

ISLAND GROWN HARVEST OF THE MONTH FEBRUARY 2013 POTATOES



Harvest of the Month is a great way for your family to explore, taste, and learn about eating more fruits and vegetables every day.

What can Potatoes do for me?

- A 1/2 cup of cooked potatoes is about one cupped handful. This is about the size of half of one medium potato.
- A 1/2 cup of cooked potatoes is a good source* of vitamin C.
- A 1/2 cup of cooked potatoes is also a source of many important vitamins and minerals, such as vitamin B6, potassium, and niacin. Niacin is a type of B-vitamin that helps make energy in your body. Potassium helps the brain tell muscles when to move. Potassium also helps keep a healthy blood pressure.

When are Potatoes in season?

Potatoes are in season on Martha's Vineyard from July through December, and can be stored for use year-round.

The amount of fruits and vegetables that is right for each person depends on age, gender, and physical activity level. Eating a variety of colorful fruits and vegetables with every meal and snack will help you and your family reach your daily goals. Remember that all forms count toward your daily amount – fresh, frozen, canned, and dried.

*Good sources provide 10-19% Daily Value

Nutrition Facts

Serving Size 1 potato large 299g (299 g)

Amount Per Serving	
Calories 278	Calories from Fat 3
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 63g	21%
Dietary Fiber 7g	26%
Sugars 4g	
Protein 7g	
Vitamin A 1%	Vitamin C 48%
Calcium 4%	Iron 18%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Harvest of the Month is a program that highlights a locally available crop each month of the school year in school cafeterias, restaurants, and grocery stores. The goal is to help children, their care-givers, and the broader community experience healthy, seasonal, whole-foods based meals, while supporting local and regional farmers.

Healthy Serving Ideas

- Boil, bake, roast, or grill potatoes. Sprinkle with fresh herbs and spices.
- Top baked potatoes with mashed avocado instead of butter. Other toppings include salsa, broccoli, lowfat cheddar cheese, and lowfat cottage cheese.
- Boil cubes of potatoes and carrot slices. Mash with a small amount of reduced-sodium chicken broth to make orange mashed potatoes.

Shopper's Tips

- Choose firm potatoes with smooth skin. Avoid potatoes that are shriveled, bruised, or have sprouts. Also avoid potatoes with any green coloring.
- Store potatoes in a cool, dark, and dry place (not the refrigerator). Place them in a burlap bag or plastic bag with holes. When stored properly, potatoes can keep up to five weeks.
- Wash potatoes thoroughly before cooking.

for more information visit islandgrown.org/harvestofthemoth

This material is adapted from Harvest of the Month by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP (formerly the Food Stamps program). For SNAP information, call 1-866-950-3663.

