

Reasons for the Seasons

Produce Tips for Placer & Nevada County Consumers

Local Season-
Year Round



POTATOES

Potatoes are members of the nightshade family of plants. The potato is a tuber, a swollen underground stem, not a root. Today the potato is the world's most widely consumed vegetable.

Nutrition Benefits

Potatoes are a good source of:

- ◆ Carbohydrates
- ◆ Iodine
- ◆ Fiber
- ◆ Iron
- ◆ Vitamin C
- ◆ Thiamin
- ◆ Vitamin B6
- ◆ Copper

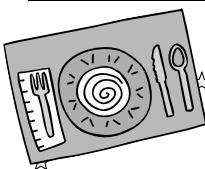
They also have many trace elements, including:

- ◆ Manganese
- ◆ Chromium
- ◆ Selenium

Serving Tips

Try these toppings on baked or boiled potatoes:

- ◆ Non-fat yogurt
- ◆ Salsa
- ◆ Fresh herbs
- ◆ Low-fat grated cheese
- ◆ Low-fat cottage cheese
- ◆ Cooked vegetables



Family Meal Ideas

- ★ Few people would argue about the importance of family meals. But when reality strikes, many obstacles can get in the way of dining together. Be flexible with the time of meals.
- ★ ● If children have after school activities, plan a late dinner.
- ★ ● If you can't have dinner together, try breakfast as a family.
- ★ ● Dinner doesn't always have to be on the kitchen table. Spread a blanket at the soccer field or have a "tailgater" in your car.

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Locally Grown Varieties

Yellow Finn, Yukon Gold, Arribe, Norgold Russet, Bison, Russian Banana, Haida, White Banana, German Butterball, Bintje, Ruby Crescent, Red LaSoda, Red Pontiac, and Red Cheiftan.

Shopping Tips

- ✓ Look for clean, smooth well-shaped potatoes, free from sprouts.
- ✓ Potatoes should feel firm, the "eyes" (the buds from which sprouts grow) should be few and shallow.
- ✓ The skins should be free of cracks, wrinkles, or dampness.
- ✓ Reject any with green-tinged skins, as well as those with black spots, bruises, or other discolorations.



Handling and Storage

- ♦ Store in a cool, dark, dry place. Light and warmth may cause the potato to sprout.
- ♦ Do not put potatoes in the refrigerator, or anywhere below 45 degrees.
- ♦ Keep the potatoes in a burlap or a brown paper bag.
- ♦ Don't wash potatoes before storing; they will spoil quickly.
- ♦ Do not store onions with potatoes. The gases given off by onions accelerate the decay of potatoes and vice versa.

Preparation

Potatoes can be prepared in many creative ways. The skin is an excellent source of fiber, so try to leave it on.

- ♦ **Baking:** Russets are the best for baking. Do not wrap them in foil as this traps moisture which will steam rather than bake the potatoes. Pierce their skin a few times with a fork before baking. This will allow steam to escape producing dry, fluffy potatoes. Cooking time: 45 to 60 minutes in a 400 degree oven.
- ♦ **Boiling:** To reduce the loss of vitamin C, boil small potatoes whole. Cut larger ones into halves or quarters and leave the skins on. Drop the potatoes into boiling water. Do not start them in cold water or more vitamin C will be lost. Cooking time: 15 to 20 minutes.
- ♦ **Microwaving:** Pierce the potatoes several times with a fork. They may explode if the skins are left intact. Turn or rotate the potatoes halfway through the cooking time. Cooking time: for one potato, 5 minutes; for four potatoes, 13 minutes.



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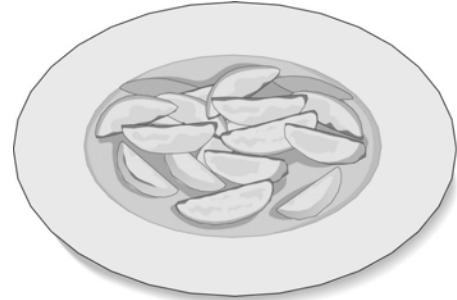
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OVEN FRIES

(4 SERVINGS)

INGREDIENTS:

3 medium/large russet potatoes
2 tablespoons vegetable oil
1 teaspoon salt
Pepper (optional)



DIRECTIONS:

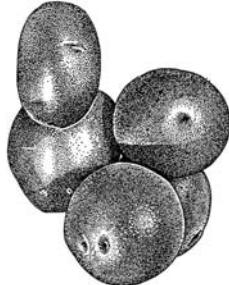
1. Preheat oven to 400 degrees.
2. Wash potatoes well scrubbing any dirt off the skin.
3. Slice potatoes into 1/2-inch wedges.
4. In a large bowl, toss potatoes with oil, salt and pepper.
5. Spread potatoes out on a cookie sheet so that none are overlapping.
6. Bake for 20 minutes. Turn potatoes with a spatula. Bake 20 minutes longer or until golden on each side.
7. Serve.

