



Potatoes

Sources

Handouts & Table tent

- Potato History - Origin and History of Potatoes, Vegetable Facts (<https://vegetablefacts.net/potato-history/>)
- Powerful Potato, National Agriculture in the Classroom (<https://agclassroom.org/what-is-a-potato/>)
- Potato-Curriculum.pdf, Raising Nebraska (<https://raisingnebraska.net/potato-curriculum.pdf>)
- Montana increases acres dedicated to growing seed potatoes, Ag Update (<https://www.agupdate.com/montana-increases-acres-dedicated-to-growing-seed-potatoes/>)
- Potato | Definition, Plant, Origin, & Facts, Britannica (<https://www.britannica.com/plant/potato>)
- Potato Facts, Idaho Potato Museum (<https://www.idahopotatomuseum.com/potato-facts/>)
- MSU Extension Nutrition, Montana State University (<https://www.montana.edu/extension/nutrition/potatoes.html>)
- Montana Seed Potato Certification - Seed Potato Certification Program, Montana State University (<https://montanaspud.org/montana-seed-potato-certification/>)
- Growing potatoes in home gardens, UMN Extension (<https://extension.umn.edu/vegetables/growing-potatoes-home-gardens>)
- Potatoes, Food Hero (<https://foodhero.org/recipes/potatoes>)
- Potato Food Fact Sheet, MSU (<https://naturefilm.montana.edu/extension/nutrition/nutrition-cooking-culture/food-fact-sheets/potato.html>)
- Freezing Potatoes, Penn State Extension (<https://extension.psu.edu/freezing-potatoes>)
- How to Use Dehydrated Foods, MU Extension (<https://missouri.edu/food-safety/dehydrated-foods>)
- Potato health benefits and why you should eat more spuds, UC Davis (<https://www.ucdavis.edu/health-benefits-of-potatoes>)
- The Nutritional Value of Potatoes, EUFIC (<https://www.eufic.org/en/food-safety/food-nutrition/potatoes-nutrition>)
- Colorado Potato Association, (<https://www.coloradopotato.org/>)

Dig Deeper

Get more information, register, or download resources:

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- How to Choose the Right Potato for Recipes, Allrecipes (<https://www.allrecipes.com/article/how-to-choose-the-right-potato-for-recipes/>)
- Potato Printing for Kids: How to Make Potato Prints, Artful Parent (<https://artfulparent.com/potato-printing-for-kids-how-to-make-potato-prints/>)



The Montana Harvest of the Month Program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Montana Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Montana State University, AgCorps, Montana Department of Agriculture, and Abundant Montana. More information and resources are available at mtharvestofthemonth.org. This project is possible with funding from the Montana Department of Agriculture's Specialty Crop Block Grant Program.