



With over a century of growing **potatoes**, Idaho has produced more than any other state every year since 1957, producing 30% of U.S. fall production per year. Bingham county almost produces more **potatoes** than the entire state of Maine! **Potatoes** contribute \$2.5 billion or 15% of Idaho's gross state product.

Idaho has produced a variety of **potatoes** over the years, but the Russet Burbank, which is named after the famed scientist, Luther Burbank, is the most successful. Their high solids and low moisture content make Idaho's Russet **potatoes** superior to those produced in other states. Idaho's climate of warm days and cool nights provides ideal conditions to grow and produce **potatoes**.

In 1837 Henry Spalding, a Presbyterian missionary, planted the first Idaho **potatoes** in Lapwai, Idaho. Today, **potatoes** are grown throughout southern and eastern parts of the state. In 2004, Idaho produced **over 13 billion pounds of potatoes**. If we had to eat all the **potatoes** grown in Idaho, every man, women and child would have to eat **53 potatoes** every single day, all year long! Instead Idaho **potatoes** are exported all over the world.

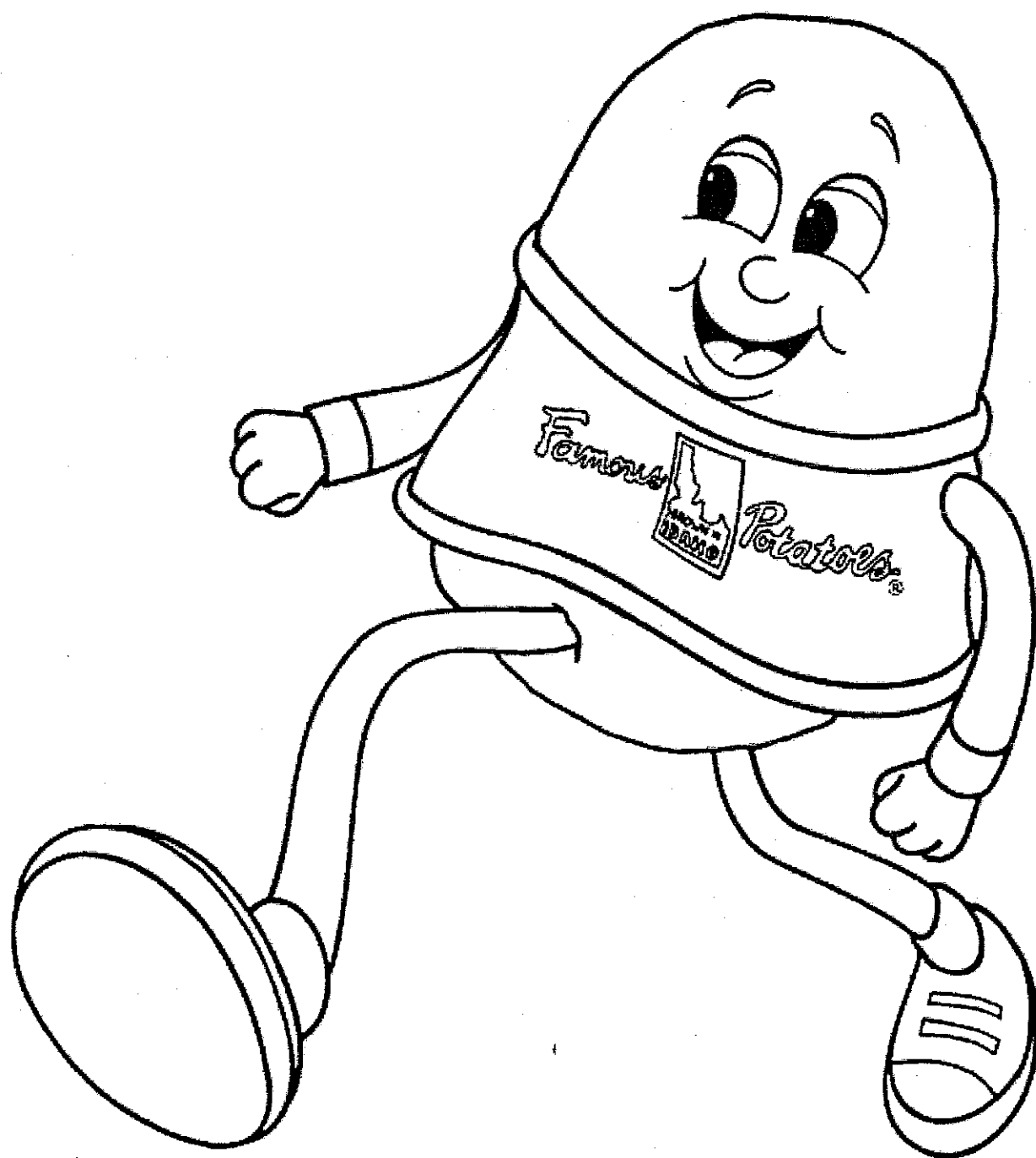


Potato Nutrition Facts:

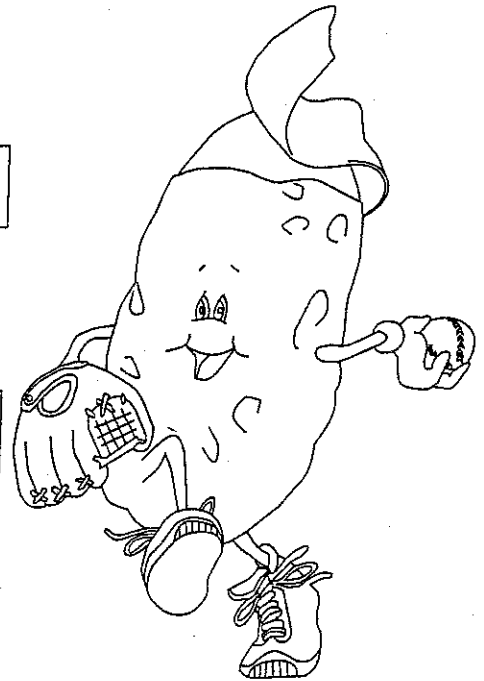
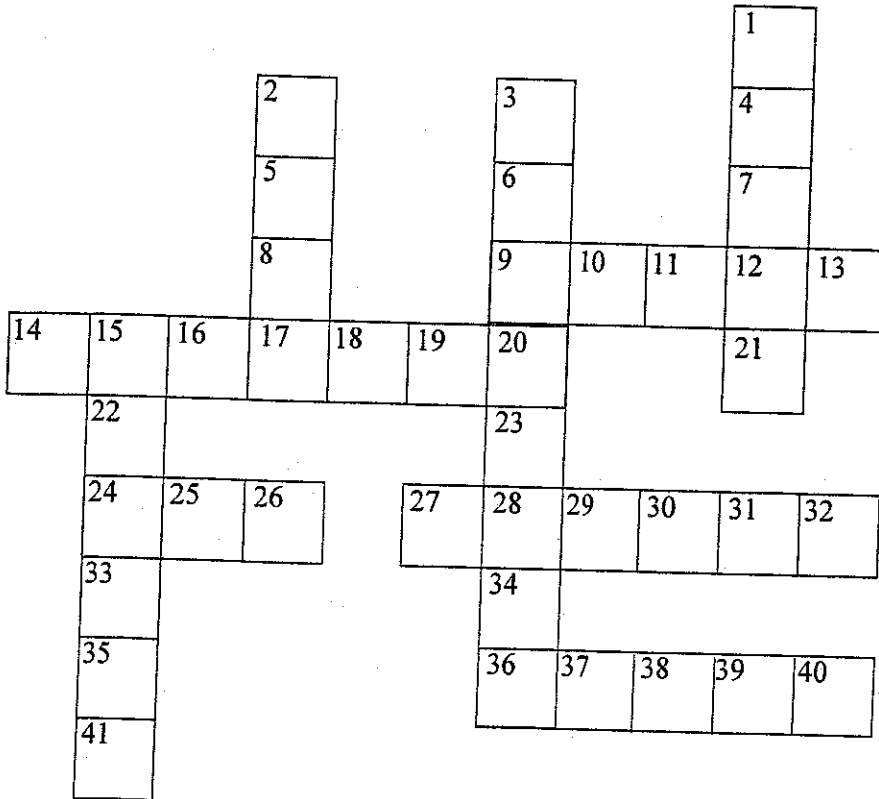
- Fat-free
- Cholesterol-free
- High in vitamin C
- High in potassium
- Excellent source of magnesium and iron
- Good source of vitamin B6 and fiber



