

THE SPUD SYLLABUS

All About Fresh Washington Potatoes



Nutrition today. Good health tomorrow.®



Potatoes have been food for mankind for thousands of years, traveling the globe from civilization to civilization, country to country. Ancient drawings tell of their cultivation and harvest by the Incas high up in the Andes in 2,000 or so BC. Amazingly, the Incas preserved their spuds by the earliest known form of freeze-drying, thanks to their high-altitude, chilly environs.

Spanish explorers to South America took plants home with them at the end of the 16th century and grew potatoes in Northern Spain. Sir Walter Raleigh, among other deeds, introduced the potato to Ireland in 1589.

Spuds made the journey back across the Atlantic with settlers to the Jamestown colony in 1621, and the first permanent potato patches were recorded in 1719 in New Hampshire.

Europe, after some early and mistaken concerns about potatoes' membership in the nightshade family, took tubers to its tables. Although first considered peasant food, they became hot items with the elite after a pharmacist, A. A. Parmentier, championed them to Louis XVI and created an amazing array of potato preparations. To this day, many menu items which include potatoes are called "Parmentier."

Thomas Jefferson served French fries in the White House, but the true popularity of potatoes began when Irish immigrants carried potato appreciation across the Atlantic and across the US.

Potatoes are now the most important vegetable in the world and, not surprisingly, America's favorite vegetable. We eat 126 pounds per person per year - as baked potatoes, fries, hash browns and more. There's hardly a foodservice menu that doesn't feature potatoes.

Potatoes grow commercially in the Northeast, the upper Midwest and in California, but it's in the Northwest that the spud has found its place.

The soil and weather of Central Washington and an area of Northwest Washington combine to create perfect conditions for an assortment of potato varieties, and the growing expertise of Washington's scientist-farmers does the rest.

Washington grows more than 20 percent of all the potatoes in the US, leads the nation in French fry production and has the highest yield per acre in the world. Approximately 87 percent of Washington potatoes are processed into frozen and dehydrated potato products and potato chips. The remaining 13 percent of the crop is consumed as fresh russet, white, red, yellow/gold, purple/blue or fingerling potatoes.

IT'S THE GEOGRAPHY AND THE GROWERS

What makes central Washington State's Columbia River Basin the most productive russet potato growing region in the world?

The tilt of the globe creates long warm days and cool nights during a longer growing season than any other area. The more sun a potato plant absorbs, the more potatoes it produces. The Cascade Mountains block the heavy cloud cover and rain from the Pacific Ocean, so annual rainfall is seven inches or less. Irrigation water from the Columbia Basin Reclamation Project and mighty Columbia River means growers can carefully control the amount of water and nutrients to each field, resulting in optimum conditions. Additionally, fertile soil deposits laid down by ancient lakes and waterways provide fields perfect in texture and composition for growing potatoes.

In the Skagit Valley growing region between Seattle and the Canadian border, where the Skagit River runs into Puget Sound, the mild marine climate and rich soil create perfect conditions for red, white, yellow and blue potatoes. In the potato growing region of Central

Washington's Columbia Basin, harvests can yield approximately 60,000 pounds per acre, surpassing all other states.

Washington State potato growers take pride in the high standards they have set for growing the perfect potato. They know they are the stewards of precious resources - the rich soils and abundant water of the Pacific Northwest. These growers are

among the nation's leaders in adopting sustainable crop management practice and new production techniques.

So, what makes a potato great? A combination of many factors:

- Ongoing research
- Growing conditions
- Conscientious farming, handling and storage

These practices lead to Washington's high quality potatoes:

- Consistent size and shape
- Healthy skin and flesh
- Great flavor



Potato experts agree on seven ideal conditions for production of high solids russet potatoes:

1. Favorable soil
2. Day length/latitude advantage
3. 150+ day growing season
4. Proper temperature during growing season
5. Warm days/cool nights during bulking period
6. Controlled irrigation

Washington meets or exceeds them all.

FROM THE GROUND UP

Washington's potato growers select varieties based on the growing conditions and the potato's final use, in the pot and on the plate.

