



## The Vegetable of the Month is the POTATO!

The potato plant is a vine that grows above ground with potato tubers that grow from the roots under ground.

The Symara Indians in Peru were the first people to cultivate the potato over 4000 years ago. They developed over two hundred varieties.

The potato got its name from the American Indian word "Batata".

In 1845 and 1846 the potato crop in Ireland was devastated by fungus, causing the Irish Potato Famine. Millions of people left Ireland during this time, and some of them settled in the Boston area.

The potato is now a very common food item worldwide; it is grown in about 125 countries worldwide. In the United States, potatoes are grown in all 50 states.

Potatoes are a good source of **Vitamin C**, **Vitamin B6**, **potassium** and **fiber**. They are low in calories and low in fat. To get the most nutrition out of potatoes, eat them with the skin on.



**Look for Potatoes on  
the lunch line this month.  
Potatoes are great  
baked, mashed, or roasted.**

