



Potato Products from Washington

A Resource Guide for School Nutrition Directors



www.potatoes.com



WASHINGTON POTATOES

Feeding the State and the World

Family farms in Central and Western Washington, where the soil, water and growing conditions are among the best in the world, grow Russets in the Columbia Basin and reds, yellow-goldens, white and blue potatoes in the Skagit Valley.

These 250 families proudly grow more potatoes per acre than any other state in the U.S. Washington produces 44% more potatoes than the U.S. average.

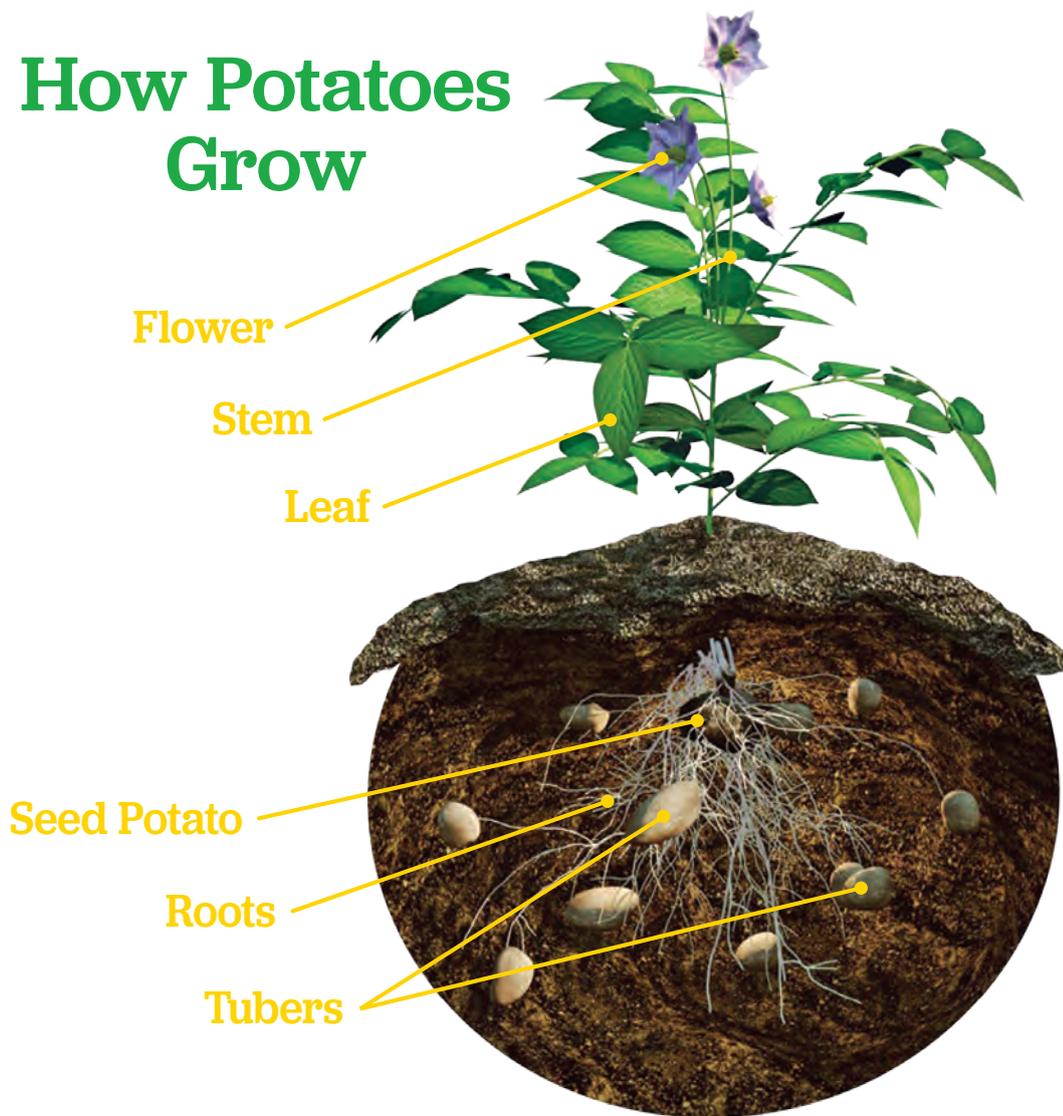
Washington growers spend more than \$1,000,000 each year on research support, working with Washington State University and USDA's Agricultural Research Service to develop new varieties, research improved growing practices and provide support for every day potato growing activities.

