



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

In season:



**Summer and
Fall**

Potato

Dakota: *Bdo or Mdo*

Lakota: *bló*

Preschool Lesson Plan

Objectives

Participants will:

- identify potatoes as a vegetable and the part of the plant that potatoes come from.
- increase knowledge in the growing, selection, storage and use of potatoes.
- demonstrate use of potatoes in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Potato visuals
- Actual potatoes if possible

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

Recipe

- New Potatoes with Garlic and Herbs

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards
- Stove Top Safety

Other Cooking and Food Safety Skills

- Cooking terms - boil, mince, simmer and toss
- Storing leftovers

Supplies for Potato Lesson

- New Potatoes with Garlic and Herbs
 - » Vegetable brush
 - » Knives
 - » Cutting boards
 - » Colander
 - » Saucepan
 - » Measuring spoons
 - » Spoon to serve

Notes

- Wild potato: original to South Dakota prior to European settlement; used to be abundant, but hard to find today; very nutritious food source, eaten raw or cooked in soups and stews; historically Dakota people used as a blood purifier, to treat headaches and indigestion; harvest and eat when young, they become acidic as they get older.

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> Throughout the world, this vegetable ranks with wheat and rice as 1 of the most important staple crops in people's diets. In 1995, this vegetable became the first to be grown in space. It was grown on the Challenger Space Shuttle. Some of the new varieties of this vegetable have purple skin or yellow flesh. <p>(Answer: Potato.)</p>	<ul style="list-style-type: none"> Name off each clue, allow a few guesses before moving on to the next clue. After someone guesses the answer, or you tell them, show them visuals of potatoes.
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruits and vegetables each, every day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruits and vegetables each, every day.</p>	<ul style="list-style-type: none"> Point to the MyPlate poster.
<p>Potatoes are a vegetable. There are 5 subgroups of vegetables: dark green, red and orange, beans and legumes, starchy and others. We need to make sure we are eating vegetables from each of these groups because each have different vitamins and nutrients in them.</p> <p>Do you know what subgroup potatoes are in?</p> <p>(Answer: Starchy.)</p>	<ul style="list-style-type: none"> Call on someone who would like to answer. Show the Vegetable Subgroups visual.
<p>Different vegetables come from different parts of the plant. They may be the root, stem, fruit, seed, leaf or flower. What part of the plant do you think potatoes are?</p> <p>(Answer: Root.)</p> <p>Why are roots important to a plant?</p> <p>(Answer: Roots provide support for the plant by anchoring the plant. Roots also absorb water and nutrients for the plant and store sugar and carbohydrates. Some plants, like the potato plant, have tubers for extra storage of nutrients.)</p>	<ul style="list-style-type: none"> Show the Parts of a Plant visual. Call on someone who would like to answer.
<p>Why would we want to eat potatoes?</p> <p>Potatoes are a good source of potassium, vitamin C and vitamin B6. They are also low in calories and fat.</p>	<ul style="list-style-type: none"> Show the Potato Nutrition Information sheet.

What You Say:	What You Do:
<p>Have any of you grown your own potatoes?</p> <p>Potatoes are one of the earliest vegetables that are planted in the garden. Avoid planting too early though. If the soil is too damp and cold, the seeds won't grow.</p>	
<p>Potatoes are started from seed pieces. These seed pieces may be potatoes that are cut into smaller pieces with at least one "eye" or they may be small whole potatoes. The seed pieces should be planted in fertile, well-drained soil about 10-12 inches apart in a row dug out 1-3 inches deep. After placing the seed pieces with the "eye" up, cover them with soil. Rows need to be 2-3 feet apart.</p> <p>After the potato plants have emerged from the soil, they can be mulched to save moisture, keep the ground cool and to control weeds.</p>	<ul style="list-style-type: none"> • Show a seed piece or the visual of a seed piece, emphasizing the "eye." • Discuss what materials can be used for mulch.
<p>After the plants have dried, the potatoes are ready to be harvested. The potatoes are usually about 4-6 inches below the ground. A shovel or garden fork is a helpful tool for removing the potatoes. Sometimes potatoes are harvested before the plants have dried, when the potatoes are 1-2 inches in diameter. These are called new potatoes and are often roasted or used in soups.</p>	<ul style="list-style-type: none"> • Show visuals of a garden fork. • Show visuals or real examples of new potatoes.
<p>Potatoes are usually dug from the garden in August or September. They can be stored over the winter in a cool, dark place with high humidity. They should be checked regularly for spoilage.</p> <p>Do not store potatoes in the refrigerator – it will change the taste.</p>	

