



# Potato

## Growing & Harvest Info

Potatoes grow best in well-drained, loose, fertile soil and cool temperatures. Start potatoes from "seed pieces", rather than true seeds. Avoid using potatoes from the supermarket, because they often treat them with sprout inhibitors. Cut potatoes into golf ball-sized pieces, making sure each piece has at least 2 eyes, or buds. In early spring, plant seed pieces 1 foot apart, in rows 3 feet apart, covering with 3 inches of soil.

When stems are 8 inches tall, cover them by mounding soil up and around the stem. Repeat this process 2-3 weeks later to protect the potatoes from sunlight, which makes them green and bitter.

Begin harvesting potatoes 2-3 weeks after the plant flowers or when the tops of the vines are dead and soil temperature is above 45 degrees F. Potatoes can tolerate light frost, but be sure to harvest before the first hard frost.

## Nutritional Benefits

*Potato*

| Source   | Rating    |
|----------|-----------|
| Vitamins | EXCELLENT |
| Minerals | GOOD      |
| Fiber    | GOOD      |

## Introduction

Potatoes are cool-season, stem tuber vegetables. There are more than 100 varieties of potatoes. Potatoes most commonly have a light brown or red skin. Potatoes are very nutritionally complete and are an excellent source of potassium and fiber.

## Preservation

### Storing:

- After harvesting, place potatoes in the sun for 2-3 hours to dry, and then brush off excess soil.
- Store in a dark place to prevent greening and add newspaper between layers to prevent spreading of any spoiled potatoes.

### Freezing:

- Cut potatoes into cubes or slices and immediately store in airtight freezer bags or containers.
- Before using, thaw bags in water in the morning.
- Note: potatoes may get darker while cooking, but they will taste the same.

### Canning:

- Select small to medium-sized mature potatoes
- Peel, wash and drain potatoes. Cut in 1/2 inch cubes
- To prevent darkening in color, it's recommended to place potatoes in ascorbic acid solution.
- Make sure to use a pressure canner and use correct processing times. The National Center for Home Food Preservation is a good resource for instruction:  
[https://nchfp.uga.edu/how/can\\_04/potato\\_white.html](https://nchfp.uga.edu/how/can_04/potato_white.html)

| Vegetable state | Use by    |
|-----------------|-----------|
| Raw             | 3-4 weeks |
| Frozen          | 6 months  |
| Canned          | 3 years   |



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*The claim that most of the nutrients in potatoes come from the skin is a myth. The skin is the source of about 50% the total fiber, but the majority of other nutrients come from the flesh.*

## Prepare potatoes like this:

|         |         |
|---------|---------|
| Baked   | Pureed  |
| Boiled  | Roasted |
| Grilled | Sauteed |
| Mashed  | Steamed |

## Try potatoes in:

Casseroles  
Gratins  
Salads  
Soups  
Stews

### Recipe 1: Potatoes with Garlic and Herbs

#### Ingredients

- 8-10 small potatoes, washed and cubed
- 2 tbsp olive oil
- 3 garlic cloves, peeled
- 1/4 cup fresh parsley, dill or thyme leaves, minced
- salt and pepper, to taste

#### Directions

- In a colander, rinse cubed potatoes well with cool water. Place in a large saucepan and add just enough water to cover the potatoes. Bring to a boil, reduce heat, and cook for 15 minutes, or until potatoes are tender.
- Drain the potatoes and toss with olive oil. Sprinkle with herbs, salt and pepper and toss to coat.

### Recipe 2: Red Accordion Potatoes

#### Ingredients

- 8 large red potatoes
- 2 tbsp extra virgin olive oil
- 1 tbsp fresh parsley, chopped
- 1 tsp fresh thyme, chopped
- salt and pepper, to taste

#### Directions

- Preheat oven to 450 degrees F.
- Slice each potato thinly, without cutting all the way through.
- Place potatoes in a microwave-safe dish, cover with wax paper, and cook 12-15 minutes, or until easily pierced with a knife.
- Place potatoes on metal baking sheet. Drizzle oil between slices and sprinkle with salt and pepper.
- Bake for 25 minutes, or until lightly browned.
- Sprinkle with herbs and serve.