

# POTATO



WWW.COMMUNITYALLIANCE.EXTENSION.COLOSTATE.EDU

## GROWING

Potatoes are produced in many states, including: Idaho, Washington, Wisconsin, Colorado and many others. Over 100 varieties are grown in Colorado, mainly in the San Luis Valley.



## SELECTING

Pick potatoes that are clean, smooth, firm and free of bruises, dents or damage from bugs. Also, do not choose ones that are green in color, as these are harmful to eat.



## STORING

Store your potatoes in a cool, dark place with good air flow. Do not store in the refrigerator. Wash and cut off any green stems or bruised areas before eating. You can also choose to cut and freeze them to use later.



## BODY

Potatoes contain potassium, vitamin C, fiber, B6, iron, magnesium and antioxidants. These help the body fight off diseases and to function properly. Potatoes are a great vegetable source. You should eat at least 2-3 cups of vegetables per day for a healthy diet.



## KITCHEN

Potatoes need to be washed and cooked before being eaten. Choose healthy cooking options such as baking or boiling, instead of frying. If using aluminum foil to cook, remove right away and refrigerate potatoes within 2 hours of cooking.



# POTATO



WWW.COMMUNITYALLIANCE.EXTENSION.COLOSTATE.EDU

## GROWING

Potatoes are produced in many states, including: Idaho, Washington, Wisconsin, Colorado and many others. Over 100 varieties are grown in Colorado, mainly in the San Luis Valley.



## SELECTING

Pick potatoes that are clean, smooth, firm and free of bruises, dents or damage from bugs. Also, do not choose ones that are green in color, as these are harmful to eat.



## STORING

Store your potatoes in a cool, dark place with good air flow. Do not store in the refrigerator. Wash and cut off any green stems or bruised areas before eating. You can also choose to cut and freeze them to use later.



## BODY

Potatoes contain potassium, vitamin C, fiber, B6, iron, magnesium and antioxidants. These help the body fight off diseases and to function properly. Potatoes are a great vegetable source. You should eat at least 2-3 cups of vegetables per day for a healthy diet.



## KITCHEN

Potatoes need to be washed and cooked before being eaten. Choose healthy cooking options such as baking or boiling, instead of frying. If using aluminum foil to cook, remove right away and refrigerate potatoes within 2 hours of cooking.



# POTATO

## DID YOU KNOW!?

POTATOES HAVE MORE POTASSIUM THAN BANANAS!  
POTASSIUM HELPS WITH MANY THINGS IN OUR BODIES,  
INCLUDING HELPING OUR MUSCLES FUNCTION.

## ROASTED HERB POTATOES

Prep time: 10 minutes

Makes: 6 servings

### Ingredients

Vegetable cooking spray  
1 pound potatoes (3 medium or 3 cups cubed)  
2 teaspoons vegetable oil  
½ teaspoon rosemary  
½ teaspoon salt

### Directions

1. Preheat the oven to 450 degrees
2. Coat a baking sheet with vegetable cooking spray.
3. Wash and peel the potatoes ( or leave unpeeled, if desired)
4. Cut the potatoes into ½ inch cubes and put in a large bowl.
5. Put the oil, rosemary, and salt in a small bowl. Stir together.
6. Pour the oil mix over the potatoes. Stir to coat evenly.
7. Spread the potatoes on the baking sheet.
8. Bake for 25 to 30 minutes, or until lightly browned.

### Nutrients

Calories 70, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg,  
Sodium 190 mg, Total Carbohydrate 13 g, Dietary Fiber 1 g,  
Total Sugars 1 g, Protein 2 g,  
Recipe from What's Cooking USDA Mixing Bowl

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-herb-potatoes>



For more educational resources go to  
[tra.extension.colostate.edu](http://tra.extension.colostate.edu) or call 970.249.3935

# POTATO

## DID YOU KNOW!?

POTATOES HAVE MORE POTASSIUM THAN BANANAS!  
POTASSIUM HELPS WITH MANY THINGS IN OUR BODIES,  
INCLUDING HELPING OUR MUSCLES FUNCTION.

## ROASTED HERB POTATOES

Prep time: 10 minutes

Makes: 6 servings

### Ingredients

Vegetable cooking spray  
1 pound potatoes (3 medium or 3 cups cubed)  
2 teaspoons vegetable oil  
½ teaspoon rosemary  
½ teaspoon salt

### Directions

1. Preheat the oven to 450 degrees
2. Coat a baking sheet with vegetable cooking spray.
3. Wash and peel the potatoes ( or leave unpeeled, if desired)
4. Cut the potatoes into ½ inch cubes and put in a large bowl.
5. Put the oil, rosemary, and salt in a small bowl. Stir together.
6. Pour the oil mix over the potatoes. Stir to coat evenly.
7. Spread the potatoes on the baking sheet.
8. Bake for 25 to 30 minutes, or until lightly browned.

### Nutrients

Calories 70, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg,  
Sodium 190 mg, Total Carbohydrate 13 g, Dietary Fiber 1 g,  
Total Sugars 1 g, Protein 2 g,  
Recipe from What's Cooking USDA Mixing Bowl

<https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-herb-potatoes>



For more educational resources go to  
[tra.extension.colostate.edu](http://tra.extension.colostate.edu) or call 970.249.3935