

OREGON POTATOES

Potatoes are usually grown from “seed potatoes,” which are either small potatoes or pieces of potatoes.

Potatoes are the number one vegetable crop grown in the United States.



NUTRIENTS FOUND IN POTATOES

- ~ Potatoes are a good source of vitamin B6, which helps the body turn food into energy.
- ~ Potatoes are an excellent source of vitamin C, which helps maintain a healthy immune system.
- ~ Potatoes are also a good source of potassium, which is important for healthy brain and muscle function.

During the California gold rush, surplus potatoes were transported by mule from Oregon to feed the hungry miners in California.



Oregon's potato harvest runs from mid-July to October.



The average American eats 140 pounds of potatoes per year.



Potatoes are an extremely affordable source of nutrients, especially when they are prepared with their skin.



This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. © 2015 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.