

# KEWEENAW GROWN FOOD POTATO



## PEAK SEASON

Late spring to mid-summer.

## HOW TO SELECT & STORE

All potato varieties should be clean, firm, smooth and dry.

Store potatoes in a cool, dark, well ventilated place and use within three-to-five weeks.



## HEALTH BENEFITS

Potatoes are a good source of vitamin C, iron, riboflavin and potassium, and are considered a starchy vegetable (rich in carbohydrates). Their skin is also a good source of fiber.

## WAYS TO USE

**Savory** - Slice or shred and use as a crust for quiche or an egg bake. Grill potatoes to use in potato salad for an added intensity to their flavor. Roast in the oven and use as base for a power or “Buddha bowl.” Add whatever protein, veggies and sauce you'd like and you have a balanced meal! Try adding chili, broccoli and cheese, or barbecue meat with coleslaw as a creative baked potato filling. Make a baked potato inspired soup (a quick google search and you'll find an abundance of recipes to try!).



**PHFoundation**

# KEWEENAW GROWN FOOD



Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You can download PDFs of all items at [phfgive.org/food](http://phfgive.org/food).



**PHFoundation**  
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties. PHF's Food Initiative is two-fold. First, the food initiative aims to improve

access to locally grown and healthful foods within our community. Second, it provides educational resources and tools to promote sustainable changes to eating and lifestyle habits for all.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

**VISIT [PHFGIVE.ORG/FOOD](http://PHFGIVE.ORG/FOOD)**