They plant "seed pieces," tubers cut into smaller pieces, in the spring. The pieces come from growers who sell inspected and certified stock. Hygienically maintained equipment prevents harmful plant bacteria from getting to the seed pieces during the cutting. Young potato seedlings emerge a few weeks after planting and small tubers begin to take shape within another month.

Harvest in the mildest climates begins in early July, when tractors pull large, complex diggers through the fields, lifting potatoes from their rows and separating them from the withered vines. Harvest continues on all varieties into October.

Trucks haul the potatoes from the field to packing sheds, where they are checked for quality, sorted, washed and graded for size and shape. (See Grades on page 6)

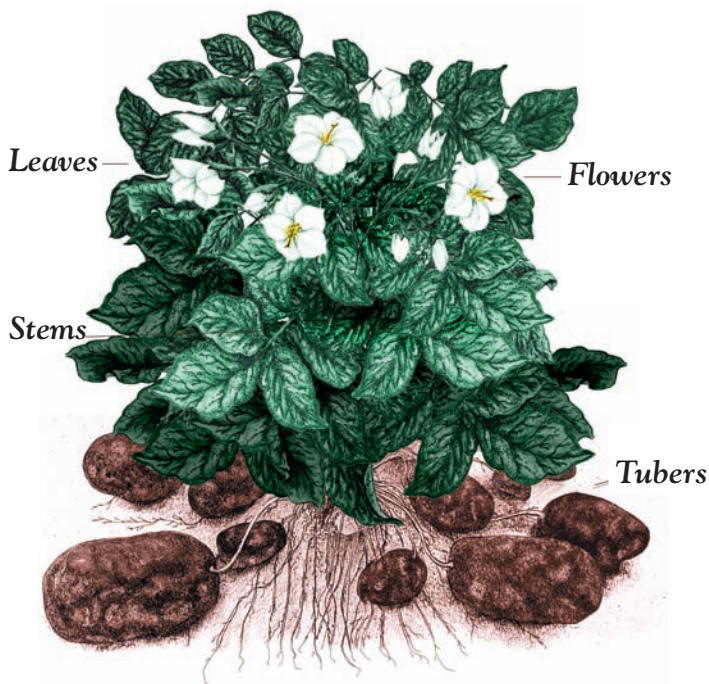
Some potatoes are marketed directly out of the field, others go into state-of-the-art storage where temperature, lighting, humidity and ventilation are carefully controlled to maintain solids content, prevent sprouting and maintain quality. As a result, top quality Washington potatoes are available all year around.

POTATO SCIENCE

The potato (*Solanum tuberosum*) is a tuber, the thickened underground stem of the potato plant, especially designed by nature for the storage of starch. Spud, a familiar term for the tuber, actually comes from the name of a turning fork used to harvest potatoes.

Starch and moisture content are key potato characteristics. The amount of each in a particular potato variety determines the best cooking method.

High starch potatoes have high solids and low mois-



ture. The amount of solids is measured by specific gravity, which indicates how much water is in the potato. Thus high solids (more dry matter) = high specific gravity (1.080 - 1.089 and up specific gravity or 20-23 percent solids).

The size of the starch granules, as well as the amount of starch, determines the texture of the potatoes when they are cooked. The large cells or granules of high starch potatoes (russets) absorb moisture, swell and burst, becoming dry and fluffy - perfect as baked or mashed potatoes. The granules of low starch red varieties (also described as waxy) are more dense and hold their shape through cooking - just right for boiling. Medium starch or all-purpose potatoes (yellows and whites) can be cooked by most methods.

RESEARCH

Research programs through USDA, Washington State University and other groups continue to assist Washington's growers in growing better quality potatoes and increased yields. Researchers are constantly working on improving varieties and evaluating new varieties, studying techniques to keep plants healthy and improving modern handling and storage procedures.

SEASONALITY

Thanks to modern storage buildings, Washington potatoes are available all year 'round, with the exception of new potatoes, which are sold immediately after harvest. Most russets are harvested in August through October, other varieties earlier, depending upon location.

SELECT THE RIGHT SPUD

Washington grows the perfect potato for almost every fresh or processed use. Potato characteristics are grouped by variety, by skin color, by shape and by use.