Sustainability is the number one goal for these potato-growing families, including water usage, wildlife preservation and soil conservation. Stewardship is a part of each family's commitment to their land and their communities.

- » Washington potatoes contribute \$7.4 billion to the state economy and provide 36,000 jobs across the state.
- » Washington grows more than 23% of all potatoes in the US and is number one in French Fry production.
- » Eighty-seven percent of Washington grown potatoes go into processed products: frozen, dehydrated and chips.
- » Washington's potato farmers rely on state-of-the-art plowing, planting and harvesting machines to handle the many hundreds of acres devoted to potatoes. From the field, the potatoes go to temperature- and humidity-controlled buildings before moving on to processing plants across the state and the Northwest, where they become the many convenient products we rely on.



How Potatoes Grow



Flower

Stem

Leaf

Seed Potato

Roots

Tubers

The Washington State Potato Commission's mission is to support an economically and environmentally sustainable Washington state potato industry by providing strong leadership and innovation, and building partnerships to meet the demands of global communities.

The Commission is committed to its partnership with the Washington School Nutrition Association. As both the Commission and the Association agree, WE FEED KIDS.



POTATOES

A Naturally Nutritious Vegetable

Potatoes are good food, and kids love ‘em

Potatoes are **nutrient dense**, which means they supply a bounty of nutrition benefits for very few calories. They also supply antioxidants including certain carotenoids and anthocyanins.

Have a look at the Nutrition Facts label to see all these good things that come in potatoes. And note that the potato is a potassium super star—providing 18% of the DV—even more than a banana!

The top five veggies on the lunch tray are:

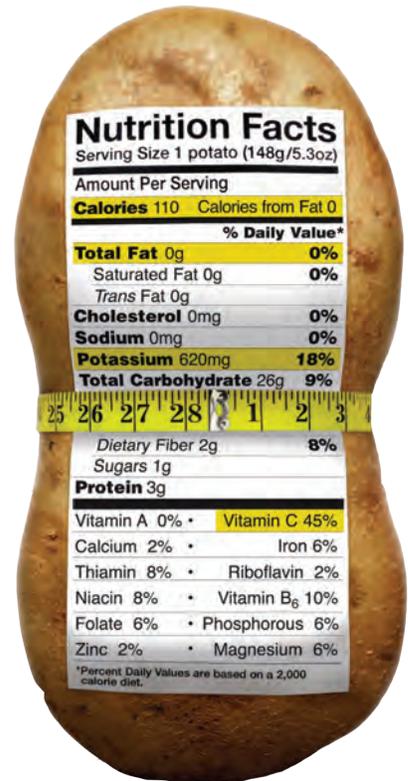
- Tater Tots
- Potato Wedges
- Corn on the Cob
- Mashed Potatoes and Gravy
- Oven Baked French Fries

Oven Baked French Fries (over 50% of the fries served in schools)

A small serving (74 grams or about 2 2/3 ounces) has 116 calories, 3.6 grams fat (0.8 g saturated), 0 mg cholesterol, 0 g trans fat, 330 mg potassium (10% DV), 2 g fiber (8% DV), 5% DV magnesium, 6% DV Vitamin B6 and 16% DV vitamin C.

Tater Tots – the all time favorite on school menus

A small serving (79 grams or about 2 3/4 ounces) has 152 calories, 7 grams fat (1.3 g saturated), 0 mg cholesterol, 0 g trans fat, 230 mg potassium (7% DV), 2 g fiber (8% DV), 5% DV Magnesium, 8% DV Vitamin B6 and 20% DV Vitamin C.



Processed potato products all have nutrition information on their labels.

Learn more

For more information on potato nutrition, visit:

Alliance for Potato Research www.apre.com

Potato Goodness www.potatogoodness.com/nutrition



POTATO PRODUCTS

Washington potato growers and processors are continually working to improve the quality and convenience of their potatoes and their products, to meet your needs and those of your students.

