

RECYCLE * COMPOST

- * Disease free potato scraps provide a rich nitrogen source, nutrients and moisture to your compost.
- * Vegetable scraps are the "green" additions to your compost.

Composting Resources:

Cornell Waste Management Institute:

<http://cwmi.css.cornell.edu/resources.htm>

Composting at Home publication:

<http://cwmi.ccs.cornell.edu/smallscale.htm>

Potato Salad Supreme

- 6 medium potatoes
- 3 medium celery sticks
- 2 medium carrots
- 1/2 small mild onion
- 1/2 cup plain non-fat yogurt
- 2 Tablespoons reduced calorie mayonnaise
- 1 teaspoon prepared mustard
- salt and pepper to taste

Fill saucepan half full of water; bring to a boil. Peel potatoes (optional) and cut into 3/4-inch chunks. Add to boiling water and cook until tender (about 10 minutes). While potatoes cook, peel and chop celery, carrots, and onion. In small bowl, mix together yogurt, mayonnaise, and mustard.

When potatoes are done, drain them and place them in a large bowl. Add celery, carrots, and onion and stir together. Add yogurt mixture to potato mixture and mix well. Add salt and pepper to taste. Cover and refrigerate to blend flavors.

Yield: 12 servings; serving size 1/2 cup (70 calories, 1gram fat, 0grams trans fat, 2grams fiber, 50 mg sodium)

Potato Pancakes

- 2 eggs, beaten
- 1 Tablespoon milk
- 1 Tablespoon flour
- 1/2 teaspoon salt (optional)
- 3 large potatoes, peeled

In a bowl, mix together eggs, milk, flour, and salt, if desired. Grate potatoes into the bowl and mix. You may need to add additional flour for desired consistency. Drop onto lightly-oiled griddle. Cook over medium heat 5 minutes on each side until potatoes are tender and browned. Serve hot with applesauce, if desired.

Yield: 6 servings; serving size 1 pancake (170 calories, 2 grams fat, 0 grams trans fat, 4 gram fiber, 35 mg sodium)



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Herkimer County Farmers' Markets

<http://blogs.cornell.edu/cceherkimer/programs/local-foods/local-farmers-markets/>



**CREATING
HEALTHY
PLACES**

to LIVE WORK & PLAY

**Cornell Cooperative Extension
Herkimer County**

www.cce.cornell.edu/herkimer



HERKIMER COUNTY
HealthNet

<https://www.healthnetinc.org/>

Creating Healthy Places

Potatoes



Herkimer County Produce Cycle



PLANT * GROW

- * Plant in full sun. Potatoes need at least 6 hours of direct sunlight daily. Do not plant seed potatoes until soil reaches 40°F.
- * Potatoes prefer well drained, light, deep, loose soil high in organic matter.
- * Unlike most vegetables, potatoes grow best in acidic soils with pH 4.8 to 5.5. Use a fertilizer low in nitrogen and high in phosphorus like bone meal.
- * Propagate by planting "eyes" cut from mature potato, tubers from the previous season or seed potatoes.
- * Cut seed potatoes into chunks 1 inch or larger. Each chunk will need one or more "eyes". Plant seed potatoes with "eyes" facing up 8-12" apart.
- * Do not plant where you have grown potatoes, tomatoes, peppers or eggplant in the past 2 years.
- * When potato plants are 6-8 inches tall, "hill" them by covering with loose soil about 1 inch below lower leaves. Repeat hilling process in 2-3 weeks.
- * Hilling prevents sun exposure on potatoes which will turn the skins green.
- * When potato plants "vines" above ground are green, potatoes are still growing. When above ground vines lie down and die, potatoes below ground are ready to harvest.
- * Potatoes need at least 1 inch of water per week. Mulching helps retain soil moisture. Avoid wetting plant foliage when watering to help prevent blight.

- * Potatoes should be left in ground about 2 weeks after vines have died to allow skins to set which increases storage ability.
- * If you have heavy, clay soil consider planting potatoes in raised beds with loose soil.

Cornell University Home Garden Websites:

General gardening:

<http://gardening.cals.cornell.edu/>

Potato specific:

<http://www.gardening.cornell.edu/homegardening/scenec6be.html>

PURCHASE

Local potatoes are available in markets from July to October. Look for smooth, firm potatoes. Avoid potatoes with sprouts, soft spots or green color.

Some potato varieties include:

Russet: lots of starch causes the flesh to separate, creating a fluffy texture when baked.

Red-Skinned: Less starch helps them keep their shape, making for creamy and moist potato salad.

Yukon Gold: A versatile potato with a buttery flavor perfect for any use.

ENJOY YOUR POTATOES

Potatoes contain potassium, Vitamin C, magnesium, phosphorus and fiber.

Green potatoes contain a chemical, solanine, which is toxic in large amounts. Solanine is created when potatoes are exposed to sunlight or artificial light in storage.

Websites for Healthy Eating:

USDA: www.myplate.gov

Cornell University Food & Nutrition Education in Communities (FNEC): <https://fnec.cornell.edu/>

PREPARE

- * Scrub potatoes in cold water with a vegetable brush to remove dirt. Use potatoes with or without peeling.
- * Depending on the variety of potato, you may enjoy them by baking, boiling, microwaving, steaming, and mashing.
- * Potatoes are an excellent addition to soups, stews, frittatas, and stir-fry's.
- * To bake in a microwave oven, pierce 2 potatoes with a fork, then cook on high for about 7 minutes.



PRESERVE

- * Store potatoes in a dry location and at the lowest temperature possible without freezing. A cool, dark, dry cabinet is ideal. Do not refrigerate. Exposure to light may turn skins green and inedible.
- * Do not store apples and potatoes together. Apples will turn mushy.

Food Preservation Websites:

National Center for Home Food Preservation: www.homefoodpreservation.com

CCE Herkimer County Food Preservation Resources: <http://blogs.cornell.edu/cceherkimer/programs/local-foods/food-preservation-resources/>