



## **OREGON DEPARTMENT OF AGRICULTURE**

### **INTRODUCING... OREGON POTATOES**

Potatoes are Oregon's state vegetable. With 376 farms spanning 45,000 acres (18,200 hectares), Oregon grows more potatoes than any other vegetable: 2.75 billion pounds (1.2 billion kilos) in 2023. Oregon is the 4th largest state in U.S. potato production.

Potatoes can be roasted, baked, boiled, or fried. They are enjoyed in many ways: skin-on or peeled, whole or cut up, with seasonings or without, hot or cold, as part of the main dish or a tasty side dish. Versatile potatoes have become part of many cuisines around the world.

Most Oregon potatoes (about 80%) are processed into frozen products, potato chips, or dehydrated potato products. On a national level, 39% of potatoes are frozen, 26% are fresh, 22% become chips, and 7% are dehydrated.



### **EFFICIENT POTATO PROCESSING**

Oregon is home to more than 10 potato processors. Having multiple types of processors all close together allows for a more sustainable and reliable food system. The food system only has the capacity to store, distribute, and consume a certain volume of fresh potatoes. Food processors efficiently convert fresh potatoes into products that have a longer shelf-life and are more readily used by restaurants, savored by consumers, or further transformed into new products. Different processor types utilize different grades or parts of potatoes to ensure that no part of the potato is wasted. Potatoes that are not the right size or shape for one processor, like a French fry maker, are redirected to another processor to become

a different product, such as dehydrated potato products. Potato starches can be upcycled into serving ware like forks that will decompose over time. Even potato peels and bits that do not meet food processors' requirements are sometimes used to feed animals like pigs and cattle.

### **NUTRITION**

Potatoes are one of the most nutritious foods you can eat. A potato has fewer calories than a grapefruit, more potassium than a banana, and more iron than any other vegetable. Potatoes are high in carbohydrates, which are a great source of energy. Potatoes are also a great source of fiber, which is important for gut and heart health. They are a good source of vitamin C and B6 and are naturally cholesterol-free, low in sodium, and fat-free.

**Potatoes are nutrient-dense vegetables that provide energy, potassium, and vitamin C. Endurance athletes around the globe and ordinary people working to stay fit have discovered the nutritive value of potatoes.**



## VARIETIES OF POTATOES

### RUSSET

Russets are the most widely grown and well-known potato in Oregon. They have brown skin and a white center. They are a large potato with a dry, fluffy texture. Chefs and home cooks love this variety for its excellent taste when baked or mashed.

Russets are widely grown in Oregon because they freeze and dehydrate very well. Many types of russets have been developed over the last century and a half expressly for processing. Oregon researchers around the state are dedicated to developing the best russet potatoes for the best processed potato products.

### RED

Red potatoes have a red skin and white center. They stay firmer when cooked, have a creamy texture, and a sweeter flavor than russets. Red potatoes are a relatively small variety.

### WHITE ROUND POTATOES FOR CHIPPING

Oregon grows many specialized potato varieties that are expressly bred to make the best potato chips. These special chipping stock potatoes include Atlantic, Waneta, and Lamoka.

### YELLOW

Yellow potatoes have yellowish skin and centers. They may vary in size, but the buttery and smooth texture remains a constant. They

are great for mashed or grilled potatoes as well as in soup.

### FINGERLING

Fingerling potatoes are long with a narrow diameter. They come in many colors: red, orange, purple, and white. Fun fingerling varieties include Purple Fiesta, French Fingerling, and Russian Banana. Since these colorful varieties are less commonly grown and used, this makes them even more remarkable. They are beautiful for roasting whole and sliced in salads.



### Learn More

Oregon Potato Commission:  
[oregonspuds.com](http://oregonspuds.com)  
Potatoes USA:  
[potatoesusa.com](http://potatoesusa.com)

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### Agricultural Development & Marketing Program



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