Two important qualities of each variety determine the best way to prepare it. These are:

- Starch content
- Moisture content

High starch/low moisture potatoes are also described as having **high solids**. Washington russet varieties average 20-23 percent solids and are best for baking, mashing, frying or pureeing. The cooked potato is described as dry, fluffy and mealy. This is because the large starch granules absorb the internal moisture as they cook, then expand and burst, creating the mealy texture that results in fluffy baked potatoes, light mashed and pureed potatoes and crisp-outside-fluffy-inside French fries.

High starch/low moisture Russet Burbanks are preferred for French frying because their low sugar content keeps them from discoloring as they fry and because starch on the surface of the cut potatoes expands with the heat

and dries the surface as it absorbs water from the potato. The result is a crisp skin with a fluffy interior. Fries made from high moisture varieties (reds) go limp because the internal moisture content turns to steam as they cook. Early season Russet Norkotahs, though light-frying, have lower solids than Burbanks, so have to be watched for oil absorption during frying. Norkotahs increase in sugar content during storage, so those coming out of storage in the spring and summer may darken when fried.

Low to medium starch/high to medium moisture potatoes are frequently described as waxy and are preferred for boiling, steaming, braising, stewing, in salads, slices and those preparations where it's important that the potato pieces hold their shape through the cooking process. Lower starch potatoes (reds, yellows) absorb less water when cooked. Their cells do not separate and swell but remain firm and waxy. These potatoes are described as smooth, creamy and moist.

New Potatoes are freshly harvested tiny potatoes of any variety. Their skin is tender, and they do not need to be peeled. Small round red potatoes are often mistakenly identified as new potatoes. New potatoes are best used soon after harvest, boiled, steamed or roasted.

Variety	Cooking Method
Russets	Bake, mash, French fry
Whites, Yellows	All-purpose
Reds	Boil

WASHINGTON VARIETIES FOR FRESH USE

Potato varieties are designed to meet growing and culinary demands: soil, temperature, pest resistance, size, skin color, harvesting, yield, grade, cooking method, flavor, texture and presentation.

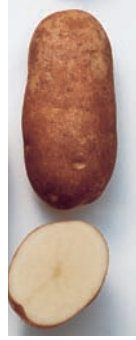
Washington grows multiple potato varieties - some in Central and South Central Washington, some in Northwestern Washington, some for fresh usage and many for processing into frozen French fries, for dehydrated potato products and for chips.

Washington growers recommend the following varieties for fresh (tablestock) usage.

RUSSETS

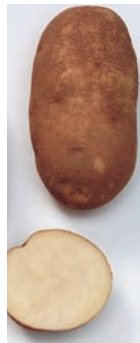
The russet is named for its netted reddish-brown skin and is the most widely used variety in the US. Its white flesh is high in starch (solids), which means it is the perfect potato for baking and mashing, and also good for frying or roasting.

A russet is long, slightly rounded and has only a few shallow eyes. Russets range from hefty one-pounders (or more!) to 6 ounces and are purchased by count in 50-pound cartons. Russets are also sometimes called bakers or baking potatoes.



Russet Norkotah (left)— a handsome potato that is consistent in size, shape and color and always has a high percentage of No. 1 grade. Early season (fall and winter) Norkotahs are acceptable for French frying, but after several months of storage their starch turns to sugar and they may discolor during frying. Norkotahs are not as high in solids as other russets, making them all-purpose potatoes - good for both mashing and baking.

Gem Russet — the newest russet on the block, released in 2000, and also a good-looking potato, with excellent quality for fresh and processing. It is a long tuber, with light to medium russeted skin, high yield and with a high percentage of Grade No. 1s. The Gem Russet is high in solids, good for frying from 45°F storage, baking and mashing and almost all other uses.



Nooksack — known for its good appearance and excellent quality. It is an excellent storage variety due to its low sugar content. It has high solids and makes excellent fresh or commercially frozen French fries

Russet Burbank (left) — so esteemed for its qualities as a French fry that almost all production goes to processing for frozen fries.

Ranger Russet (right) — a long, slightly flattened russet known for its large size, high yields and consistent quality. Because of its size and high solids, the Ranger is grown most often for the processing industry, but is also well suited for baking and frying.

Other russet varieties are occasionally grown, and it may be possible to request them from packers.