Spuddy Buddy Coloring Sheet



Potato Crossword Fun



Across

9. The part of the potato plant that we eat is called a _____
14. In 1621, Captain Nathaniel Butler brought potatoes to _____
24. At home, store potatoes in a cool, dark, and _____ place
27. Every American eats about 126 _____ of potatoes every year.
36. Potatoes are more nutritious when eaten with the _____

DOWN

1. Potatoes are high in vitamin C, potassium, and a good source of _____
2. Potatoes are available _____ round
3. Russet _____ are best when baked or mashed
15. Count 1 _____ potato toward your 5 a day

5 A DAY AND SWEET POTATOES

KIDS ACTIVITY SHEET

Try this fun & easy recipe

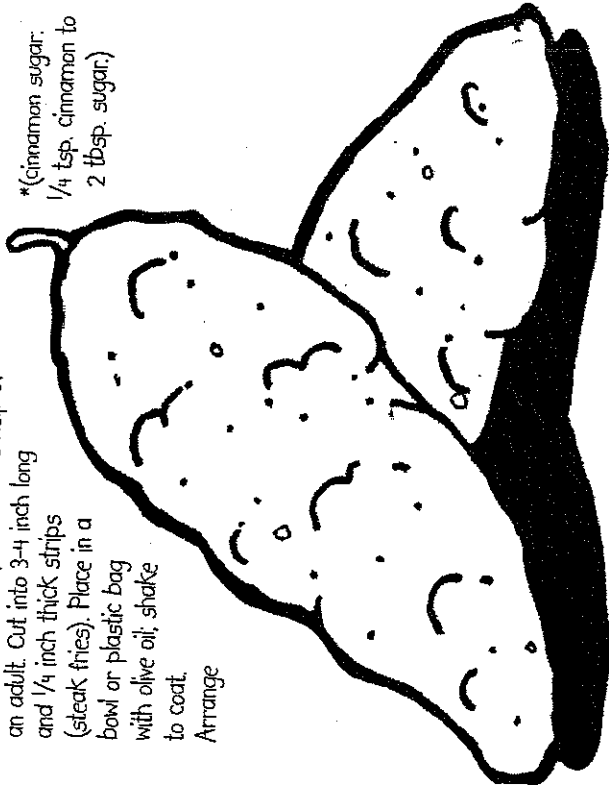
SWEET POTATO "FRIES"

3 medium sweet potatoes (2 lbs.)
2 tps. olive oil
1 - 1/2 tps. salt-free Cajun Creole seasoning (or cinnamon sugar)*
Ketchup (optional)

Wash sweet potatoes, trim ends, and cut out any bad spots with the help of an adult. Cut into 3-4 inch long and 1/4 inch thick strips (steak fries). Place in a bowl or plastic bag with olive oil, shake to coat. Arrange

potato strips in a single layer, skin side down on a non-stick pan. Sprinkle with salt-free Cajun Creole seasoning (or cinnamon sugar)*. Bake at 400° for 30-40 minutes. Serve with Ketchup if desired. Makes 4 servings.
This is an official 5 A Day recipe.

*Cinnamon sugar:
1/4 tsp. cinnamon to
2 tps. sugar.



WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.

1 medium-size fruit = 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
1/2 cup of fresh, frozen, or canned fruit (in 100 percent juice) or vegetables
1 cup of raw leafy vegetables = 1/2 cup of cooked dry peas or beans = 1/4 cup of dried fruit

GROW A SWEET POTATO VINE!

You will need: adult supervisor, a sweet potato (some sweet potatoes have been treated to inhibit sprouting, look for one with little purple bumps on the skin or a few white roots showing), toothpicks, a quart-size glass or plastic jar with wide mouth, and water.
Later you will need: a hanging pot and potting soil.

1. With the help of an adult, pierce the middle of sweet potato with 2 toothpicks, one on each side. (Make sure pointier end of potato faces down into the water.)
2. Place it in jar.

3. Add lukewarm water until it covers half the sweet potato.
4. Place jar in a warm, shady place, making sure to maintain water level.
5. Change water once a week. In about 2 weeks you should see roots. Two weeks later you should see tiny red sprouts.

