

Potatoes

Nebraska Seasonal Produce Guide

Potatoes are root vegetables that grow in the ground. Potatoes can be white, yellow, red, or even purple. There are a variety of potatoes, including Russet, yellow, red, Yukon gold, and German butterball.



Why Should I Eat This?

Potatoes are a good source of potassium, which helps with muscle movements and keeps your heart healthy. They also contain vitamin C, which helps heal cuts and wounds and supports our immune system.

Proper Storage

Store unwashed potatoes in a cool, dark, and well-ventilated place. Use within five weeks. If potatoes have dirt on them, wipe them off with a clean dry towel before storing.

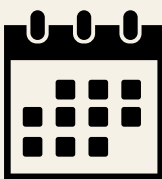
Make a Good Selection

Choose firm potatoes with smooth skin. Avoid potatoes with splits, mold, sprouts, soft spots, a bad smell, or a green color.



How Could I Use This?

- Boil, bake, roast, microwave, fry, or grill potatoes.
- Use in a casserole or add to soups and stews.
- Thinly slice potatoes and bake in the oven to make homemade potato chips.
- Make a potato salad.
- Shred to make hash browns.
- Make mashed potatoes.
- Use potatoes to make gnocchi.
- Bake and top with various toppings.



Seasonal Availability in Nebraska

Harvest Season: July through October

Market Availability: July through October



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