MAYO-FREE POTATO SALAD

(8 SERVINGS)

INGREDIENTS:

9 large red potatoes
2 dill pickles, chopped
2 green onions, chopped
2 stalks celery, chopped
2 tablespoons dill pickle juice
1/4 teaspoon ground black pepper



DRESSING:

1/2 cup olive oil
1/4 cup red wine vinegar
1 tablespoon Dijon mustard

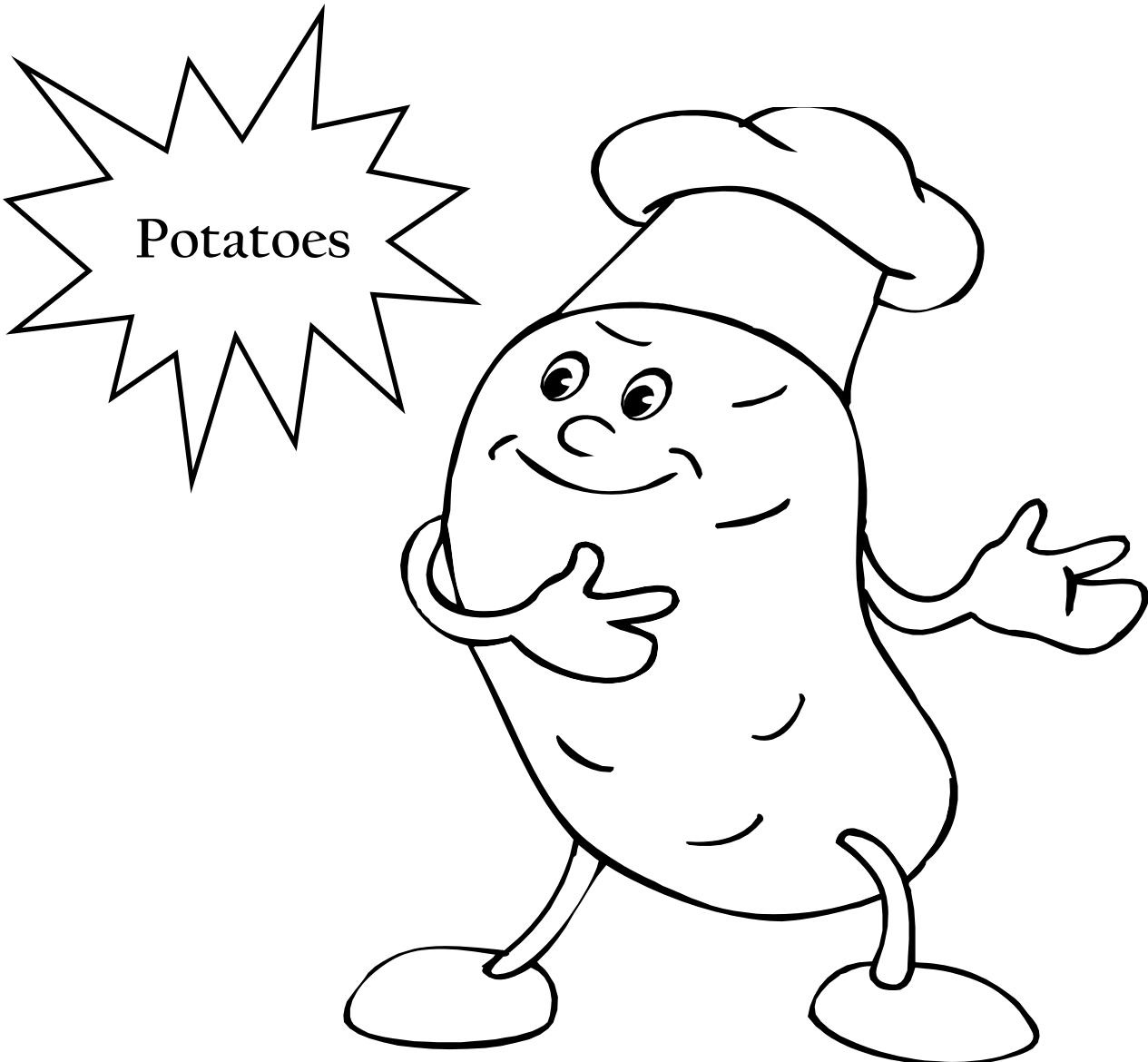
DIRECTIONS:

1. Place the potatoes into a large pot and cover with water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain. Chill the potatoes in cold water and chop into cubes when cool enough to handle.
2. Transfer the potatoes into a large salad bowl and toss lightly with dill pickles, green onions, celery, dill pickle juice, and pepper.
3. In a bowl, whisk together the olive oil, red wine vinegar, and Dijon mustard, and pour the dressing over the potato mixture. Toss again to coat all the ingredients with dressing. Serve immediately or refrigerate until ready to serve.



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Coloring Activity Page for Kids



Nutrition BEST and Let's Eat Healthy! Programs
University of California Cooperative Extension - Placer/Nevada Counties
11477 E Avenue, Auburn, CA 95603
Phone: (530) 889-7350 Fax: (530) 889-7397
Website: <http://ceplacernevada.ucdavis.edu>



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