Potato

What am I?

A potato is a starchy, root vegetable that can be prepared in a variety of ways! It is used to make mashed potatoes, cheesy potatoes, baked potatoes, potato soup, hashbrowns, and more! Potatoes can be eaten with or without the skin but need to be cooked before being consumed.

How do I grow?

- Potatoes are grown in every state in the United States! Wisconsin is one of the largest producers of potatoes.
- They grow underground and are called 'tubers'.

Nutrition Facts

Potatoes contain carbohydrates which our body uses for energy. Potatoes area also a rich source of potassium. Your body requires potassium for healthy heart function.

Fun Facts

- The peel contains most of the nutrition that your body needs so try and eat more potatoes with the skin on!
- There are two categories of potatoes: waxy & floury

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