# Potatoes

## Fast Facts

- Wisconsin ranks **3rd** in the nation in potato production.
- Wisconsin harvests more than **67,000** acres of potatoes.
- Potatoes are sometimes called **spuds**.
- In the **1840s** a major outbreak of **potato blight**, a plant disease, swept through Europe, wiping out the potato crop in many countries.

## How to grow potatoes.

Potatoes are usually **grown from other potatoes**.

Potatoes can be planted as a whole, small potato or a piece of a larger one for a new plant. The whole potato or cut piece has several slightly recessed, dormant buds or **'eyes'** on the surface.

**Buds will sprout** when the conditions are right, whether the potatoes are in the ground or in a kitchen cupboard. The sprouts can even develop into independent plants.

## Potatoes in Wisconsin

There is a state-of-the-art seed potato farm in Rhinelander. This facility employs the potato industry's top researchers who test and develop tomorrow's potato varieties. And our continuing partnership with University of Wisconsin researchers contributes to Wisconsin's position as a global leader in the development and production of potato varieties, as well as an eco-friendly potato brand – Healthy Grown®.

Image source: Wisconsin Potato and Vegetable Growers Association
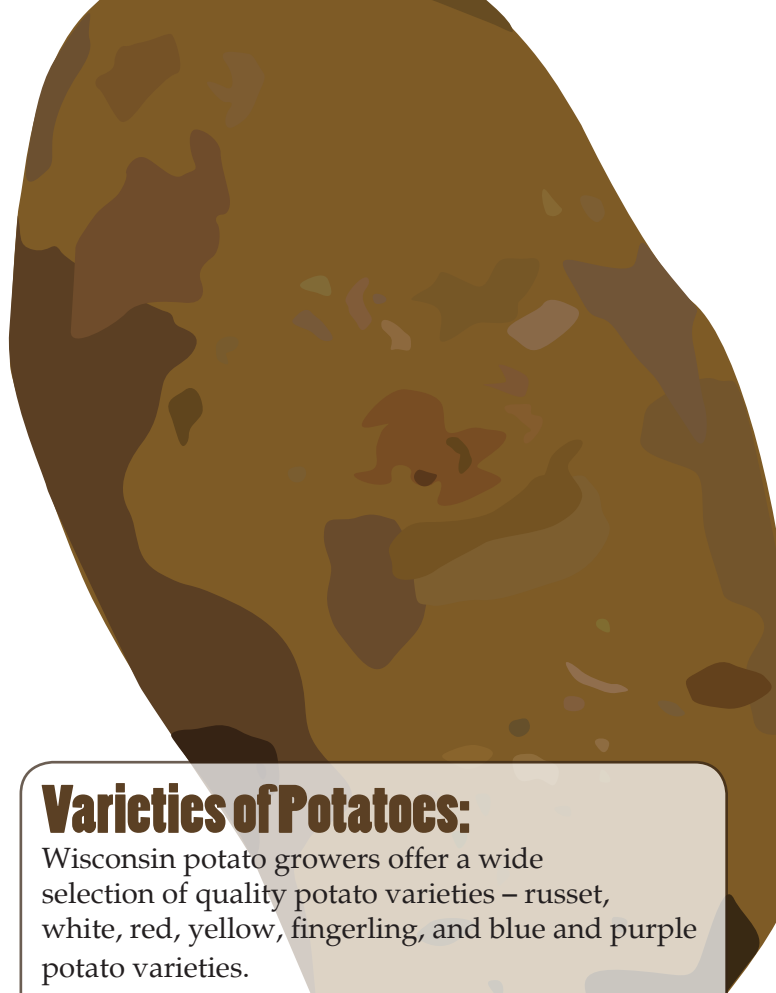
## Varieties of Potatoes:

Wisconsin potato growers offer a wide selection of quality potato varieties – russet, white, red, yellow, fingerling, and blue and purple potato varieties.

## Common Varieties are best for:

Russet: baking, mashing, roasted
White: mashing, steaming, salads
Yellow: boiling, mashing, steaming, salads
Red: roasting, mashing, salads, soups/stews
Fingerling: pan-frying, roasting, salads
Purple and Blue: roasting, grilling, salads, baking

However, you can't forget about other ways to eat potatoes like hash browns and potato salad.

## Health Benefits

The **protein** in potatoes is approximately 3 grams per potato with **zero cholesterol**. One 7 oz. baked potato has more **potassium** than a banana! Potatoes are a good source of **Vitamin C**, **iron** and **fiber**.