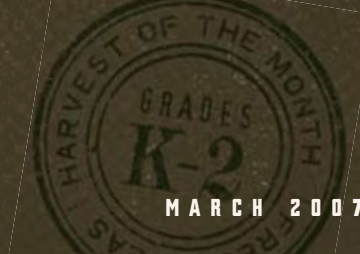


FARM FRESH
HARVEST
 OF THE **MONTH**



MAR 07

POTATOES

POTATO FACTS

- Potatoes belong to the family Solanum (meaning quiet or peaceful), along with tomatoes, eggplants and peppers.
- Potatoes originally came from the high mountains of South America, where they could survive freezing temperatures. The Incas preserved them for year-round use in breads, pancakes and other nutritious meals.
- Along with rice, corn and wheat, potatoes are one of the four most consumed foods in the world today.
- The edible parts of potatoes are the tubers: swollen, underground stems attached to the plant's roots.
- Over 5,000 varieties of potatoes are grown in Peru.
- Most vegetables grow from seeds but potatoes grow from eyes! The eye is a small, dark spot on a potato that produces a shoot, which then becomes a new plant. Pieces of potatoes are saved from each year's harvest and are planted the next year, with the eyes producing the new potatoes.
- Potatoes are the leading source of Vitamin C in the American diet, most of which is concentrated in the potato skin.
- Potatoes are a great source of complex carbohydrates, which are the best source of energy for the body.
- In 1995, the potato was the first vegetable to grow in outer space.

ACTIVITY

Hot Potato!

FOR GRADES K-2

Materials:

Different varieties of potatoes, including one potato that has been allowed to sprout

A radio

Procedure:

- 1) Present the Harvest of the Month to the class, tell them that the potatoes came from a local farm and will be served in the cafeteria that week. Discuss the potato facts and then show the class different varieties of potatoes, explaining that there are many different kinds of potatoes, all having different tastes, shapes and sizes. Show students the potato that has sprouted, drawing attention to how each potato "eye" can grow a new potato.
- 2) Have the class stand in a circle and give one of the students a potato.
- 3) Play music and pass the "hot potato" around the circle. When you stop the music, whoever is holding the potato has to answer a question on potatoes:

What part of potatoes do we eat?

What potato variety are you holding?

Which vitamin does the potato skin contain the most of?

Which continent did potatoes originally come from?

How do you like to eat potatoes?

Can you name a member of the Solanum family, aside from potatoes?

Aside from potatoes, what are one of the four most consumed foods in the world today?

How many eyes does the potato you are holding have?