



Potatoes



What is in it for you?

- A good source of Vitamin C
- A source of carbohydrates for energy
- Contains vitamins and other chemicals that help:
 - Regulate blood pressure
 - Lower cholesterol

Produce Tips

- Choose firm potatoes with smooth skin
- Avoid potatoes with green coloring or blemishes
- Store potatoes in a plastic bag with holes or a burlap bag

- Throw out

potatoes that have sprouted or softened

Serving Ideas

- Sprinkle potato chunks or wedges with olive oil and your favorite seasonings, and bake on a baking sheet at 450°F. Stir occasionally until browned, about 20-30 minutes
- Microwave diced potatoes in a small amount of water until tender and add to egg dishes

Fun Facts

- The potato was the first vegetable to travel in outer space
- Potatoes are formed in tubers, an underground stem of the plant
- Sweet potatoes are formed in the true roots of the plant



Market Basket of the Month is coordinated by the Community Health Improvement department of WellSpan Health. For additional serving tips and recipes, go to www.wellspan.org/marketbasket.org or scan the code.

