

Farm to Head Start

Family Newsletter

11/15/2018

Issue #6

Farm to Head Start Update

Although the weather continues to change, and the growing season is over for most of Minnesota's fruits and vegetables, late-fall crops are at their peak! Students at Reach Up can look forward to tasting and learning about the almighty potato, America's most popular vegetable! Potatoes are highly nutritious (especially when

eaten with the skin) and are delicious when prepared in a variety of different ways. Beginning on November 19, children will see potatoes as part of their lunches and snacks. To supplement the taste tests, classroom activities centered around potatoes will also be featured during that time.

Featured Vegetable: Potatoes!



The chill of fall is in the air! The days are getting shorter but our local produce is as bountiful as ever. During the second half of November, your child will be enjoying fresh local potatoes. Potatoes are high in vitamins C, B6, potassium and fiber. Potato skins are also high in antioxidants, so don't leave them uneaten! These nutrient-dense veggies are popular with the American consumer: the average American eats approximately 124 pounds of potatoes every year! Potatoes taste great roasted, mashed, boiled, or fried; they're also great added to soups or salads.

Did You Know?

Potatoes were first grown in modern-day Peru and Bolivia about 10,000 years ago!



Recipe: Perfect Holiday Mashed Potatoes

Leave skin on or peel three medium (5 to 6-ounce) potatoes. Cut into 1-inch chunks.

Place potato pieces in medium pot and pour over enough water (or reduced-sodium broth) to cover.

Set pan over high heat and bring to a boil. Boil 10 minutes, or until tender.

Drain, then shake potatoes over low heat for 1 minute to dry. Mash with potato masher or fork.

Serves 4

Source: Potatoes USA

Reach-Up
Head Start
Early Head Start 

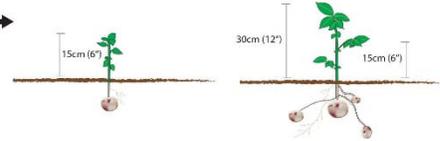
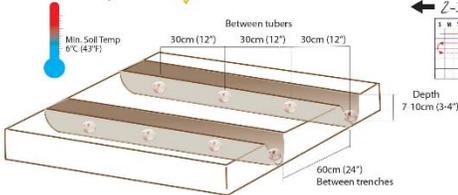
How do potatoes grow?



How to grow potatoes in the ground

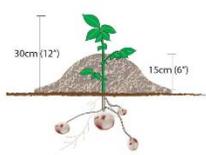


1 Place in ground



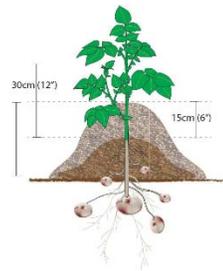
2 Hill up

When the plants have 30cm (12") of growth above the soil, add 15cm (6") more soil around the base of the plants (ok if it covers lower leaves).

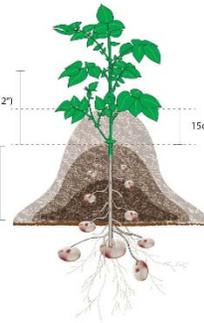


3 Hill up Again

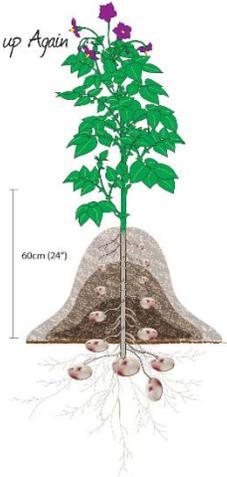
When the plants have grown another 30cm (12") above the soil, repeat the process. Add another 15cm (6") of soil around the base of the plants.



4 Hill up Again



5 Hill up Again



Oven roasted potatoes

Ingredients

- 2 pounds potatoes (red or white with skins intact)
- 2 tablespoons olive oil
- 2 tablespoons rosemary (fresh minced leaves)
- 1 teaspoon garlic (chopped)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



Preparation

1. Preheat the oven to 425F.
2. Wash the potatoes and allow them to dry. You don't need to peel the potatoes, but you may wish to cut out the eyes or any surface blemishes.
3. Baby potatoes may be left whole, but large potatoes should be cut into 2-inch pieces.
4. Place the potatoes in a baking dish and drizzle the olive oil over the potatoes. Add rosemary, garlic, salt, and pepper.
5. Toss the potatoes with a large spoon until the potatoes are coated with the oil and seasonings. Roast the potatoes uncovered for 45 minutes to one hour. Turn the potatoes occasionally during the cooking time. The potatoes are done when the flesh is soft and easily pierced with a fork.