WHITES

Washington State produces both round whites and long whites. They have smooth white or off-white skins and white flesh with few and shallow eyes. These potatoes have less starch than russets and work well in a variety of preparations: boiling, steaming, mashing, baking, roasting and in casseroles (scalloped and au gratin), soups and salads.



White Rose — large, long and slightly flattened with smooth skin, deeper eyes and white flesh.

Cascade — more oblong, making it the perfect shape from which to cut fries. Its smooth white skin may have some slight cracking.





REDS

These round, waxy potatoes, which range in size from 1 inch in diameter to 2 1/2 inches or larger (See Grades

on page 6), have smooth red skins and white flesh. They are lower in starch than russets or whites, have a firm texture and are good for boiling, roasting, steaming and in casseroles (scalloped and au gratin), soups and salads. They should be firm and smooth-skinned, with bright red color and just a few shallow eyes. Reds are sold by size (A, B or C - see Sizes on page 6).

Chieftain — an attractive high yield variety, oblong to round, smooth with medium red skin and white flesh, which doesn't darken as quickly after peeling.

Norland (above right) — oblong, smooth, slightly flattened and medium red smooth skin with shallow eyes. It is preferred for unpeeled preparations because of its bright skin color. This low starch potato is good in salads and for frying, mashing and boiling.

Red La Soda (above left) — round to oblong and slightly flattened in shape with medium deep eyes. The La Soda's skin is smooth and a deep red at harvest but the color tends to fade with time. Its flesh is white. It is low in solids (specific gravity) and perfect for boiling.

Klondike Rose™ (above center) — an all-purpose potato grown in Washington since about 1999, with a smooth red skin and oval rather than round in shape. The flesh is golden, which sets it apart from the rest of the red family. The skin turns brown with baking. Steamed, boiled, mashed or sautéed, the Klondike Rose is especially buttery and flavorful.

Idarose — round, with a bright red skin, this potato is high yielding, good looking and consistently high in quality. Prepare as for other reds.

YELLOWS

These golden skinned and fleshed potatoes are becoming more and more popular, both for their color, dense creamy texture and buttery flavor. Yellows are excellent for baking, boiling, mashing or roasting. They are sold by count, although some larger ones may be described as baker or premium.

Yukon Gold — oval, sometimes flattened with yellow skin, shallow pink eyes and yellow flesh which retains its color when cooked and is a darker yellow than Yellow Finn. Yukon Golds are high yielding and produce a high percentage of size A (largest), the most desirable size. They can be baked, boiled or French fried.



Yellow Finn — flattened shape with deep eyes, slightly sweeter than Yukon Gold. A superb all-purpose potato.

Provento — round to oval and medium to large in size, this yellow potato has light yellow flesh and is of consistently good quality for a variety of preparations.

BLUE/PURPLE

Blue potatoes originated in the motherland of all potatoes - South America. They are a specialty potato, grown in Washington's fertile Skagit Valley. Blues are sold by size, mostly A.



All Blue and Russian Blue — very similar - oval with thin, deep purple skins and flesh. Their texture is much like a russet, so they are good to bake or mash, French fry or even make chips, but they also can be steamed or boiled. The color will lighten some as they cook.

FINGERLINGS

These small slender elongated potatoes are indeed finger-sized (2 - 4 inches), but the name actually is of German origin and refers to fish. Fingerlings are the new darlings on sophisticated menus. They are waxy, firm and flavorful.

Russian Banana (right) — tapered with smooth tan-cream skin and butter-colored flesh, which keeps its color through cooking. It has fine and firm texture and can be steamed, baked or boiled and is good in salads.



Ruby Crescent — reddish, somewhat tough skin and yellow flesh with a distinctive ruby crescent at its heart. Waxy and good for steaming, or boiling. Better flavor when served hot.

PURCHASING POTATOES

Whatever the variety, look for potatoes that are firm, smooth and fairly clean. Avoid those with wrinkled or wilted skins, soft dark areas, discoloration, cut or bruised surfaces or greening.

When purchasing potatoes consider:

- Storability
- Menu use
- Cooking method
- Plate presentation
- Flavor
- Color

Then specify by:

- Variety
- Size
- Grade
- Number of (50-pound) cartons

For example, for 140 baked potatoes, each to be served on a 10- to 12-inch plate with a 6- to 8-ounce portion of meat or fish, specify:

**Washington Norkotahs, 70 count,
Grade No. 1, 2 (50-lb.) cartons**

SIZES

Washington russets come in ten sizes, ranging from 35 count to 120 count per 50 pound box. The most popular sizes for foodservice are 70s and 80s.

