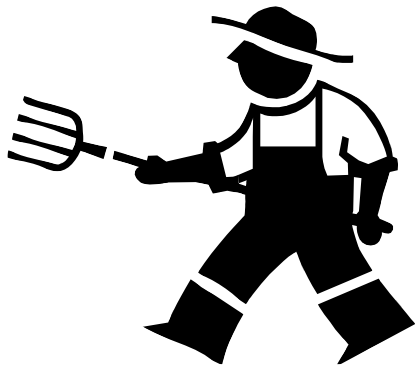


*Fresh*  
FROM THE  
FARM



## POTATOES



### Selection & Preparation

Look for potatoes that are firm and fairly smooth.

Avoid potatoes with sprouts, green or dark areas and wrinkled skin.

Potatoes will keep for up to 2 months in a cool, dry, dark place that is well ventilated.

Do not wash before storing. Do not refrigerate.

Avoid placing potatoes in direct sunlight. Sunlight causes potatoes to green.

Never freeze individual potatoes. Can be frozen when part of a recipe such as stew.

Scrub potatoes with a vegetable brush before preparing. Cut away bad spots, sprouts and green areas.

Poke several holes in skin of potato before cooking.

### Nutrition Facts

Serving Size 1 medium baked potato

Amount Per Serving

**Calories** 160

% Daily Value\*

<b>Total Fat</b> 0g	<b>0 %</b>
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
<b>Cholesterol</b> 0g	<b>0 %</b>
<b>Sodium</b> 15 mg	<b>1 %</b>
<b>Total Carbohydrate</b> 36 g	<b>12 %</b>
Dietary Fiber 4 g	15 %
Sugars 2 g	
<b>Protein</b> 4 g	
Vitamin A 0%	Vitamin C 30%
Calcium 2%	Iron 10%
Folate 12%	Potassium 923 mg

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

### Key Nutrients

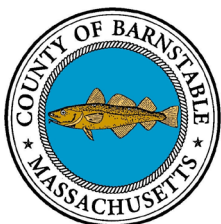
**Potassium** - Potatoes have twice the potassium as a banana! Potassium helps to maintain normal blood pressure and is involved in muscle and nerve function.

**Fiber** - to prevent constipation, control blood sugar and fiber may lower cholesterol.

**Vitamin C** - to support healthy gums, skin and blood. Cook potato with the skin on to retain the most vitamin C.



Information adapted from Washington WIC & Senior Farmers Market Nutrition Program. This brochure is produced for nutrition education and created by Cape Cod Cooperative Extension: Barnstable County, UMass Extension and USDA cooperating. Barnstable County and UMass Extension offer equal opportunity in programs and employment.



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## Oven French Fries

4 medium baking potatoes  
1 tablespoon vegetable oil

1. Preheat oven to 475°F.
2. Wash and peel potatoes and cut into long strips, about 1/4-inch on each side.
3. Dry strips thoroughly on paper towels.
4. Toss potato strips in a bowl with oil as if making a salad.
5. When the strips are well coated in oil, place on baking sheet in a single layer.
6. Place in preheated oven and bake for 35 minutes. Turn periodically to brown all sides.

- TIPS:
- If a more crisp or brown potato is desired, place under a broiler for a minute or two.
  - Add your own spices such as cayenne, garlic powder, onion powder, Italian seasoning, or paprika, for different flavors.
  - Keep peels on potatoes for added fiber.

## Irish Potato Cakes

1 3/4 cups all-purpose flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
2 tablespoons margarine  
1/4 cup low-fat (1%) or skim milk  
1 1/2 cups mashed potatoes

1. Preheat oven to 400°F.
2. Mix flour, baking powder, and salt together in a medium-sized bowl.
3. Cut margarine into flour mixture.
4. In a separate bowl, mix milk into mashed potatoes.
5. Add mashed potato mixture to flour mixture and stir until it is a soft dough.
6. Roll out on a lightly floured surface until it is a circle that is about 1/2-inch thick.
7. Cut into 8 wedges (like you are cutting a pizza).
8. Put on a baking sheet sprayed with vegetable oil cooking spray. Bake for 15 to 20 minutes, until golden brown.
9. Enjoy warm with your favorite fruit spread or jam.

- TIPS:
- For a cheesy flavor, shake some parmesan cheese on top of each cake before baking.
  - For a spicy flavor, sprinkle 1/8 teaspoon rosemary (dried, crushed) on top of each cake before baking.

