



SPUD FACTS 2009

The Washington State potato growers' average of 600 cwt. (hundred-weight) of potatoes per acre is far above other potato-producing states and countries. Ideal combinations of sun, water and mineral-rich alluvial soil make perfect conditions for potato farming. Also at work are the sustainable land, water and energy use practices Washington potato farmers employ to reduce chemical application, manage water use and preserve resources. Farmers were the first conservationists. Everyone has a stake in healthy food, productive farm land and a safe environment.

- In 2008, Washington growers raised 155,000 acres of potatoes with an average yield of 60,000 lbs. per acre (9,300,000,000 lbs. total). That's enough to fill over 44,670 Boeing 777 cargo airplanes.
- If those potatoes were packed in standard 50 lb. cartons laid end-to-end, they would stretch over 55,000 miles. That's 2 1/3 times around the earth!
- Approximately 87 percent of Washington State potatoes are processed into frozen potato products; such as, french fries, hash browns, tater tots, dehydrated for instant mashed potatoes, cubes or slices for casseroles, or turned into potato chips. Thirteen percent of the potato crop is destined for consumption as fresh russet, white, red, yellow, purple or fingerling potatoes.
- Washington State leads the nation in french fry production and in exports of potatoes providing nearly 1/3 of all U.S. potato exports.
- Washington State is the second largest producer of potatoes in the U.S., producing 23 percent of all U.S. potatoes.
- In the 2007-2008 growing season, approximately 220,000,000 lbs. of fresh Washington potatoes were exported around the world, generating over \$46,000,000 in sales.
- Forty percent of all U.S. domestic fries consumed are made from Washington State potatoes.
- Potatoes are Washington's largest crop, second only to apples.
- Washington State fresh potatoes provide vitamins C, B₆, thiamin, niacin and folate, as well as iron, magnesium, potassium, phosphorous and trace minerals.
- Potatoes also contain dietary fiber and carbohydrates, the body's fuel.
- With 620mg., a Washington State russet has more potassium than a banana.
- In 2007, the average U.S. citizen consumed approximately 126 lbs. of potatoes in one year.
- The Washington State potato industry directly and indirectly generates over \$3.4 billion throughout the Washington economy annually and creates over 20,000 jobs in the state.



Nutrition Facts	
Serving Size 1 potato (148g/5.3oz)	
Amount Per Serving	
Calories 110	Calories from Fat 0
Total Fat 0g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 0mg	
Potassium 620mg	
Total Carbohydrate 26g	
Dietary Fiber 2g	
Sugars 1g	
Protein 3g	
Vitamin A 0% • Vitamin C 45%	
Calcium 2% • Iron 6%	
Thiamin 8% • Riboflavin 2%	
Niacin 8% • Vitamin B ₆ 10%	
Folate 6% • Phosphorous 6%	
Zinc 2% • Magnesium 6%	
Copper 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g
Sat Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Potassium	Less than 3,500mg
Total Carbohydrate	250g
Dietary Fiber	25g



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