The sizes within a single box may vary slightly as long as the total weight is 50 pounds. For example, in a carton of 100 count potatoes (8 ounces each) there may be a few 6-ounce and a few 10-ounce potatoes.

Carton Count Size Data (Russets)

Potato size	Potatoes in 50 lb. carton	Range of weights allowed	Average uncooked weight
35	33 - 38	15 oz. and over	22.0 oz.
40	37 - 43	15 oz. and over	19.2 oz.
50	47 - 53	12-19 oz.	16.0 oz.
60	57 - 63	10-16 oz.	13.0 oz.
70	67 - 73	9-15 oz.	11.5 oz.
80	77 - 83	8-13 oz.	10.0 oz.
90	87 - 93	7-12 oz.	9.0 oz.
100	97 - 103	6-10 oz.	8.0 oz.
110	107 - 113	5-9 oz.	7.3 oz.
120	117 - 123	4-8 oz.	6.5 oz.

Washington whites, reds, yellows and blues come in three sizes - A, B, and C, measured by diameter. Size As have a minimum diameter of 1 7/8 inches and are about 6 ounces in weight. Size Bs run 1 1/2 to 2 1/4 inches in diameter, and Cs, sometimes called creamers, are a minimum 1 inch in diameter.

GRADES

Potatoes are graded just after harvest. Grades are standards of quality, established by USDA and determined by varietal characteristics (skin color and thickness), firmness, cleanliness, maturation and shape. Potatoes must be free from freezing, blackheart, diseases and injury.

Grades are important purchasing guides, since they indicate overall quality of the potatoes.

USDA potato grades are:

- US No. 1
- US No. 2

Potatoes for baking, where appearance and shape is important, are usually specified as No 1.

Potatoes which will be peeled and cut, for mashing, for example, can be No 2, since they will be peeled and outside appearance is not as important.

HANDLING

At receiving, check the shipment against specs for variety, size/count, number and condition of boxes.

- Avoid green tinged, sprouted or bruised potatoes.
- Handle with care - do not throw or drop boxes as potatoes can bruise easily.
- Move immediately into proper storage.

STORAGE

The right storage conditions will help potatoes maintain their quality.

Store potatoes for all uses except French frying (see below) in a cool (42-45°F), dark, well-ventilated area, away from strong-smelling produce, preferably in closed or covered cartons and on pallets for air circulation.

Store away from other fruits and vegetables, especially onions as they may transfer odors and gases that affect quality.

- DO NOT refrigerate
- DO NOT freeze
- HANDLE carefully - potatoes can bruise
- DO NOT wash potatoes until ready to peel or prepare

Here's why:

Temperatures warmer than 45°F encourage sprouting and shriveling; colder than 42°F encourage transformation of starch to sugar, which changes the taste and the cooking properties. There is one exception - see Storage for Potatoes to Be French Fried.

Keep them in the dark. Storage in direct light can produce greening (actually the production of chlorophyll) which gives a bitter flavor and, in very large quantities, can be harmful to eat. Trim or peel small green spots before preparation. Discard very green potatoes.

Storage for Potatoes To Be French Fried. For the very best French fries, Washington russet potatoes should be stored at 45°-50°F from harvest until ready to use. If stored at temperatures below 45° (in a refrigerator, for example) the starch turns to sugar and the fries will turn dark, caramelize and soak up the cooking oil, making them greasy when cooked. Potatoes out of storage in the late fall/early winter are best for fresh-cut French fries.

PREPARATION

- Wash well in warm running water and scrub with clean vegetable brush. Do not break the skin. Scrub new potatoes gently - their skin is tender. Potatoes can be arranged flat in dish racks and run through the dishwasher WITHOUT detergent.
- Trim off any sprouts and peel any green tinged portion.



- Unless recipe directs otherwise, cook with peels on.
- See Basic Cooking Methods (below).

