December

The Incredible Edible Potato

Just the Facts

- Potatoes are the most popular vegetable grown in the U.S. In WA they are grown in Skagit Valley, the Columbia Basin, and Yakima Valley.
- In 2012 Washington potato growers raised 164,000 acres of potatoes!
- Whole potatoes are very nutritious for us. They are naturally low in calories and fat.
- The potato was the first vegetable to be grown in outer space by astronauts in 1995.

Did You Know?

This month on the school menu you can enjoy POTATOES:
- Diced and roasted
- Mashed
- Baked as fries

Check with your kitchen to see if baked potatoes are served!

Washington is the 2nd top potato-producing state. Many types of potatoes are grown here}

Russets
Fingerlings
Petites
Whites

Reds
Yellows
Purples

For more information, see:
- http://www.potatogoodness.com/
- http://www.potatoes.com

Created by: The EPS Food & Nutrition Services
How do potatoes grow?

Potatoes are planted annually in the spring:

A seed potato is planted underground.

The roots and stems grow out of the eyes of the potato.

The sprout grows leaves and flowers.

The stems grow into potatoes. Potatoes are actually called tubers.

The flowers produce fruit that cannot be eaten.

The potatoes are harvested, (pulled out of the ground), in the Fall.

Scrambled Words:
1. unnalay
2. llaf
3. ubert
4. dees otatopes
5. Otors
6. tsems
7. yees
8. lowersf
9. tifru

DIRECTIONS: Unscramble the scrambled words and write them into the story below. Look at the potato pictures for hints:

Potatoes are planted 1 _____________ in the Spring. They are harvested in the 2 ___________. The potato is actually a stem called a 3 “___________” and grows underground. Potatoes are grown by planting 4 ____________ ______________.

5 ____________ and 6 ____________ grow from the 7 ____________ of the potato. The stem that grows out of the eye is the “tuber” or potato. Potato plants have leaves and 8 _____________. The flowers grow into 9 ____________ that look like green tomatoes but are not edible. When harvested, potatoes are pulled out from the dirt and are sent around the world to be eaten.