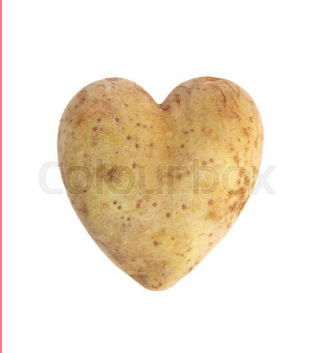


Did you know.....



- There are more than 5,000 varieties of potatoes in the world. The most common is the Red Potato, but you may see other colors such as blue, yellow and purple.
- Potatoes were originally cultivated in Peru by the Incas around 200 B.C. Discovered by Spanish Explorers in 1536 they traveled to Europe.
- During the Potato Famine in Ireland, millions of depended on the potato as a main source of food. When disease affected this crop, there was a great loss of life due to starvation. Many moved to Canada or the US to survive.
- Students in Crawford County will be enjoying a sample of potatoes called "Potato Fusion Blend" created by Fifth Season Co-op in Viroqua. They have made a ready-to-cook blend of red, blue and gold potatoes that you can find at area grocery stores.

BOOKS TO CHECK OUT!

Potatoes, Potatoes by Anita Lobel

Brave Potatoes by Toby Speed

Pigs Love Potatoes by Deborah Stevenson

The Cat Who Liked Potato Soup by Terry Farish

Blue Potatoes, Orange Tomatoes by Rosalind Creasy

What do you call a potato wearing glasses?



A SPEC-tator



STORING POTATOES....

Store potatoes in a paper bag between 45-55 degrees F. This prevents them from discoloring. If your potatoes do appear to have a greenish tint the skin, just cut away the green portion before cooking and eating.

It is safe to eat the skin on a potato, in fact is recommended! Just wash well and cut away any eyes that may be sprouted.

Potatoes contain:

Good-for-you— fiber

Rich in Vitamin C

No fat, cholesterol, or sodium

Only 110 calories per serving

POTATO PRINTING:

Try this at home! Cut potatoes in half and carve out different shapes and designs into each half. Press the potato into the colored paints of your choice and stamp it onto the paper to create potato art such as unique Valentines.



Look for the Harvest of the Month display in your local grocery complete with recipe cards provided by Crossing Rivers Health! This month's recipe is for easy and delicious Baked Potatoes.

Every month, the AmeriCorps Farm to School program shares a "Harvest of the Month" presentation with students. They become familiar with different foods that are produced or grown in the area. They are also exposed to healthy, fresh foods and learn that it is fun to try new things. These foods will be incorporated into the lunchroom menu. For more information about this program please contact Jane Schaaf (jane.schaaf@ces.uwex.edu). Visit www.driftlesswisconsin.org for more information on local farms and foods. Funding for this newsletter was provided through a 3M community grant and Healthy Roots.