DISCOLORATION

Uncooked cut or peeled potatoes will discolor due to exposure to the air. The potatoes may first turn pink, then brownish, then dark gray. None of the discoloration is harmful and usually disappears during cooking. To prevent discoloration, keep cut potatoes covered with cold water until ready to use - up to two hours. Holding longer than two hours will reduce some of the valuable water soluble nutrients.

Cooked potatoes sometimes develop grey/blue/black areas as they cool. Just trim away the discolored portions.

Temperature changes during the growing season may cause some potatoes to develop harmless dark spots in the center. Just cut out and discard - the potatoes are safe to eat.

BASIC COOKING METHODS

When cooking Washington potatoes, remember to:

- Select the variety, grade and size best suited to the cooking method
- Select similar sized potatoes or cut potatoes into similar sizes and shapes for even cooking
- Keep pre-sliced or pre-cut potatoes covered in cold water to prevent discoloration
- When cooking in water, start potatoes in cold water so they will cook evenly

BAKE

(Russets, Grade No. 1)

Foil or not? Not! Experts agree that wrapping potatoes in foil for baking actually increases the cooking time and, because the steam is trapped, makes the skin and flesh soggy.

- Scrub well. Rub each potato lightly with cooking oil.
- Pierce each potato several times with a fork so steam can escape.
- Arrange in an even layer on a baking sheet for easier handling.
- Conventional Oven - Bake at 425°F for 50 to 55 minutes for 90 count.
- Convection Oven - Bake at 375°F for 50 to 55 minutes.



Larger potatoes will take longer to cook. Those cooked on a baking sheet may need turning for even cooking. Potatoes are done if tender when pierced with a fork and the internal temperature reaches 210°F.



Keep in a warming drawer or under a heat lamp for no more than 20 minutes before serving. Wrapping potatoes in foil

after cooking does help hold temperature, but will also soften skin.

To serve, cut cross in top, then squeeze ends and push to center. Fluff center with a fork.

STEAM

(Reds, Whites, Yellows, Blues, Grade No. 1 if served whole and unpeeled, may use Grade No. 2 if peeled, sliced or cut)



Scrub well. Place on rack over 1/2 inch boiling water or in steamer tray. Cover tightly or close steamer.

Steam until tender.

Pressure Steamer - 25 to 30 minutes for 6 pounds.

Convection Steamer - 40 to 45 minutes for 6 pounds.

Potatoes to be steamed can be peeled before or after cooking.



BOIL

(All Varieties, Grade No. 1 if served whole and unpeeled, may use Grade No. 2 if peeled, sliced or cut)

Scrub well. Cut into quarters or even-sized pieces. Put in pot and add cold water to completely cover potatoes. Add salt. Heat to boiling, then reduce heat and simmer until tender when pierced with a fork, 20 to 30 minutes, depending on size. Drain thoroughly.



To dry potatoes before mashing or other preparations, return to pot and place, uncovered, over very low heat OR return to pot and place paper towel or cloth towel between pot and lid OR arrange in single layer on sheet pan and hold in warm oven. Remove skin as soon as potatoes are cool enough to handle.

Note: for preparations using distinct pieces, drain in small portions. Dumping a large amount into a colander to drain will crush pieces at bottom of colander - not

a problem for mashed or pureed potatoes, but not good for salad pieces.

FRENCH FRYING (Russets, Grade No. 2)

See Storage and be sure potatoes have been stored between 45°-50°F.

Scrub potatoes well. Peel or not? Some menus now feature fries with peel on. Cut into desired shape - usually 3/8-inch thick. For crisp finished fries, chill peeled, cut potatoes in cold water to cover, with lemon juice or vinegar (1 ounce per gallon water) added to water to prevent darkening, for 1/2 to 2 hours before frying. Rinse, then drain well or spin dry and dry on paper towels. (Any moisture on potatoes will cause oil to spatter and can be dangerous.)

Heat high quality vegetable oil in 5-gallon fryer to 375°F. Add 2 pounds prepared potatoes to fryer basket, put into hot oil and cook until golden brown and cooked through, about 4 to 5 minutes.



Lift basket out of oil and drain. Turn into paper towel-lined pan. Season with salt.

Do not hold under warming lights for more than 5 minutes.