High quality products from Washington-grown potatoes make sense for school meals.

- » Convenient
- » Easy-to-store, handle and prepare
- » Shelf- and freezer-stable
- » Labor-saving
- » Cost-efficient/Budget-friendly
- » Little or no waste in the kitchen or on the plate
- » Popular forms—fries, mashed, slices and dices, baked, roasted and more



Processing methods include state-of-the art freezing, dehydrating and dehydrofreezing. The following pages, and the processor website listings on each page, tell you just who specializes in which process. Each of these processors offers a variety of helpful information, menus and service to assist you with menu planning.

Fun Facts about Potatoes

- » The first food grown in space
- » Potato comes from the Spanish word *patata*
- » The first potatoes were grown high in the Andes in South America
- » French Fries came to a White House dinner when Thomas Jefferson was president
- » Spud, a familiar term for potatoes, comes from the name of a turning fork, once used to harvest potatoes
- » Potatoes are America's favorite vegetable
- » Potatoes have the highest score per dollar on eight important nutrients: potassium, fiber, protein, vitamins C and E, calcium, iron and magnesium

Learn more

Check these websites for specific information on processed Washington potatoes:

Basic American Foods www.baffoodservice.com/baf-advantage/k-12-schools

Lamb Weston www.lambweston.com/resources/k-12

McCain www.mccainusafoodservice.com/Channels/K12Schools

Oregon Potato Company www.oregonpotato.com/food-services.html

Pacific Valley Foods www.pacificvalleyfoods.com/dehydrated-potatoes-2

Simplot www.simplotfoods.com/potatoes



FROZEN FRIES AND TOTS

The Universal Vegetable

Two of the Top Five Veggies on Lunch Trays are Fries and Tots

Washington Russet potatoes make the best fries because they are high in solids and low in moisture, making crisp outsides and fluffy insides.

The processors here in Washington are always working hard to come up with new coatings that keep the baked French fries crispy on the line or salad bar throughout your lunch service.

The number of French fry shapes is limitless, and processors are always coming up with new variations, shapes, sizes, coatings with the skin on or off. There are even less sodium versions available. Check with any of the processors listed here for fries just right for your school.



Straight

With or without peel



Crinkle, waffle and lattice or cross cut

Skin on or off



Loops and curly fries



Hash Browns

Triangles, ovals, squares, smiley faces and more shapes available.



Tots

Tots or JoJos, Spudsters, Drums, Potato Barrels or Puffs



Shapes and sizes aplenty from the processors listed below.

Learn more

Check out these websites for an amazing variety of French Fries and kin:

Lamb Weston www.lambweston.com/resources/k-12

McCain www.mccainusafoodservice.com/Channels/K12Schools

Simplot www.simplotfoods.com/potatoes

Fries Make Perfect Partners for Proteins and Other Veggies



Hot Shot Tots

Team with dips or sauces, under, over or on the side.



Breakfast Tatchos

With scrambled eggs, or on top of chowder or soup.



Turkey Chili Tots

Spoon on chili or taco meat, pulled pork, or BBQ chicken.



Poutine

The French-Canadian Favorite, with gravy or cheese sauce and veggies to top.



Buffalo Chicken Tots

Shake on chili powder, dried herbs, taco seasoning, or Thai seasoning.



Wedge Nachos

Load 'em up with shredded cheese or cheese sauce, chili or vegetables.



Baked Chicken Tenders and Steak Fries

Kids love the heft of steak fries with this favorite chicken preparation.



Fish and Chips

With pre-seasoned fries or create your own seasoning blend.



Chili Fries

Chili or Sloppy Joe mix over wedges is a menu favorite.

FROZEN AND DEHYDRATED MASHED



Ready to Reheat

**Popular. Cost-effective. Easy to Prepare and Portion.
Versatile. Universally Beloved.**

No more washing, peeling, cooking or mashing. Just follow package directions for heating or preparation to use as is or in recipes.

Processed mashed potatoes start with carefully grown and selected Washington potatoes which are washed, peeled and cooked before freezing or dehydrating.



Frozen Prepared Mashed

All ready to reheat. Available seasoned, lightly-seasoned, plain, homestyle.



