



FOOD PRESERVATION SERIES

Potato

Michigan-grown potatoes are available
July through March.

TYPES OF POTATOES

Round or white potatoes have thin red, brown or yellow outer skin and are good for boiling and in stews. They can also be baked.

New potatoes are freshly harvested. They are sweet and moist and good for boiling and in stews.

Russets are oblong with thick outer skins. They are good for baking and make excellent mashed potatoes.

YIELD

One pound	3 medium potatoes. 3 cups peeled and sliced potatoes. 2 cups mashed potatoes. 2 cups french fries.
20 pounds	canner load of 7 quarts
13 pounds	canner load of 9 pints
50 pounds	18 – 22 quarts

FOOD SAFETY TIPS

Purchase potatoes that are firm and do not have bruises, nicks or soft spots. Bag separate from meat, poultry and seafood products.

Keep potatoes away from raw meat so that meat juices do not contaminate it

Keep in the refrigerator, away from raw meat so that meat juices do not contaminate it.

Wash hands before and after handling fresh produce.

Scrub potatoes with a vegetable brush using cool running water before preparing them. Do not use soap or detergent.

Use a separate cutting board for potatoes, and keep away from raw meat, poultry and seafood

Follow standardized procedures recommended by the United States Department of Agriculture for home canning.

HOW TO STORE

Store potatoes in a cool (45 to 50 oF), humid (not wet), dark place with good ventilation. When properly stored, potatoes will remain fresh for up to a month.

If potatoes are stored in a warm place, such as under the sink, they might attract bugs and rodents. They will sprout and shrivel. Throw away potatoes that are shriveled or have many sprouts (“eyes”).

If potatoes are stored where they are exposed to light, they turn green, produce a toxic substance and develop a bitter flavor. Peel off green areas before using. Throw away potatoes that are mostly green.

If potatoes are stored at cold temperatures, such as in the refrigerator, they develop a sweet taste and turn brown when cooked. Warm potatoes to room temperature before cooking.

QUICK AND EASY SERVING TIPS

Add sliced or cubed potatoes to soups and stews for a hearty dish.

Flavor mashed potatoes with finely chopped or grated onion, garlic or low-fat cheese.

Top a baked potato with salsa, chili, fat-free sour cream or yogurt and chives, mixed vegetables, low-fat ranch-style salad dressing or low-fat cheese.

Boil, cube and serve as salad with low-fat or fat free salad dressing

RECIPE

Oven Wedge Fries

2 large russet potatoes
1 teaspoon olive oil or other vegetable oil

Seasoning suggestions: 2 cloves garlic, finely chopped, or Italian seasoning spice mix, or chili powder, or paprika with a tiny bit of cayenne pepper.

Preheat oven to 400 oF. Scrub potatoes and pat dry with paper towel. Cut potatoes into quarters. Cut each quarter into wedges with the wedge part (the area with the skin) being about ¼ to 1/3 inch wide. Coat a nonstick cookie sheet with the oil. Lay the wedges on the cookie sheet, peeled side down. Place the cookie sheet on the oven rack about 7 inches from the bottom of the oven. Bake for about 7 minutes (or until the bottom and edges start browning) then flip wedges over to the remaining peeled side and sprinkle any seasonings over the top. Bake for another 7 minutes (or until the edges are nicely brown and cooked throughout). Makes 4 servings.

This is an official 5 A Day recipe.
Nutritional analysis per serving: 80 Calories; 1 g. fat; 0 mg. cholesterol; 2 g. fiber; 2 mg. sodium.

HOW TO PREPARE

Boil

Scrub potatoes and, if desired, peel. Put whole potatoes or potatoes cut into quarters into a saucepan. Add enough cold water to cover potatoes. Bring to a boil and cook over medium heat until tender when pierced with a fork.

Bake

Scrub potatoes and pierce several times with a fork. Preheat oven to 400 F. Place potatoes directly

on the oven grate or on a baking sheet. Bake until fork tender, about 45 minutes (depending on size of potatoes). If potatoes are baked along with other foods or at a lower temperature, increase baking time.

Microwave

Scrub a medium russet potato (6 to 8 ounces) and pierce with a fork 4 to 6 times. Place on a paper towel. Microwave on high power 4 to 6 minutes,

HOW TO PRESERVE

FROZEN French Fried Potatoes

Select mature potatoes which have been stored 30 days. Wash, peel and cut into 1/3-inch sticks lengthwise, then crosswise into 3/8-inch strips. Rinse in cold water. Dry thoroughly using paper towel. Fry small amounts in deep, hot fat (360°F) about 5 minutes until tender but not brown. Drain on paper towel. Cool. Package, seal and freeze. At serving time, finish browning in a hot oven (475°F).

CANNING POTATOES

Wash and peel potatoes. Place in ascorbic acid solution to prevent darkening. If desired, cut into 1/2-inch cubes. Drain. Cook 2 minutes in boiling water and drain again. For whole potatoes, boil 10 minutes and drain. Add 1 teaspoon of salt per quart to the jar, if desired. Fill jars with hot potatoes and fresh hot water, leaving 1-inch headspace. Process following recommended time (Tables 1 and 2).

How to Prevent Discoloration

You can get ascorbic acid in several forms:

Pure powdered form : seasonally available among canners' supplies in supermarkets. One level teaspoon of pure powder weighs about 3 grams. Use 1 teaspoon per gallon of water as a treatment solution.

Vitamin C tablets : economical and available year-round in many stores. Buy 500-milligram tablets; crush and dissolve six tablets per gallon of water as a treatment solution.

Commercially prepared mixes of ascorbic and citric acid : seasonally available among canners' supplies in supermarkets. Sometimes citric acid powder is sold in supermarkets, but it is less effective in controlling discoloration. Follow the manufacturer's directions.

Table 1. Recommended process time for White Potatoes in a dial-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	35 min	11 lb	12 lb	13 lb	14 lb
	Quarts	40	11	12	13	14

Table 2. Recommended process time for White Potatoes in a weighted-gauge pressure canner.

			Canner Pressure (PSI) at Altitudes of	
Style of Pack	Jar Size	Process Time	0 - 1,000 ft	Above 1,000 ft
Hot	Pints	35 min	10 lb	15 lb
	Quarts	40	10	15

FURTHER INFORMATION

Food Domain Website
www.fooddomain.msu.edu

National Center for Home Preservation
<http://www.uga.edu/nchfp/index.html>

"So Easy to Preserve" 5th ed. 2006. Cooperative Extension Service, The University of Georgia, Athens.
<http://www.uga.edu/setp/>

Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices
<http://www.cfsan.fda.gov/~dms/prodsafe.html>

This bulletin replaces E- 2665 Using, Storage and Preserving Series-Potatoes (Michigan State University Extension, 1990)

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