

Potato Chip Facts

New York is the original home of the potato chip. In 1853 railroad magnate Commodore Cornelius Vanderbilt complained that his potatoes were cut too thick and sent them back to the kitchen at a fashionable resort in Saratoga Springs, NY. To spite his haughty guest, Chef George Crum sliced some potatoes paper-thin, fried them in hot oil, salted and served them. To everyone's surprise, Vanderbilt loved his "Saratoga Crunch Chips," and potato chips have been popular ever since.

NY potato producers grow chips for Cape Cod, Wise, Utz, Herr's, Terrell's and other regional potato chip companies. Ask your grocer to stock chips from locally grown farmers for the best tasting, freshest snacks.

Potato chips are generally 55/1,000 of an inch thick. Ridged chips are four times as thick as non-ridged potato chips.

Potato chips are American's favorite snack food. They are devoured at a rate of 1.2 billion pounds a year.

One has to eat 11 pounds of potatoes to put on 1 pound of weight. A potato has no more calories than an apple.

**March 14th is Potato
Chip Day!**



New York Potatoes

- ◆...There are approximately 150 commercial potato growers in New York State.
- ◆...NY growers grow about 20,500 acres of the crop for seed, fresh and processing.
- ◆...The NY potato industry crop is valued at about \$62 million and production is close to 5.7 million cwt.
- ◆...Many NY potato growers come from generations of farmers who have lived and worked and contributed to their local communities for years and are working to continue this tradition providing nutritious food to their neighbors.



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The Foundation has developed tools and resources to "sow the seeds of understanding". Our programs are available throughout New York State. We invite all who utilize agriculture in the form of food, shelter and clothing to invest in our programs to help us as we work to accomplish our mission. Our thanks to the Empire State Potato Growers, Inc. for their photos, potato information and support.



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Sowing the Seeds of Understanding

The Foundation

New York Farm Bureau
Foundation for Agricultural Education, Inc.

www.nyfbfoundation.org

Potatoes



The Mission of the Foundation is to inform and educate all New Yorkers regarding agriculture and to increase understanding between the farm and non-farm public.

Potatoes are the vegetable eaten most frequently in the US, and the one ordered most when Americans eat out.



Do You Know?



Delicious & Good for YOU...



Potato Nutrition!

- ☑ Potatoes contain antioxidants; the amount and type depend upon the variety.
- ☑ The predominant antioxidants in potatoes are vitamin C, certain carotenoids, and anthocyanins.
- ☑ Potatoes are sodium free.
- ☑ Diets containing foods, like potatoes, that are a good source of potassium and that are low in sodium may reduce the risk of high blood pressure and stroke.
- ☑ Potatoes are 100% fat free. Eating a healthful diet low in fat may reduce the risk of some types of cancers, a disease associated with many factors. Potatoes contain no fat, saturated fat or cholesterol.
- ☑ While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.
- ☑ Potatoes contribute vitamin C to the diet, which helps protect your body from infection by keeping your immune system healthy.
- ☑ One medium-sized potato has 110 calories.



Some Potato Varieties Grown in NY

Red Potatoes: Because of their waxy texture, the flesh of red potatoes stays firm throughout the cooking process, whether they are being roasted or cooked in a stew. Their thin yet vibrant red skin adds appealing color and texture to side dishes and salads. Reds are frequently used to make tender yet firm potato salad or add pizzazz to soups and stews, as well as being served baked or mashed. Round reds are often referred to as “new potatoes,” but the term “new” technically refers to any type of potato that is harvested before reaching maturity.



White Potatoes: White potatoes hold their shape well after cooking. Their delicate, thin skins add just the right amount of texture to a velvety mashed potato dish without the need for peeling. Grilling whites brings out a more full-bodied flavor. Create signature potato salads—just toss cooked white potatoes with dressings and ingredients “borrowed” from other salads, e.g., Caesar dressing and grated Parmesan; or ranch dressing, chopped egg and bacon crumbles.



Yellow Potatoes: Grilling gives yellow potatoes a crispy skin that enhances the dense flesh, creating a slightly sweet caramelized flavor. The creamy texture and golden color of yellow potatoes mean you can use less or no butter for lighter, healthier dishes. The naturally smooth and buttery texture also lends itself well to lighter versions of baked, roasted or mashed potatoes.



Simmer yellow potatoes until fully cooked, then drain, chill, and gently “smash” into flat disks. Brown these in oil or clarified butter and serve as a side or appetizer topped with sour cream and chives or other garnishes.

From a Family Farm to You!



Potatoes – ALL are special in their own way!

Variety	Appearance	Texture	Flavor	Preferred Uses
Red <i>Thin red skin & white flesh</i>	Small to Medium Round/slightly oblong	Wavy, moist, smooth & creamy	Subtly sweet Mild/medium sugar content	Roasting, mashing, salads, soups/stews
White <i>White/tan skin & white flesh</i>	Small to Medium Round/long	Medium starch, slightly creamy & dense; thin skin	Subtly sweet Mild/low sugar content	Mashing, salads, steaming/boiling, frying
Yellow <i>Lt. tan to golden skin & yellow to golden flesh</i>	Marble to Large Round/oblong	Slightly waxy, velvety, moist	Subtly sweet Rich & buttery Medium sugar content	Grilling, roasting, mashing, salads