



# Potatoes



## FOOD STASH FOUNDATION

Potatoes are a frequent flyer in our Rescued Food Boxes. They are versatile, easy to cook, and a common side dish in many households. Here are some ways enjoy this hearty vegetable!

## What can you do with potatoes?

### Hearty Stew

- Potato based stews are filling and easy to make. Other than a broth you only need a few extra vegetables and a protein.



### Creamy Potato Salad

- Potato Salads are great for hot summer days filled with picnics and light meals. Grab some potatoes, eggs and onions then season with mustard, mayonaise and other spices for the sauce.

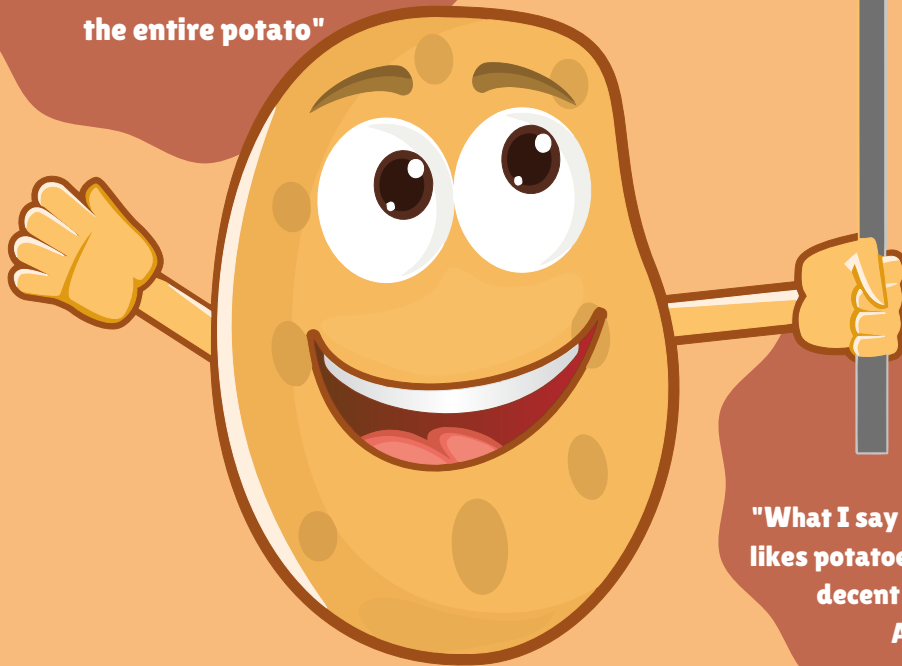


### Potato Pancakes

- This one is super simple. Grate the potatoes then mix in a bowl with eggs, flour and your favourite spices. Then, fry in a pan with oil. Potato pancakes make a nice, easy meal for a busy day.



**"Eat the skin to benefit from the full nutrition of a russet potato! The potato skin has more nutrients than the interior of the potato and contains about half the fibre of the entire potato"**



**I'm rich in  
Vitamin C  
and A!**

**"What I say is that, if a man really likes potatoes, he must be a pretty decent sort of fellow."  
A.A. Milne**

## STORAGE

Potatoes should be kept a little bit colder than room temperature. Keep them in a dry, dark and ventilated place for the best possible results as you don't want them to get damp.

## GARDENING

Did you know that you can regrow store bought potatoes? If you've ever left a potato too long and it begins to grow eyes, you can dig a hole and plant the whole potato. Within a couple months, it will multiply!