

Potatoes

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Irish potatoes are one of America's most popular vegetables—the average American eats about 125 pounds of potatoes and potato products each year. The edible part of the plant is an underground stem called a tuber (not a root). Irish potatoes contain 2% protein and 18% starch. They are an inexpensive source of carbohydrates and—when prepared properly—provide good amounts of vitamins and minerals.

Grow it

Varieties

- The most common varieties are Red LaSoda and Kennebec.

Soil Preparation

- Spade the soil 8 to 12 inches deep, turning the earth over to cover all plant material.
- Work the soil into beds 10 to 12 inches high and 36 inches apart to improve drainage.

Fertilizing

- Because potatoes need adequate fertilizer early in the season, apply most of the fertilizer just before planting.
- Sprinkle $\frac{1}{3}$ cup of 15-5-10 fertilizer or $\frac{1}{4}$ to $\frac{1}{3}$ cup of organic fertilizer per 10 feet of row alongside the plants. Scratch it into the surface inch of soil when the plants are 4 inches tall.



Planting

- Purchase “seed potatoes” from your local nursery. Cut the potatoes into quarters. Each quarter should contain at least one bud or “eye.”
- Space the pieces 10 to 12 inches apart in a 6-inch deep trench down the row and cover them with 2 to 3 inches of soil.

Watering

- During growth, keep the soil moisture supply constant.

Care During the Season

- All tubers produced on a potato plant arise from above the seed piece. Soil must be pulled toward the plant as it grows. This gives the tubers a place to form. As the potatoes enlarge, they must be protected from sunlight or they will turn green. Apply a thick layer of mulch or soil when the plants are 8 to 10 inches tall to block sunlight, reduce soil temperature, and increase yield and quality.

Harvesting

- Potatoes are ready to harvest when the tops begin to die.
- You can harvest small “new potatoes” during the growing season by carefully digging beside the plants with your fingers.
- To harvest potatoes, dig under the plants with a shovel or spading fork.

Raise the plants and shake away the soil.

- Pull the potatoes from the vines and handle them carefully to prevent damage. Damaged potatoes do not store well.

Insects & Diseases

- If something does not look right with your plant, contact your county Extension agent for more information.

Storing and Serving

- Allow the potatoes to dry. Store them in a cool spot with plenty of air movement.
- Peel away the green areas on potatoes before cooking.



full



loose, well
drained soil

continued 

Buy it

- All potato varieties should be clean, firm, smooth, dry, and uniform in size.

Use it

One-Dish Chicken Green Beans and Potatoes

Course: Main Dish

Serves: 4

Ingredients

- 4 medium red potatoes, cut
- 2 cups fresh green beans, cut
- 1 lb chicken breast
- ¼ cup olive oil
- 1Tbsp Italian seasoning blend

Instructions

1. Cut green beans into bite-sized pieces.
2. Line one side of the pan with green beans.
3. Cut potatoes into bite-sized pieces.
4. Line the opposite side of pan with the potatoes.
5. Line the chicken breasts down the middle of the baking dish.
6. Evenly distribute olive oil over the green beans, potatoes, and chicken.
7. Sprinkle Italian seasoning blend over the entire pan.
8. Cover with foil and bake for 1 hr at 350° F.

Recipes provided by Dinner Tonight. For nutritional information:

<https://dinnertonight.tamu.edu/recipe/one-dish-chicken-green-beans-potatoes/>

<https://dinnertonight.tamu.edu/recipe/cheese-broccoli-ranch-mashed-potatoes/>

Learn about it

- Potatoes are free of fat, saturated fat, sodium, and cholesterol.

Store it

- Store potatoes in a cool, dark, well ventilated place for use within 3 to 5 weeks.

Cheese Broccoli Ranch Mashed Potatoes

Course: Side Dish

Serves: 6

Ingredients

- 3 medium russet potatoes
- 1 ½ cups frozen broccoli florets
- ¾ cup low-fat cottage cheese
- 6 Tbsp low-fat ranch dressing
- ¾ cup low-fat milk
- salt and pepper

Instructions

1. Wash your hands and clean your cooking area.
2. Scrub and peel potatoes.
3. Place whole potatoes in a large, microwave-safe bowl.
4. Add frozen broccoli on top.
5. Completely cover bowl with a microwave-safe plate.
6. Microwave for 12 min. on high or until the potatoes are tender.
7. Use a towel or oven safe gloves to carefully take off plate and remove bowl from microwave. Use extra caution to avoid steam.
8. Use potato masher to break up the potatoes and broccoli.
9. Stir in cheese, ranch dressing, and milk.
10. Add salt and pepper to taste.
11. You can top the potato mixture with sprinkled cheese.

112 pounds
of potatoes are eaten by
each American a year,
according to the USDA.


POTATOES

- They are a recommended source of Vitamin C and potassium.

Information gathered by Aggie Horticulture

