





# February 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b></p> <p>The potato originated in the southern region of Peru between <b>3000 - 2000 BC</b>.</p>	<p><b>2</b></p> <p>Potatoes are <b>tubers</b>, the underground storage organ that develops on the plant's roots.</p>	<p><b>3</b></p> <p>Potato tubers grow as part of the <b>nightshade family</b>.</p>	<p><b>4</b></p> <p>Potatoes have <b>eyes</b> which are the growing points where <b>sprouts</b> develop.</p>	<p><b>5</b></p> <p>Sprouts shows <b>starch</b> being converted into <b>sugar</b> and getting ready to produce more tubers.</p>	<p><b>6</b></p> <p>You can eat potatoes that sprout as long as the potato is still <b>firm</b>; just <b>remove</b> sprouts.</p>
<p><b>7</b></p> <p>About <b>18,000 acres</b> of potatoes are harvested in New York.</p>	<p><b>8</b></p> <p>NY ranks <b>14th</b> in the size of production for potatoes in the U.S.</p>	<p><b>9</b></p> <p>NY grows many <b>varieties</b> - round whites, reds, yellows, russets and fingerlings.</p>	<p><b>10</b></p> <p>Varieties have <b>different uses</b> - boiling, roasting, baking, frying or chipping.</p>	<p><b>11</b></p> <p>The average American eats <b>140 pounds</b> of potatoes <b>per year</b>.</p>	<p><b>12</b></p> <p>NY potatoes represent <b>\$72.7 million</b> in value of production.</p>	<p><b>13</b></p> <p>A medium-sized potato has only <b>110 calories</b>.</p>
<p><b>14</b></p> <p>There are about <b>150</b> potato growers in NY.</p>	<p><b>15</b></p> <p>Contain vitamins <b>B6, C, E and K</b> and minerals like <b>potassium, magnesium and phosphorous</b>.</p>	<p><b>16</b></p> <p>You can find NY grown potatoes at your <b>local grocery stores</b> and <b>farmers markets</b>.</p>	<p><b>17</b></p> <p>Potatoes are best kept in <b>cool, dry places</b>.</p>	<p><b>18</b></p> <p>NY potatoes can be found in <b>Wise, Utz, Herr, Terrells, and Dirty Chip products</b>.</p>	<p><b>19</b></p> <p>A Potato is also known as a <b>spud</b>.</p>	<p><b>20</b></p> <p>Potatoes are known to be good for the <b>stomach, spleen and intestines</b>.</p>
<p><b>21</b></p> <p>Back in the 1890s, potatoes were <b>traded with gold</b> directly due to its high <b>Vitamin C</b> content.</p>	<p><b>22</b></p> <p>It is recommended to <b>leave the skins on</b> since most of the nutrition lies near there.</p>	<p><b>23</b></p> <p>You <b>should only wash</b> potatoes right before cooking them to slow the process of decay.</p>	<p><b>24</b></p> <p>Potatoes have gone <b>bad</b> when they are <b>shriveled</b> and <b>wrinkled</b>.</p>	<p><b>25</b></p> <p>You can be <b>poisoned</b> by eating its <b>leaves</b> and <b>green stems</b> because they contain <b>solanine</b>.</p>	<p><b>26</b></p> <p>Potatoes do not require a lot of <b>fertilizer</b> to thrive in growth.</p>	<p><b>27</b></p> <p><b>National Potato Days</b> are every <b>August 10th</b> and <b>October 27th</b>.</p>
<p><b>28</b></p> <p>The <b>french fry</b> was served for the first time by US President <b>Thomas Jefferson</b>.</p>				<h1>Potatoes</h1>		