Dehydrated Mashed

Pearls, buds, flakes and granules are convenient, easy to store, shelf-stable and easy to prepare.



Specialty Dehydrated Mashed

Products include low sodium, vitamin C added, butter, redskin, homestyle and more.



Learn more

Check the websites of these processors for specific frozen or dehydrated mashed potatoes:

Basic American Foods www.baffoodservice.com/baf-advantage/k-12-schools

Lamb Weston www.lambweston.com/resources/k-12

McCain www.mccainusafoodservice.com/Channels/K12Schools

Oregon Potato Company www.oregonpotato.com/food-services.html

Pacific Valley Foods www.pacificvalleyfoods.com/dehydrated-potatoes-2

Mashed potatoes on the menu, on the tray, and on the plate.

Mashed potatoes can star as a side, or be the base for other vegetables, sauces, meats and more. Their uses are limited only by your imagination and your students' preference.



Spud Bowls

Stir in broccoli, peppers, tomatoes, shredded lettuce or spinach.



Shepherd's Pie

Mashed potatoes swirled atop Chicken Pot Pie, Meat Loaf or any casserole add new menu and eye appeal.



Homestyle Mashed Potato Bowl

Serve mashed potatoes with meatballs, sauce and veggies.



Cowboy Mashed Potatoes

Stir vegetables into mashed potatoes for good looks and good taste.



Meat Loaf

Use mashed potatoes as an extender in meat loaf, and to make moist, tender slices.



Taco Mash Up Bowl

Portion chicken and gravy, vegetables or chili over mashed potatoes.



Mashed Potato Pancakes

Use leftover mashed potatoes to make savory pancakes. Top with sour cream or Ranch dressing.



Tex-Mex Shepherd's Pie

Cheese-topped mashed potatoes make a perfect topper for a chili-burger base.



Country Fried Steak with Dehy Potato Coating, Potato Biscuits and Potato Gravy

Dehydrated mashed potato flakes, granules or buds have a multitude of uses.

BAKED, ROASTED, BLANCHED



IQF Frozen. Ready to Reheat or Use in Recipes

**Simple and Versatile.
Time and Cost Saving. Popular with Kids.**

These versatile and convenient potatoes are great for bakes, bowls, salads, and so much more.



Roasted or Blended

Pre-cooked Russet, red or yellow-gold potatoes come plain or seasoned, as chunks or wedges, skin on or peeled.



Baked Russets

Come whole in a variety of sizes—baby bakers are perfect for bars or tray. Some processors also offer roasted yellow/gold potatoes. You can also order half shells or skins, ready to fill and serve.



Wedges

Can star on salad bars and take on toppings including cheese sauce, vegetables, nacho ingredients and more.



Reds

Come in several sizes and cuts, ready for salads, soups, smashing or as ingredients.

Learn more

Check the websites of these processors for specifics on frozen potatoes:

Lamb Weston www.lambweston.com/resources/k-12

McCain www.mccainusafoodservice.com/Channels/K12Schools

Oregon Potato Company www.oregonpotato.com/conventional.html

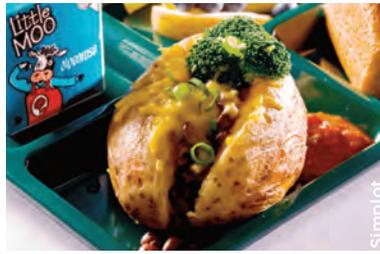
Simplot www.simplotfoods.com/potatoes

Baked Russets



Cheesy Potato Skins

Anything goes for fillings/toppings.



Baked Potatoes with Chili

Spoon on chili, cheese, chicken or pork and veggies.



Southwest Stuffed Potatoes

Fill crosswise-halved bakers with veggies and/or protein.

Roasted Potatoes



Roasted Red Wedges

Add favorite seasonings: curry, Thai, Cajun, Mexican, Italian.



Rosted Yukon Golds & Reds

Tossed seasoned chunks with veggies.



Potato Veggie Burrito

Wrap roasted chunks in a tortilla with beans, shredded lettuce and salsa.

Reds



Greek Potato Salad

Chunks with yogurt, Feta, olives and oregano.