For Blanched or Double Fried Potatoes, prepare as above. Blanch by frying at 350°F until tender but not brown, about 2 to 3 minutes. Drain well and turn out onto paper towels. Let cool to room temperature or refrigerate, uncovered, until ready to fry for service.

At service time, deep fry at 375°F until golden brown and crisp, about 2 minutes.

Drain well. Season with salt.

Do not hold under warming lights or in warming cabinet more than 5 minutes.

Note: Do not salt potatoes before frying or while in fryer. Salt causes the oil to break down.

ROAST

(Russets, Reds, Yellows, Whites, Blues, Grade No. 1 or 2 depending on if peeled and cut)

Scrub potatoes well. Peel or not, depending on desired usage and appearance. Dry peeled potatoes. Leave whole or cut into even-sized pieces. Brush or toss with vegetable oil or other fat (roast drippings, clarified





butter, poultry fat) and salt. Sprinkle with herbs, if desired. Pierce whole potatoes. Arrange in single layer in roasting pan, leaving a little space between each potato for even browning.

Roast at 425°F in con-

ventional oven, stirring several times for even browning, until tender, about 1 hour for 6-ounce potatoes.

MASH (Russets, Whites, Yellows, Grade No. 2)

Scrub potatoes well. Pare or not. Cut into quarters or even sized chunks and cook as follows:

(times are based on 6 pounds of potatoes)

- Steam jacketed kettle in boiling salted water to cover until tender, about 20 to 30 minutes, depending on size. Start in cold water for even cooking.
- Pressure steamer - 25 to 30 minutes.
- Convection steamer - 40 to 45 minutes.
- Range top in boiling salted water to cover, until tender, about 60 minutes. Start in cold water for even cooking.

Drain well, keep hot. Turn into mixer bowl and add hot milk, butter, salt and pepper. Whip 1 minute at low speed and 1 minute at high speed. Never over beat as that will breakdown the starch, and potatoes will become shiny and sticky.



For fluffier mashed potatoes, press potatoes through food grinder, food mill or ricer before mixing, or hand mash, then mix with hot milk, butter salt and pepper. Hold mashed potatoes, covered, on preheated steam table or warmer



or in water bath for no more than 60 minutes.

To prepare mashed potatoes from leftover baked/cooked potatoes, steam until heated through, then mash as above.

SAUTÉ: HOME FRIES, PANCAKES, HASH BROWNS, ANNA

(Whites, Yellows, Reds, Grade No. 2)



Scrub potatoes well. Pare or not. Hold in cold water if prepared in advance, then drain well and pat dry. Par-cook by boiling or steaming, if desired. Cut into 1/4- to 1/2-inch slices, shreds or 3/4-inch cubes. Use skillet large

enough to hold potatoes without crowding. Add enough oil to skillet to cover bottom and heat until oil is hot. Arrange potatoes in single layer in skillet. Cover and cook over medium heat until browned and tender, about 10 minutes if not pre-cooked. Stir or shake pan to brown potatoes evenly.

Cook hash browns on 375°F grill. Do not hold more than 5 to 10 minutes before serving.



MICROWAVE BAKE (Russets, Grade No. 1)

Scrub potatoes and pierce as for baked potatoes. Wrap



each potato in microwave safe paper towel. Place end to end in single layer in circle in oven with about 1 inch between each potato. Cooking time will vary with size of potato and wattage of oven. Microwave on High.

Turn potatoes over and change position in the oven halfway through the cooking time. Let stand, still in paper towels, 5 minutes to complete cooking. Times below are for 8-ounce potatoes in 1000 watt oven

- 1 potato — 5 minutes.
- 2 potatoes — 7 - 8 minutes.
- 4 potatoes — 13 - 15 minutes.





SCALLOPED/AU GRATIN (Reds, Yellows, Whites, Grade No.2)

Scrub, peel and slice potatoes 1/8- to 1/16-inch thick and layer in buttered or oiled hotel pans. Par-cook potatoes in liquid to be used for sauce, if desired, to shorten total baking time. Drain par-cooked potatoes, reserving liquid to prepare white or cheese sauce. Pour hot white or cheese sauce over potatoes in pans, shaking pans gently to distribute liquid. Scatter buttered bread crumbs over top for au gratin potatoes.

