-inch chunks
2 hard-boiled eggs, peeled and chopped
1 cup fresh or frozen peas, cooked, drained
1/2 cup finely chopped red onion
1/2 cup light mayonnaise
1 Tablespoon sour cream, optional
2 to 3 teaspoons your favorite prepared mustard, to taste
Salt and freshly ground black pepper, to taste



Preparation:

Put potatoes in a saucepan and cover with water. Bring to a boil. Cover and cook for 15 to 20 minutes, just until tender. Drain, transfer to a large plate and let cool for 15 minutes. In a large mixing bowl combine cooled potatoes, chopped eggs, peas, and onion. Cover and refrigerate until chilled.

In a bowl, combine mayonnaise, sour cream, and mustard. Gently stir into the potato mixture until blended. Taste and add salt and pepper as desired. Chill the completed salad for an additional 30 minutes. Serve and enjoy!

Approximate Pricing Scale

\$ = less than \$15 **\$\$** = \$15-\$20 **\$\$\$** = \$20-\$25