6. Move plant to a bright window. Leaves will begin to grow. When the growth is 6" high, transplant to hanging pot.

7. Fill pot with potting soil to an inch from the top. Plant sweet potato seedling in the center, and gently pack soil around it. Keep plant in sunny spot and water every couple of days.

Eat 5 or more servings of fruits and vegetables a day for better health

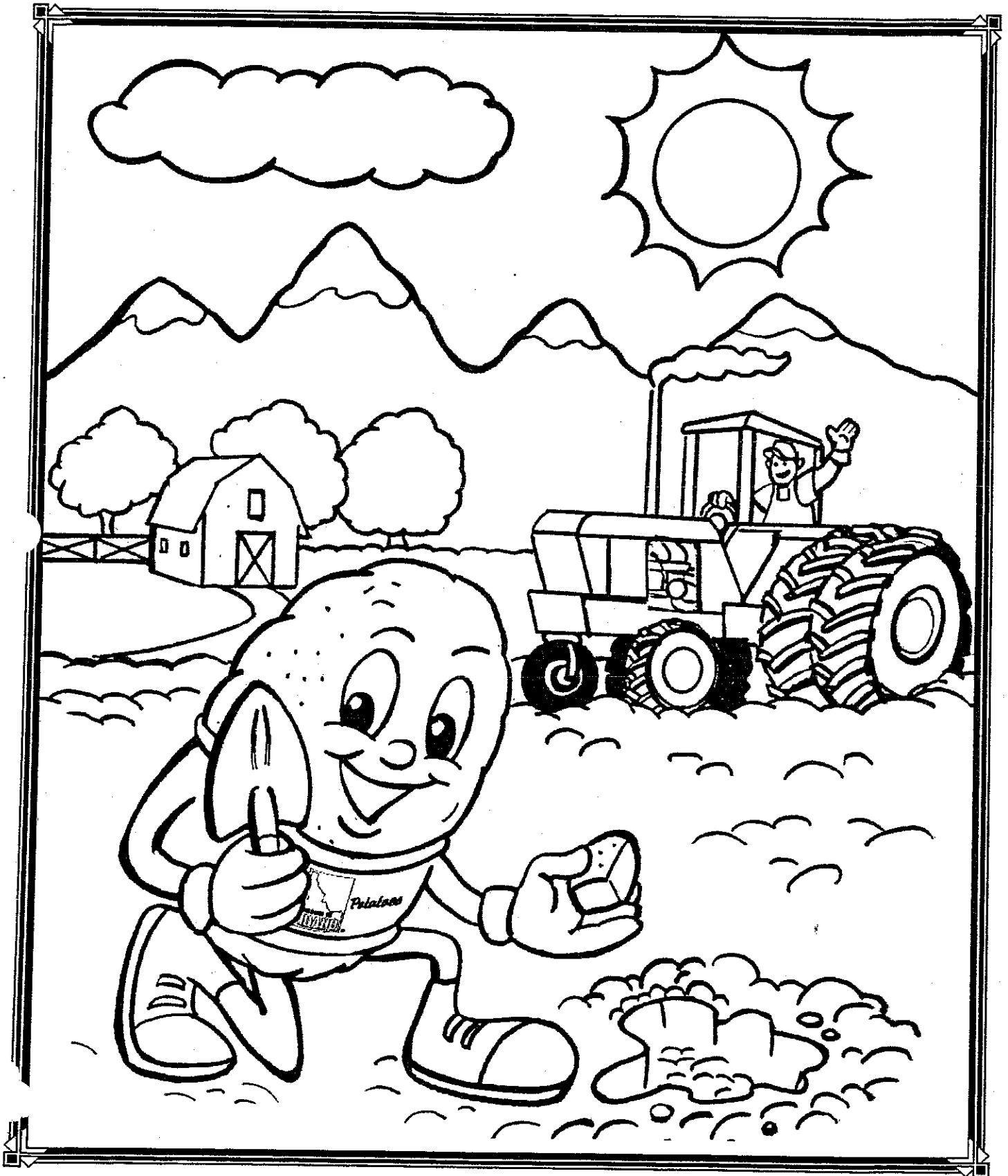


Produce for Better Health
Foundation

302 235 ADAY

**FOR MORE FUN FOR KIDS,
GO TO WWW.5ADAY.COM**

Spuddy Buddy plants a seed potato.



Where do the best potatoes come from?

