

Potatoes

Storage

Store unwashed and uncut in paper, netting, baskets, or burlap sacks. Keep them in a cool, dry place with good air circulation. Under ideal conditions, potatoes will keep for several months.

Preparation

Wash well in cold water, trim off any spots, and chop to desired sizes. Potatoes can be boiled, steamed, grilled, baked, roasted, mashed and pureed and can also be used in soups and stews.



Nutrition

Potatoes are rich in vitamins and minerals that help improve the nervous systems, brain functioning, and cardiovascular health. It is also beneficial for athletes as it helps muscles with endurance. Many of the nutrients in potatoes are found in their skin so leave the skin on when preparing them to get the most nutrients.