Bacon Smash

Small reds with bacon crumbles, diced onion.



Winter Minestrone Soup

Chopped greens, turkey sausage and red potato chunks.

Wedges



Wedges With Topping

Chopped greens or almost any chopped veggies can top wedges.



Spicy Potato Wedges

Season with favorite flavors from spice bar.



Potato Wedge Nachos

Top with veggies, cheese, sour cream and salsa.

SLICES, DICES, CUBES, SHREDS AND MORE



Frozen, Dehydrated and Dehydrofrozen Potato Products

Versatile, Labor-Saving, Convenient, Easy to Prepare, Budget-Friendly

Put away the peeler and the knife. These ready-to-use potato products are available in a size, thickness and form for your favorite preparations: scalloped, au gratin, casseroles, salads, bakes, bowls and more.

Look through the processor sites below or check with your local distributor for products, recipes and menu ideas. You will find slices, dices, cubes, shreds and much, much more.

All these processes start with carefully selected Washington potatoes which are washed, peeled and cut into shapes or slices.



Frozen Slices, Shreds, Dices and Cubes are individually quick-frozen. Available skin on or off and in a variety of thicknesses and sizes.



Dehydrofrozen Potatoes are partially dried to remove about half of their original weight then frozen. Available in slices and cubes.



Dehydrated Slices, Dices and Shreds are shelf-stable and easy to handle. Just follow package directions for easy rehydrating directions or for preparation.

Some products are available pre-seasoned and some low sodium. Check the processor sites listed for the form, size and seasoning just right for you and your students. There is even a potato pancake mix using shreds, as well as complete casserole kits featuring slices.

Learn more

Processors of Slices, Dices, Cubes, Shreds and More:

- Basic American Foods** www.baffoodservice.com/baf-advantage/k-12-schools-2
- Lamb Weston** www.lambweston.com/resources/k-12
- McCain** www.mccainusafoodservice.com/Channels/K12Schools
- Oregon Potato Company** www.oregonpotato.com/conventional.html
- Simplot** www.simplotfoods.com/potatoes

Hash Brown Cubes or Dices



Country Breakfast Casserole

Diced hash browns with turkey sausage crumbles and red onion baked with eggs and milk and topped with cheese.



Potato Breakfast Bowl

Toss prepared potato cubes with cheese, turkey ham or sausage and veggies. Finish with jalapeños or sweet peppers.



Sausage Potato Balls

Brown turkey sausage and mix with hash browns, biscuit dough, cheddar shreds and jalapeños. Scoop and bake.

Shredded Hash Browns



Hash Brown Breakfast Bowl

Grill shredded hash browns and toss with turkey sausage, tomatoes, olives and cheese.



Versatile Potato Pancake

Dehy or frozen shreds baked or grilled to sandwich veggies, cheese, sauces.



Potato Rosti

Dehy or frozen shreds baked or gilled in giant pancakes to serve in wedges with applesauce and sour cream.

Slices



Quesadillas

Tuck sliced potatoes, cheese, spinach or other veggies into tortillas to heat until cheese melts.



Potato Lasagna

Use sliced dehy or frozen potatoes to layer tomato-meat filling and cheese. Gluten-free.



Potato Pepper Pizza

Start with prepared pizza dough rounds, then top with sauce, thin slices of potato and pepper and shreds of mozzarella.



Resources

We hope the information in this kit gives you an overview of the many benefits, uses and forms of processed Washington potato products.

For more information please contact us at:

Washington State Potato Commission
108 Interlake Road
Moses Lake, WA 98837
509.765.8845
or visit us at www.potatoes.com

Or contact our national partner at Potatoes USA:

www.potatogoodness.com/school-food-service/
for more recipes, videos, webinars, brochures, e-newsletters and much more.

The following processors have a wealth of products and information and will also be happy to help:

Basic American Foods www.baffoodservice.com/baf-advantage/k-12-schools

Lamb Weston www.lambweston.com/resources/k-12

McCain www.mccainusafoodservice.com/Channels/K12Schools

Oregon Potato Company www.oregonpotato.com/conventional.html

Pacific Valley Foods www.pacificvalleyfoods.com/dehydrated-potatoes-2

Simplot www.simplotfoods.com/potatoes