

### LEARN



Fingerling

### facts

- Spanish translation: *Las papas* • Hmong translation: *Qhos yaj ywm*
- Potatoes have been grown in the Peruvian Andes Mountains of South America since 5000 B.C. Peru is still considered the potato capital of the world and they grow a wide variety of potatoes.
- French fries were first introduced in the United States by Thomas Jefferson during his 1801-1809 presidency when he served them in the White House.
- Potatoes were the first vegetable grown in space! The technology was developed by NASA and the University of Wisconsin-Madison.
- There are more than 1,000 varieties of potatoes grown around the world and more than 100 varieties are grown in the United States. Potatoes are divided into two categories- waxy and floury. Russet potatoes are floury while red, white, and yellow potatoes are waxy.
- Potatoes are not roots but specialized underground storage stems called "tubers."

### EAT



### nutrition & seasonality

#### • Key nutrients:

**Vitamin B6** - Important for immune system and brain function and helps you get energy from your food.

**Vitamin C** - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.

**Potassium** - Helps maintain normal blood pressure.

- Fresh new red potatoes grown in Wisconsin are available from mid-June to August. White potatoes are available August through October. Potatoes can be stored through winter.



Red

### TASTE

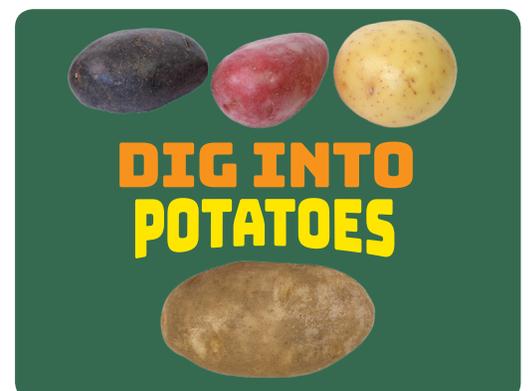


Nutritious,  
Delicious,  
Wisconsin!

### taste testing

Slice a few red, yellow, or white potatoes and steam them. Before handing out the potatoes for kids to try, conduct an experiment. Rub or crush a piece of the steamed potato on a paper bag. Next to it, rub or crush a French fry or potato chip. Which one left a grease/oil/fat spot? Explain that the way potatoes are prepared can be more or less healthy for our bodies. It's ok to eat French fries sometimes, but baked, boiled, or roasted potatoes are prepared with less fat and are healthier choices.

— Activity adapted from U.S. Department of Agriculture, Team Nutrition. USDA does not endorse any products, services, or organizations. Provided by FoodWise.



## FUN



### activity: Three-Part Potatoes

**Objective:** Kids will learn how the potatoes look, how they grow, and what ways they can enjoy eating them.

**Supplies:** A piece of paper cut in half lengthwise, a pencil, color pencils, crayons and/or markers.

**Procedure:** Provide each kid with a piece of paper and instruct them to fold it into thirds. In the first square write "What is it?", in the second square write "How it grows" and in the third square write "How you eat it". Encourage the kids to use their imagination and creativity to draw a picture in each square. Discuss as a class what type of vegetable a potato is (tuber), how it grows (underground), and their favorite ways to eat it.

— Credit: Liliana D Ramirez, FoodWise Nutrition Educator

*This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.*

**Tips for adapting to virtual learning:** This activity can be facilitated virtually if kids have access to paper and pencils, colored pencils, crayons, or markers.

**Share pictures** and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.

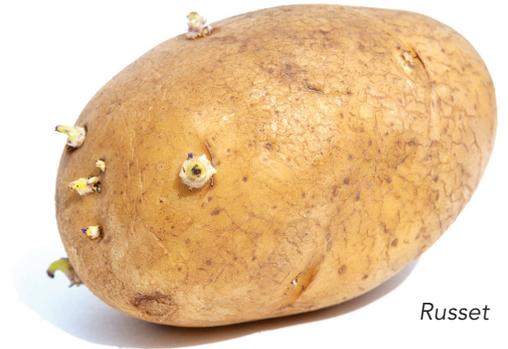


## READ



### books

- *Growing Vegetable Soup* by Lois Ehlert
- *Tops and Bottoms* by Janet Stevens
- *The Vegetables We Eat* by Gail Gibbons
- *Jamie O'Rourke and the Big Potato: An Irish Folktale Board Book* by Tomie dePaola



Russet

### planting

Potatoes are one of the earliest vegetables planted in the garden. Most vegetables grow from seeds, but not potatoes! Potatoes grow from "eyes" on seed potatoes. Seed potatoes may be small whole potatoes or potatoes that are cut into pieces. Each seed potato should have at least one good "eye". Dig a furrow 1-3 inches deep. Place seed potatoes with eyes up, 10-12 inches apart and cover with soil.

### harvesting

Harvest potatoes when the tops of the plants have died and the ground is dry. Dig up the potatoes like buried treasure, making sure not to bruise them.