



POTATOES

SUMMER



ARKANSAS
Farm to School

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



GROW

To grow new potatoes, use "seed potatoes." Cut the seed potato into pieces that include two or three "eyes," which is where stems develop and sprout new plants. Plant the pieces 10 to 12 inches (in.) apart in a furrow 2 to 3 in. deep. Space rows 24 to 36 in. apart. Harvest after 100 to 120 days, depending on the variety.



PREP

Wash potatoes with cool water. Remove the potato skin depending on your preference. Bake potatoes whole or cut into desired sized pieces. Potatoes may also be boiled, fried, or microwaved. They may also be used as an added ingredient in recipes.



EAT

Start off your day with a homestyle breakfast including hash browns! Enjoy a baked potato loaded up with toppings. Serve fries, tater tots, or wedges alongside a hamburger or other favorite sandwich! Savor a warm bowl of potato soup. Potato salad is a great summer side dish!



LEARN

The Inca cultivated potatoes as early as 500 B.C. in the Andes Mountains. Potatoes are a **vegetable** that are high in fiber, which is important for digestion.

There are over 100 potato varieties. Kennebec, Pontiac, All Blue, and Yukon Gold are popular potato varieties grown in Arkansas.

