One half a cup of cooked potatoes is a good source of vitamin C. A half a cup of potatoes is about half of one medium potato. Potatoes are a source of many important vitamins and minerals, such as vitamin B, potassium, and niacin. Niacin is a type of B-vitamin that helps make energy in your body. Eat the potato skin to get all of these different nutrients.

Healthy Serving Ideas

- Bake a whole potato, when tender remove from oven. Cut the potato in half lengthwise and remove most of the insides, then crack an egg and place inside the potato. Bake at 350°F for 25 minutes. Top with cheese, salsa, or herbs.
- Make sweet potato pancakes. Add 1 cup of mashed sweet potato and 1/4 teaspoon of cinnamon to your pancake batter.
- Make roasted garlic & olive oil mashed potatoes. Boil 2 lbs potatoes until tender. Mash with a 2 TB of olive oil. Roast garlic at 425°F for 45 minutes, then squeeze soft cloves into mashed potatoes and add a little salt for a flavorful low fat side dish.

Fun Facts

During the 18th century, potatoes were served as a dessert, hot and salted, in a napkin. Vincent Van Gogh painted four still-life canvases devoted entirely to the potato. Gold Rush miners prized the potato, high in vitamin C, because it prevented scurvy. Men traded gold for the precious potato, ounce for ounce.

Where to Find Local Potatoes in Massachusetts

An excellent list of farm stands, farmers’ markets and stores that carry locally grown potatoes can be found here - http://goo.gl/zUqmdb

Harvest of the Month Book Club

Elementary  Gigantic Sweet Potato by Dianne De Las Casas
Middle  Potatoes on Rooftops: Farming in the City by Hadley Dyer
High School  Grocery: The Buying and Selling of Food in America by Michael Ruhlman

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Look for our May newsletter featuring seafood next month!