

POTATOES



- ◆ The potato is the world's fourth largest food crop.
- ◆ The Inca Indians in Peru were the first to cultivate potatoes around 8000 BC to 5000 BC.
- ◆ French Fries were introduced to the U.S. when Thomas Jefferson served them in the White House during his Presidency.
- ◆ Idaho, is the present-day largest producer of the potato.
- ◆ In October 1995, the potato became the first vegetable to be grown in space.
- ◆ Potatoes are America's favorite vegetable, we consume 140 pounds of potatoes per person each year.
- ◆ The potatoes is one of natures healthiest foods. It is a good source of fiber, potassium, vitamin C and B, protein, calcium, thiamin, folate, phosphorus, magnesium, riboflavin, zinc, and iron.