Bake at 325°F in conventional oven until potatoes are tender and top is golden brown, about 1 hour. If potatoes are done before top browns, run under salamander or broiler to brown top. Let stand about 10 minutes before cutting squares to serve.



VARIETIES BY USAGE

RUSSET	RED	WHITE
Bake, mash, French fry, roast	Boil, steam, roast, sauté, scalloped/ au gratin, soups, salads	Boil, steam, mash, French fry, roast, scalloped/ au gratin, soups, salads
YELLOW	BLUE/PURPLE	FINGERLING
Mash, steam, bake, boil, roast, French fry	Boil, steam, bake, microwave	Boil, bake, steam

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NUTRITION INFORMATION

A Washington potato is an amazing package of many nutrients. Potatoes provide protein and carbohydrates, are a good source of fiber, high in vitamin C and potassium and are fat free, saturated fat free, sodium free and cholesterol free.

For a food to be described as a **good** source of any nutrient, **high** in a particular vitamin or **free** of any element it must meet strict standards established by the FDA.

These many benefits mean that plain potatoes qualify for health claims for fiber and cancer, fat and cancer, saturated fat and cholesterol, and fiber and sodium and hypertension. All these claims are based on low-fat, low-sodium diets.



Nutrition Facts	
Serving Size 1 potato (148g/5.3oz)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 620mg	18%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 45%
Calcium 2%	Iron 6%
Thiamin 8%	Riboflavin 2%
Niacin 8%	Vitamin B ₆ 10%
Folate 6%	Phosphorous 6%
Zinc 2%	Magnesium 6%
Copper 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

POTATO VARIETIES

Varieties being grown commercially change from year to year. These are representatives of varieties presently grown in Washington.












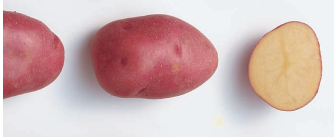



Potato Variety	Characteristics	Preparation	
RUSSETS			
Russet Burbank	Oblong, brown russeted skin. High solids (20-23%) Long, flattened with russeted skin, white flesh.	Most are processed for frozen French fries. Bake, French fry, mash, puree.	
Russet Norkotah	Lower solids (~18%) Long to oblong, smooth. Shallow, bright golden eyes. Good looking, consistent size and shape.	Bake, mash, puree, boil, French fry early season only.	
Ranger Russet	High solids, large, long, slightly flattened.	Bake, fry, often processed.	
WHITES			
White Rose	Large, long, flattened. Smooth white skin, white flesh.	Boil, mash, bake, roast, scalloped/au gratin, soups, salads.	
Cascade	Oblong, white smooth skin with some slight cracking.	Boil, mash, bake, roast, scalloped/au gratin, soups, salads.	
YELLOWS			
Yukon Gold	Oval, somewhat flattened. Yellow-white skin and flesh. Pinkish around eyes. Darker color than Yellow Finn.	Bake, boil, mash, French fry.	
Yellow Finn	Flattened. Slightly sweeter than Yukon Gold.	Bake, boil, mash, French fry.	
Provento	Round to oval. Light yellow flesh.	Bake, boil, mash, French fry.	

Chart continued on back

Potato Variety	Characteristics	Preparation	
REDS			
Chieftain	Smooth, medium red skin, white flesh.	Boil, roast, steam, bake, scalloped/au gratin, soups, salads.	
Norland	Oblong, smooth, slightly flattened, medium red skin.	Boil, roast, steam, bake, scalloped / au gratin, soups, salads.	
Red La Soda	Smooth deep red skin at harvest, color fades with time. Round to oblong.	Boil.	
Klondike Rose™	Oval with smooth red skin which turns brown with baking. Golden flesh, buttery flavor.	Steam, boil, sauté, mash, bake.	
BLUE/PURPLE			
All Blue/Russian Blue	Smooth, thin purple skin, deep purple flesh. Fine, waxy texture, nutty flavor.	Bake, mash, fry, boil, steam, bake.	
FINGERLINGS			
Russian Banana	Tapered, smooth, cream-colored skin, butter-colored firm flesh.	Boil, bake, steam, salads.	
Ruby Crescent	Reddish skin, yellow flesh with red crescent in center, waxy.	Boil, steam.	

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