



# Potato

*Solanum tuberosum*

## Nutrition Facts

- One regular-sized potato contains 48% of the recommended daily value of Vitamin C.
- Potatoes are a great source of potassium.

## Planting

Plant 3/20-4/10

(Guidelines for planting in raised beds)

Cut a sprouting potato into 4 pieces. Each should be about the size of a ping pong ball. Make sure that each piece you've cut has a sprout on it. Dig holes 9-12" apart and about 5-6" deep. Place the potato in the hole with the sprout pointing up. Cover the hole with loose soil.

## Care

Water when the top 1 inch of soil dries out. Mulch plants with straw. As the plants sprout and grow you will need to mound the dirt around the stem of the plant by gathering soil around it. Do this 2 or 3 times during the growing season.

## Harvest & Storage

Potatoes are ready to be harvested when the plants start to die. The green plants should be about 1.5-2 feet tall and the top leaves will start to brown. When this happens you can use a garden trowel to pull the plant out of the ground. Then, use the trowel to dig around the plant for potatoes. There should be around 6 or 7 potatoes from each plant. Make sure to dig deep! Store potatoes in a cool, dry, dark place, allowing them room to breath.

## Recipe

\*Wash all vegetables before using\*

### Baked Potato Fries

3-4 potatoes, thinly sliced

2 tablespoons olive oil

Dash salt and pepper

1 tablespoon fresh herbs, such as rosemary  
Preheat oven to 450 degrees. Place potatoes, olive oil, herbs, salt and pepper into a ziploc bag and shake to mix fries well. Lay potatoes on baking sheet in a single layer. Bake for 30 minutes, turning occasionally. Let cool on tray and enjoy!



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