



## Potato Types

There are many different types of potatoes and each has a best cooking method.

**Russet potatoes** have a high starch content, with low moisture. These potatoes bake up mealy and fluffy, and are the best choice for mashed potatoes and baked potatoes.

**Yukon Gold** are medium starch potatoes and aren't as fluffy as russet potatoes and have a buttery taste and appearance when cooked.

Potatoes that are best used in potato salad are **red and white potatoes**. These have a high moisture and low starch content which makes them have a creamy texture. They hold together well and keep their shape after being cooked.

When buying potatoes, look for clean, smooth, firm-textured potatoes that don't have cuts, bruises or discoloration. Don't buy potatoes that are soft or have decay. Potatoes with green patches have been exposed to direct lighting too long. Cut off the green area before cooking because it could taste bitter. The rest of the potato will taste just fine.



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Before storing potatoes, look them over and use any bruised ones first. Since dampness can cause decay, it is best not to wash potatoes before storing. A cellar is an ideal place to store potatoes, but since most of us don't have a cellar, a cool, dark, dry place is fine.

There is a myth that potatoes are fattening. By themselves, they're not high in calories! A medium potato has 88 calories and is a great source of complex carbohydrates. It's the high-fat toppings or spread that can add up to extra calories.

For good health, have a potato today!

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For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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