

# HARVEST of the MONTH POTATOES



Harvest of the Month promotes a different MA-grown crop from local farms each month in school cafeterias across the state. To learn more, visit: [massfarmtoschool.org/hotm](http://massfarmtoschool.org/hotm)

Potatoes are a great source of fuel for your body! They give you lots of energy and keep you feeling full all day long.

## Healthy Serving Ideas

- **Roasted Potatoes:** Chop white or sweet potatoes into 1" cubes. Toss with a few tablespoons of olive oil, your favorite seasonings, and roast in the oven at 425°F for 35 minutes, until soft, turning once. For Mexican-inspired flavors, use a blend of cumin, paprika, and garlic powder.
- **Mashed Potatoes:** Add Greek yogurt to your favorite mashed potato recipe, for a creamy, protein rich dish.

## Fun Facts

- Potatoes were the first vegetable to be grown in space.
- People in the U.S. eat an average of 124 lbs of potatoes per year.
- Potatoes were such an important food during the Gold Rush in California, that miners traded them for gold.

## At-Home Activity

### *How Does Heat Affect Taste & Texture?*

Kids will learn how oven temperature and vegetable size affect how vegetables cook. After spending time:

- drawing
- watching a video
- doing a worksheet

Kids will test what they've learned by making a recipe in the kitchen.

Download the activity:

<https://edibleschoolyard.org/resource/roasting-vegetables>

## Where to Find Local Potatoes

MassGrown Map (MDAR)

<https://massnrc.org/farmlocator>

## Harvest of the Month Book Club

Gr. K-5: No Small Potatoes by Tonya Bolden

Gr. 6-8: Potatoes on Rooftops by Hadley Dyer

Gr. 9-12: Potato: The History of the Propitious Esculent  
by John Reader



MASSACHUSETTS



Thank you to Blue Cross Blue Shield of Massachusetts and the Massachusetts Department of Agricultural Resources for helping make Harvest of the Month possible.

## Potato Purchasing Pointers

- Look for firm potatoes with smooth skin and without sprouts. Avoid potatoes with green coloring.
- Store potatoes in a plastic bag with holes. Place in a cool, dark, and dry place - like a cabinet. Do not store potatoes in the refrigerator.

May Preview: Seafood!