

# HARVEST of the MONTH POTATOES



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state. To learn more, visit: [massfarmtoschool.org/hotm](https://massfarmtoschool.org/hotm)

Potatoes are a source of many important vitamins and minerals, such as vitamin B, potassium, and niacin. Niacin is a type of B-vitamin that helps make energy in your body. One half a cup of cooked potatoes is a good source of vitamin C. Don't forget to eat the potato skin to get all of these different nutrients.

## Healthy Serving Ideas

- Chop potatoes into 1" cubes, toss with a few TB of olive oil, salt & pepper, and roast in 425°F oven for 35 minutes or until tender, turning once. Use white potatoes OR sweet potatoes!
- Make sweet potato pancakes. Add 1 cup of mashed sweet potato and 1/4 teaspoon of cinnamon to your pancake batter.
- Make Greek yogurt mashed potatoes, for a creamy, protein rich dish.

## Where to Find Local Potatoes

MassGrown Map (MDAR)

<https://massnrc.org/farmlocator>

## Harvest of the Month Book Club

- Gr. K-5: [No Small Potatoes](#) by Tonya Bolden  
Gr. 6-8: [Potatoes on Rooftops](#) by Hadley Dyer  
Gr. 9-12: [Potato: The History of the Propitious Esculent](#)  
by John Reader

## Fun Facts

- Potatoes were the first vegetable to be grown in space.
- People in the U.S. eat an average of 124 lbs of potatoes per year.
- Gold Rush miners valued the potato. They traded gold for potatoes, ounce for ounce.

## At-Home Activity

### How Does Heat Affect Taste & Texture

How does high heat affect the taste and texture of vegetables? Does the surface area of a vegetable affect how it cooks? In this lesson, kids will learn how oven temperature and vegetable size affect how vegetables cook. After spending time drawing, watching a video, and completing a worksheet, kids can put theory to practice by heading to the kitchen.

Source & More Info:  
<https://edibleschoolyard.org/resource/roasting-vegetables>



MASSACHUSETTS



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.

## Potato Purchasing Pointers

- Look for firm potatoes with smooth skin and without sprouts. Avoid potatoes with green coloring.
- Store potatoes in a cool, dark, and dry place. Not the refrigerator! Place them in a plastic bag with holes.

May Preview: Seafood!