

Using and Storing Potatoes

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Purchase potatoes in bulk to get the best buy. They come in three-pound and larger size bags. To get the most food value from your potatoes — store them right.

HOW TO STORE POTATOES

1. Handle them gently. Bumps and bruises turn potatoes dark and cause them to rot.
2. The best way to store potatoes is in a cool, dark place.
3. **Don't** store potatoes in the refrigerator. Refrigerator temperatures turn the starch in potatoes to sugar, giving them a sweet taste and dark color when cooked.
4. **Don't** store potatoes in a warm place. Warm temperatures make potatoes sprout and shrivel.
5. **Don't** store potatoes in the light. Light causes potatoes to turn green and have a bitter flavor.

The ideal storage temperature is 45°-55°F.

A good place might be:

- a cool basement
- a storage cellar
- a garage



When properly stored, potatoes will remain fresh up to one month.

HOW TO USE POTATOES

Potatoes can be served many ways:

- baked
- boiled
 - mashed
 - pan roasted
 - steamed
 - or french fried

However you serve them:

- Scrub potatoes gently with a vegetable brush or sponge to clean

and

- leave the peeling on during cooking to conserve nutrients

or

- peel the potatoes, trying to keep the peeling as thin as possible

POTATOES ARE GOOD FOR YOU

Potatoes are a good source of vitamin C and B vitamins. If you are on a special diet, remember potatoes are low in fat and sodium.

Potato Recipes

OLD FASHIONED POTATO SOUP

(this recipe makes enough for 4 people)

- 2 tablespoons oil
 - 1 medium onion, chopped
 - 3 stalks celery, chopped
 - 3 medium or 2 large potatoes, peeled and diced
 - 4 cups water
 - 1 bay leaf
 - 1 cup nonfat dry milk
 - 2 tablespoons margarine
 - salt and pepper to taste
1. In a large kettle, saute onion and celery in oil until tender.
 2. Add potatoes, water, and bay leaf and cook until potatoes are tender; about 30 minutes.
 3. Let cool briefly and then add milk, margarine, salt, and pepper.
 4. Heat through but do not boil.

For a warm, delicious lunch serve potato soup with grilled cheese sandwiches.

SCALLOPED POTATOES

(this recipe makes enough for 6 people)

- 6 to 8 medium potatoes, pared and thinly sliced (6 cups)
 - $\frac{1}{4}$ cup finely chopped onion
 - $\frac{1}{2}$ cup all-purpose flour
 - $1\frac{1}{2}$ teaspoons salt
 - $\frac{1}{8}$ teaspoon pepper
 - 2 cups milk
1. Layer half the potatoes in a lightly greased baking dish.
 2. Add half the onion and sift half the flour over the top. Sprinkle with half the seasonings.
 3. Repeat layers.
 4. Pour milk over all.
 5. Cover and bake at 350°F. for $1\frac{1}{4}$ to $1\frac{1}{2}$ hours.
 6. Uncover potatoes and bake 15 minutes longer.

Scalloped potatoes are good for dinner served with ham and a green vegetable.

POTATO PANCAKES

(this recipe makes about 16 pancakes)

- 4 cups shredded potatoes (about 4 medium)
 - 2 eggs, beaten
 - 1 small onion, finely chopped
 - $\frac{1}{4}$ cup flour
 - 1 teaspoon salt
 - $\frac{1}{4}$ cup oil
1. Mix potatoes, eggs, onion, flour, and salt.
 2. Heat oil in a large skillet until hot.
 3. Pour out $\frac{1}{4}$ cup batter for each pancake.
 4. Flatten each with spatula into pancake about 4 inches around.
 5. Cook pancakes until golden brown, about 2 minutes on each side. Add more oil if necessary to prevent sticking.
 6. Keep warm while making other pancakes.

Serve potato pancakes as a side dish with sausages and applesauce.

POTATO SALAD

(this recipe makes enough for 6 people)

- $2\frac{1}{2}$ cups diced cooked potatoes
 - $\frac{1}{2}$ cup chopped onion
 - $\frac{1}{4}$ cup chopped celery
 - $\frac{1}{2}$ cup salad dressing or mayonnaise
 - 1 tablespoon mustard
 - 1 hard-cooked egg, sliced
 - salt and pepper to taste
1. Combine all ingredients and mix thoroughly.
 2. Cover and chill several hours before serving.

Serve potato salad for lunch or dinner with sandwiches or hamburgers.