

# Potatoes

## Harvest of the Month—August



The potato has several English nicknames including *taters*, *murphies*, and *spuds*.

The potato is America's number one vegetable crop (15% of vegetables farm sales receipts).

The most common American main crop variety, the *Russet Burbank potato*, was named after horticulturist Luther Burbank.

Potatoes are a good source of Vitamin C, Vitamin B6 and a source of carbohydrates, fiber, potassium, thiamin, niacin and magnesium.

Vitamin B6 is an important vitamin as it aids the body in the formation of red blood cells.



Tulare County Office of Education  
*Jim Vidak, County Superintendent of Schools*



This material is adapted from Harvest of the Month produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low income households, and can help buy nutritious foods for better health. For food stamp information call, 1-877-847-3663. For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).

## Oven Wedge Fries

(Makes 4 servings at 1 cup each)

Nonstick cooking spray  
2 large russet potatoes cut into wedges  
2 cloves of garlic finely chopped  
1 teaspoon Italian herb dressing mix  
1 teaspoon chili powder or paprika



1. Pre heat oven to 400F.
2. Spray cookie sheet with non stick cooking spray, place potato wedges on cookie sheet.
3. In a small bowl, combine garlic with seasonings. Sprinkle ¼ of the mixture over top of the potato wedges.
4. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over and sprinkle with the remaining mixture.
5. Bake wedges for another 7 minutes or until wedges are brown and cooked through. Serve while hot.

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007*. For more recipes visit: [www.championsforchange.net](http://www.championsforchange.net)



For food stamp information, call 877-847-3663.  
Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity employer and provider.

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## Papas Gruesas Al Horno

(Para 4 porciones de 1 taza cada una)

Aceite en aerosol para cocinar  
2 papas grandes Russet, cortadas en trozos gruesas  
2 dientes de ajo, finamente picados  
1 cda. de condimento italiano de diversas hierbas (Italian herb dressing mix)  
1 cda. de chili en polvo y/o p prika



1. Precaliente el horno a 400 F.
2. Ponga el aceite en aerosol para cocinar en una charola para galletas. Coloque los trozos de papa en la charola.
3. En un t azon, peque o, combine el ajo y el condimento. Espolvoree la mitad de la mezcla encima de las papas.
4. Hornee los trozos de papas por aprox. 7 minutos o hasta que empiecen a dorarse. Voltee las papas y  cheles el resto de la mezcla de ajo y condimento.
5. Hornee por otros 7 minutos o hasta que las papas est n doradas y totalmente cocinadas. Sirva caliente.

Fuente: *Recetas Saludables para Todos los D as, Red para una California Saludable, 2007*. Para m s recetas visite: [www.campeonesdelcambio.net](http://www.campeonesdelcambio.net)

Para informaci n sobre los Cupones para Alimentos, llame al 877-847-3663. Financiado por el *Supplemental Nutrition Assistance Program* del Departamento de Agricultura de los Estados Unidos, un proveedor y que ofrece oportunidades equitativas.



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