



Potato

Planting in the Garden

When to Plant: Two weeks prior to last frost date when soil temp is above 40'. Plant seed potatoes with at least 2 eyes in a trench 6-8" deep.

Recommended garden type and methods: Direct sow, hoop house, field grown.

Spacing: 12" – 15" apart

Companion plants: Cabbage, corn, herbs, horseradish

Harvesting

1 seed potato = 8 to 10 potatoes, or 3-4 lbs.

Days to Harvest: 50-100 days

Directions: Harvest before frost by digging up the row carefully to not puncture the potatoes. Brush off excess soil. Place in a cool room 45'-60' for 2 weeks. Then brush off remaining soil and store in the dark, cool and well-ventilated room. Wash just prior to eating.

Use in the Kitchen

Vegetable subgroup: Starchy

Preparation: Scrub or wash, dice (removing the peel is not necessary)

Menu Planning Ideas: Roast with fresh herbs, mashed, in soup, stews

Suggested Flavor Enhancers: Rosemary, thyme, garlic



The Lifecycle of Farm to School

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