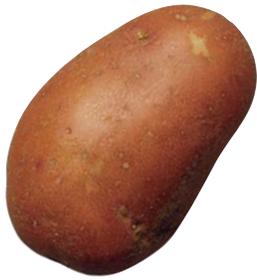




Market Basket of the month

The Market Basket of the Month featured vegetable is **POTATOES**



Simple Serving Tips

Roasted Red Potatoes: Preheat oven to 425 degrees. In large bowl, combine 1 ½ lbs. small red potatoes, washed and cut in half, and 1 T. olive oil. Spread potatoes on baking sheet and bake for about 20 - 30 minutes. Salt and pepper to taste.

Try these variations:

Rosemary-Garlic: Add 1 ½ tsp. crushed rosemary and ¼ tsp. garlic salt to potatoes.

BBQ: Add 2 tsp. of your favorite BBQ seasoning to potatoes.

Produce Tips

- Choose firm potatoes with smooth skin and without sprouts. Avoid those with any green coloring or blemishes.
- Store potatoes in a cool, dark and dry place (not the refrigerator).

Unbelievably Easy Potato Soup

(Serves 4)

Ingredients

- 4 potatoes (large)
- 1 C. chopped celery (include leaves)
- 1 C. chopped onion
- 1 to 2 C. low-fat milk

1. Peel and cube potatoes.
2. Put potatoes, onions, and celery in saucepan.
3. Add water; don't quite cover the vegetables.
4. Bring to a boil, lower heat, cover and simmer for 25 minutes, or until all of the vegetables are vary tender.
5. Using a potato masher or spoon, coarsely crush the potatoes, leaving chunks.
6. Add enough milk to thin to desired thickness.

Adapted from: Food, <http://www.food.com/recipe/unbelievably-easy-potato-soup-74275>.

For locally grown potatoes, visit our Market Basket of the Month partners:

- Brown's Orchards & Farm Market
- Central Market York
- Flinchbaugh's Orchard & Farm Market
- Market & Penn Farmer's Market
- Miller's Plant Farm

Nutrition Facts

Serving Size: 1cup potato, cooked (78g)

Amount per Serving		% Daily Value
Calories 68	Calories from Fat 0	
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 3mg		0%
Total Carbohydrate 16g		5%
Dietary Fiber 1g		6%
Sugars 1g		
Protein 1g		
Vitamin A 0%	Calcium 0%	
Vitamin C 17%	Iron 1%	

Source: www.nutritiondata.com

Let's Move!

Crab Races: Set up a start and finish line. Race against each other while doing the crab walk (hands and feet on the floor, stomach facing up). To make the race more fun, add in obstacles to get around during the race.

Follow the Leader: Play follow the leader and add moves such as jumping jacks, squats, and puch-ups.

Animal Races: Hop like a bunny or a frog, squat and waddle like a duck, or any other animal you prefer. Then race to the finish line.

Just the Facts

- Potatoes are pollinated by insects such as bumblebees.
- The first French fry was supposedly first served in the United States by Thomas Jefferson at a presidential dinner.
- Potatoes were the first food to be grown in space.

Market Basket of the Month is a WellSpan Community Health and Wellness initiative. To view a listing of monthly family newsletters, go to: www.wellspan.org/marketbasket.

