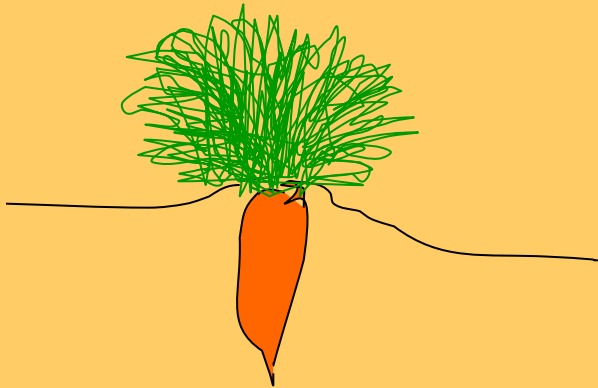
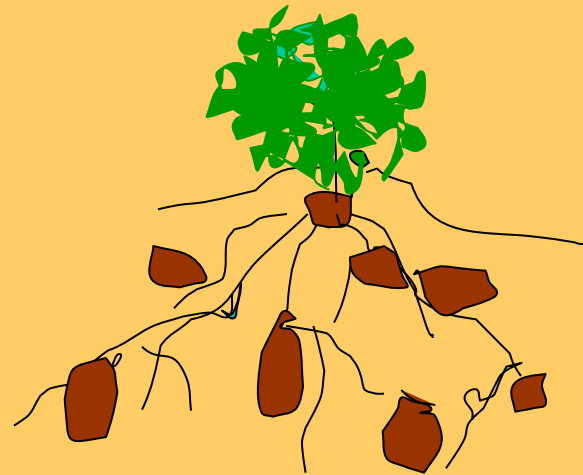


POTATOES

Root



Tuber



Potato Life Cycle



SELECTING POTATOES



- **Consider cooking method:**
- **New and red best for boiling, oven-browning, frying, and potato salad; hold shape during cooking.**
- **Russet best for baking and mashing, have a mealy texture that allows them to break apart easily.**

POTATO STORAGE

- Cool, dark, dry place

- Potatoes turn green when exposed to sun after harvesting

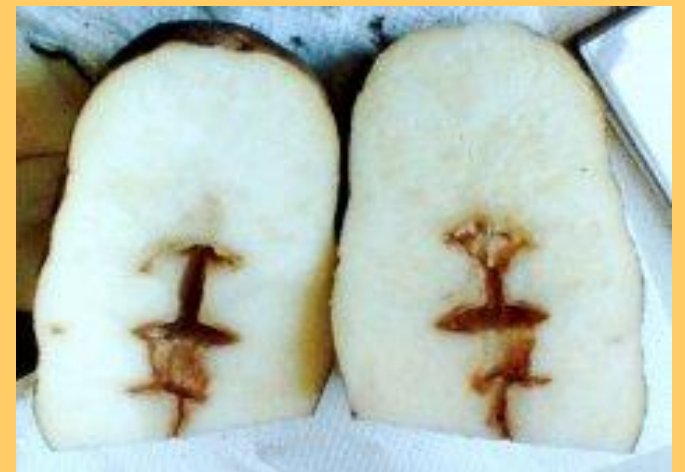


- Green potatoes taste bitter

- Once developed, chlorophyll can not be removed from potatoes

HOLLOW HEART

- Large hollow black hole inside potato.
- Caused by too much or too little water during growing season.
- Cut out and discard; doesn't affect texture, flavor, or nutritional value.

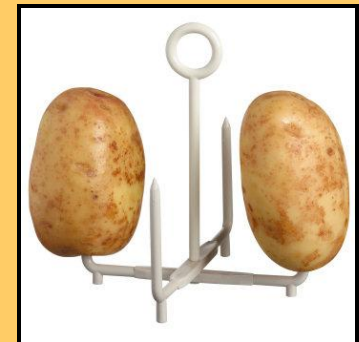


POTATO NUTRIENTS

- With skin:
- Protein 5 gr.
- Carbs. 51 gr.
- Calcium 20 mg.
- Phosphorus 115 mg.
- Iron 2.7 mg
- Niacin 3.3 mg.
- Vit. C 26 mg.
- Without skin:
- Protein 3 gr.
- Carbs. 34 gr.
- Calcium 8 mg.
- Phosphorus 78 mg.
- Iron 0.5 mg.
- Niacin 2.2 mg.
- Vit. C 20 mg.

PREPARATION METHODS

- **BOILING**
- **OVEN-BROWNING**
- **FRYING**
- **BAKING**
- **GRILLING**
- **MICROWAVING**

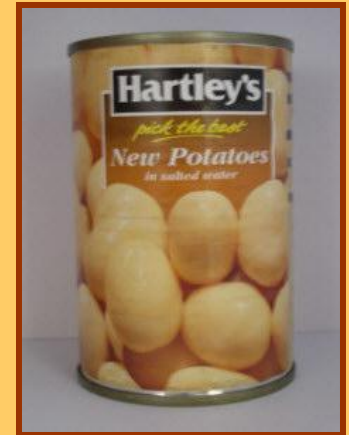


PURCHASE FORMS

- FROZEN



- CANNED



- DEHYDRATED



ANYONE FOR SPUDS??

