



# Potatoes

**Plant:** Potatoes can be planted as soon as the soil is able to be worked in the spring. It is important that the soil be warmer as potato plants will not grow until the soil reaches 45° F. If potatoes are grown every year the planting sites must be rotated out. This is called a 3 year program.

**Grow:** Potatoes require full sun to grow well. In order to produce the best crop potatoes should be grown in loose, well-drained soil since they are aggressively rooting plants. Potatoes may grow better if the seeds are placed somewhere warm two weeks prior to planting to induce sprouting.

**Harvest:** When the tops of the potato plants and the vines have died out, the potatoes are ready to be harvested. It is best to dig under the plants with a shovel or spading fork in order to not damage the potatoes in the process.

Nutrition Facts	
Serving Size 1 medium (2" dia, 5" long, raw) (114.0 g)	
Amount Per Serving	
<b>Calories</b> 103	Calories from Fat 2
	% Daily Value <sup>†</sup>
<b>Total Fat</b> 0.2g	0%
Saturated Fat 0.0g	0%
Polyunsaturated Fat 0.1g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 41mg	2%
<b>Total Carbohydrates</b> 23.6g	8%
Dietary Fiber 3.8g	15%
Sugars 7.4g	
<b>Protein</b> 2.3g	
Vitamin A 438%	Vitamin C 37%
Calcium 4%	Iron 4%
* Based on a <a href="#">2000 calorie diet</a> <span style="float: right;"><a href="#">dailyfitnessmagz.com</a></span>	

## Nutritional Information:

Potatoes are low calorie, fat free, nutritious foods. They are high in potassium and vitamin C and contain the nutrients copper, magnesium, and iron. As long as the potato has been cleaned thoroughly the skin can be eaten as the skin is rich in dietary fiber.

## How to Prepare:

Potatoes can be baked and then topped with low-fat cheese, sour cream or salsa. Cottage cheese is another low-fat topping option. They can also be diced and broiled or baked to make homemade French fries or peeled, boiled and mashed. Potatoes can also be cooked on the stove top with onions and green peppers for a flavorful side dish or added to soups and casseroles.



## Caribbean Spiced Roasted Potatoes

**Yields:** 4 servings

**Serving size:** 5 ounces

### **Ingredients**

- 1 and 1/3 pounds Fresh Red Bliss Potatoes
- 1 and 5/8 tablespoon vegetable salad oil
- 1 and 5/8 teaspoon Caribbean jerk seasoning

### **Preparation**

1. Cook potatoes in steam for 15 minutes or until tender. Place still warm potatoes on a baking sheet pan.
2. Combine oil and spice blend. Brush over the potatoes.
3. Bake in a 400 degree F standard oven for 30 minutes or until browned. Turn twice during roasting.
4. Use within 1 -2 days for best results.

### **Nutrition Facts per Serving:**

170 calories, 5 g fat, 28 g carbohydrates, 3 g fiber, 2 g protein