

Vegetable of the Week - Potatoes



When are potatoes in season?

Mid-July to Mid-August

What to look for when buying potatoes:

Firm and fairly smooth potatoes. Avoid potatoes that have sprouted or have wilted or wrinkled skin, cut surfaces, green or dark areas.

How do I store potatoes?

Store in a cool, humid (but not wet), dark place. Do not wash before storing. Do not refrigerate.

How do I prepare potatoes?

Wash well. Steam, boil, bake, or microwave potatoes. Steam 15-20 minutes; boil 20-25 minutes; bake 1 hour; microwave 5-7 minutes. Microwaving, steaming, or baking preserves nutrient value.
3 medium raw potatoes = 2 1/2 cups cooked.

Did you know that eating 5 servings of fruits and vegetables each day is one of the more important choices you can make to maintain your health?



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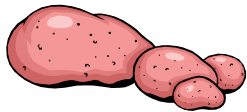
STEPS TO A HEALTHIER YOU

Introducing Vegetables to Your Family

If the vegetable is new to your family:

1. Offer but don't force them to try.
2. Be a model. Eat the new vegetable yourself.
3. Serve the vegetable with favorite foods.
4. Let children help prepare the vegetables.

Recipe Potato Salad



- 6 potatoes
- 3 eggs
- 1 cup onion, diced
- 1 cup celery, diced
- 1/2 cup green pepper, diced
- 1/2 cup low fat mayonnaise or plain yogurt
- 2 tablespoon vinegar
- Salt and pepper to taste

1. Peel, dice, and boil potatoes until tender.
2. Boil eggs for 15 minutes, drain, peel, and chop.
3. Combine all ingredients in a large bowl and mix well, then refrigerate until ready to use.

The Family Nutrition Program operates through Purdue University Cooperative Extension Service in partnership with Indiana Family & Social Services Administration (FSSA) and the United States Department of Agriculture (USDA). Purdue University Cooperative Extension Service, FSSA and USDA are equal opportunity/equal access/affirmative action institutions.

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The Food Stamp Program helps end hunger and provides healthy foods for low-income families. To find out more about food stamp benefits contact your local office of Family Resources.