

POTATOES



Featured Food for Fall

From russets, reds, yellows, whites, purples, fingerlings and petites, there are a variety of potato options to fuel the body and the brain throughout the day. Easy to prepare and pair with a wide range of cuisines, potatoes lend themselves to a variety of meals and have been eaten for centuries.

Earth Story

There are more than 200 varieties of potatoes sold throughout the United States. The potato is native to the Peruvian-Bolivian Andes and is one of the world's main food crops. Potatoes were independently domesticated several times and were largely cultivated in South America by the Incas as early as 1,800 years ago. They were introduced into Europe via Spanish conquistadors in 1550, and were popularized even more by Sir Walter Raleigh in 1585.

Nutritional Benefits

Potatoes are more energy-packed than any other popular vegetable and have even more potassium than a banana! With just 110 calories, one baked potato contains 21% of the recommended daily dose of Vitamin B6, 40% of vitamin C, 20% of potassium and 12% of fiber. In fact, a person can survive on a diet that consists only of potatoes and milk—milk must be present because the potato does not have large amounts of vitamin A or D.

Fun Facts

Potato is the world's fourth most produced staple—after wheat, corn and rice. One of the most basic measurements of time for the ancient civilization of Incas was the time it took to cook potato. In 1995, potato was successfully grown in outer space onboard space shuttle Columbia. One of the first children toys ever to be advertised on US TV was "Mr. Potatohead" in 1952.



Ask your chef for specific recipes and share your culinary experience with us.