INCREDIBLE EDIBLE IDAHO

POTATO

IDAHO POTATO FACTS:

Idaho is ranked first in the nation for potato production, harvesting nearly 300,000 acres of potatoes each year (an acre is approximately the size of a football field)!

Idaho produces over 11 billion pounds of potatoes annually.

If Idahoans had to eat all the potatoes grown in the state, every man, woman and child would have to eat 40 potatoes per day, every day, all year-long.

With over a century of growing potatoes, Idaho has produced more than any other state every year since 1957.

POTATO NUTRITION FACTS:

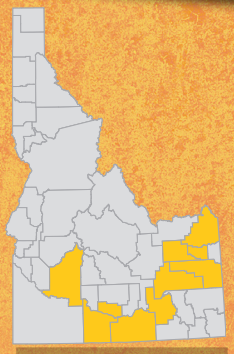
A potato contains about 620mg of potassium, which is more potassium than a banana.

The average potato is 100 calories and contains no fat or cholesterol.

A 5 oz. potato can provide up to 45% of the daily value for vitamin C.

The average potato provides 2 grams of fiber and 3 grams of protein.

Leave the skin on your potato, many of the nutrients are found in the skin.



Counties where potatoes are grown:
Bingham, Bonneville, Cassia, Elmore, Fremont, Jefferson, Jerome, Madison, Minidoka, Power and Twin Falls

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Classroom handouts of this poster and correlating activity sheets can be printed at www.sde.idaho.gov/site/cnp/farmToSchool/fom.htm