

# Potatoes

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.

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## How Could I Use This?

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

## 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 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, bad smell or a green color.

## What is the Seasonal Availability of This Item?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<b>HARVEST</b>							✓	✓	✓	✓		
<b>MARKET</b>							✓	✓	✓	✓		



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