

LEARN



facts

- Spanish translation: *Las papas*
- Hmong translation: *Qhos yaj ywm*
- Potatoes grow underground.
- Potatoes are not roots, but specialized underground storage stems called "tubers."

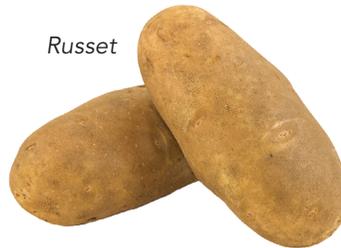


Fingerling

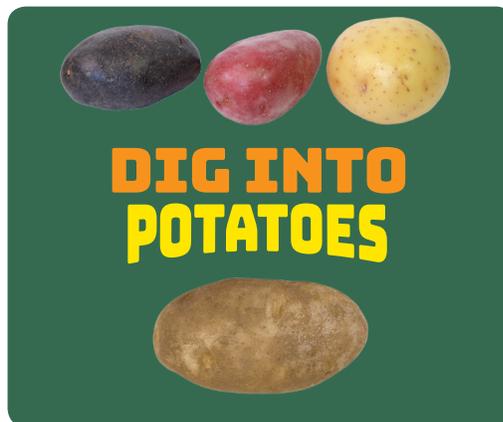
Red



Russet



EAT



nutrition & seasonality

- Potatoes have potassium. Potassium helps maintain normal blood pressure and is important for the heart and kidneys.
Share with children: Potassium helps the heart pump blood around our body.
- 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.

TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

Prepare bite-size pieces of baked or cooked sweet, red, and white skinned potatoes, one per child. Encourage children to taste each of the potatoes. You can also invite children to feel and smell the whole, uncooked potatoes. Ask children how they are the same and how they are different. Ask if children know how potatoes grow (underground).

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



FUN

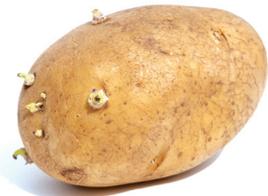


activity: Potato Treasure

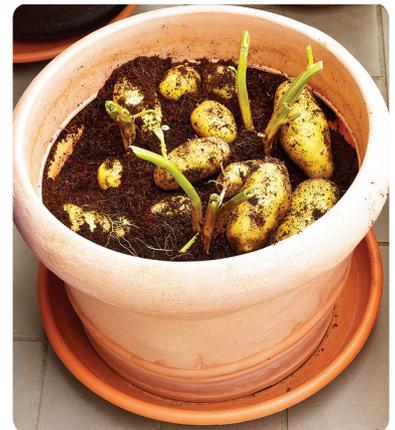
Potatoes can be grown in containers using seed potatoes (described in Garden Connection below). If you are not able to grow potatoes in your classroom, you can pretend to dig up mature potatoes. Grab a bucket and fill it with potting soil. Bury a few different types of potatoes in the soil. Allow children to reach in the bucket and feel around to find the potatoes. Talk about how potatoes grow underground and we have to dig them up, just like buried treasure! Older children can help scrub the potatoes under running water before cooking them as well.

Share pictures

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



"eyes" on a potato



READ



books

- *Up, Down, and Around*
by Katherine Ayres
- *Growing Vegetable Soup*
by Louis Ehler
- *Green Beans, Potatoes, and Even Tomatoes: What is in the Vegetables Group?*
by Brian Cleary



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.