What You Say:	What You Do:
<p>If you are purchasing potatoes in the store, look for clean, firm, dry potatoes with smooth skins.</p> <p>White-skinned, red-skinned and russets are some of the more popular varieties of potatoes. Potato varieties should be chosen for the use or recipe that they will be used for.</p> <p>Round red skinned potatoes are good for boiling and mashing.</p> <p>Round white potatoes hold their shape in salads and are also good for boiling and roasting.</p> <p>Russets are more dry and starchy so lend themselves for use as fries and baked potatoes.</p> <p>Potatoes can be boiled, fried, steamed, grilled or baked. To prevent browning, all potatoes should be cooked or immersed in water right after peeling.</p>	<ul style="list-style-type: none"> • Show visuals of different varieties of potatoes. • Show a peeled potato that has been immersed in water versus one that has not to demonstrate the discoloration that can happen (if possible).
<p>If potatoes start to sprout before they can be used, remove the sprouts and throw them away. If the potato is still firm, it is OK to eat. However, if it is wrinkled and shriveled or soft, throw the potato away.</p>	<ul style="list-style-type: none"> • If possible, show a sprouted potato and determine if it is firm and useable or wrinkled and not useable.
<p>What are some seasonings that you can use to enhance the flavor of potatoes?</p> <p>Some answers may include: chives, dill weed, garlic, oregano, rosemary or thyme.</p>	<ul style="list-style-type: none"> • Allow discussion about seasonings.
<p>Are you ready to try out a recipe using potatoes?</p> <p>What is the first thing that we always do before preparing food?</p> <p>(Answer: Wash hands.)</p>	<ul style="list-style-type: none"> • Review Handwashing skill sheet.

Wild Potato

Dakota word translation and perspective provided by a member of Hunkpati Dakota.
Lakota word translated by Jeshua Estes.

Wild Potatoes—original to South Dakota prior to European settlement.

Dakota name — Bdo or Mdo Lakota name — bló

- Use to be abundant, but hard to find today.
- A very nutritious food source, eaten raw or cooked in soups and stews.
- Historically Dakota people used as a blood purifier, to treat headaches and indigestion.
- Harvest and eat when young, they become very acidic as they get older.

Use this page if you are going to prepare New Potatoes with Garlic and Herbs

Equipment List

- Vegetable brush
- Knives
- Cutting boards
- Colander
- Saucepan
- Measuring spoons
- Spoon to serve
- Stove top or electric burner

What You Say:	What You Do:
Today we are going to be making New Potatoes with Garlic and Herbs. Let's read through the recipe before we begin.	<ul style="list-style-type: none"> Pass out the recipe and read through with the participants.
<p>We are going to use a vegetable brush to gently scrub the potatoes. We are not going to peel the potatoes for this recipe.</p> <p>Why do we scrub the potatoes? (Possible Answer: To remove any soil from the potatoes as they grow in the ground.)</p>	<ul style="list-style-type: none"> Demonstrate scrubbing the potatoes with a vegetable brush.
Next, we are going to cut the potatoes into cubes. We will be using a knife and cutting board.	<ul style="list-style-type: none"> Go over Knife Safety and the Cutting Boards skill sheet.
<p>After the potatoes are placed in the saucepan with water, we will bring the water to a boil. What does the cooking term "boil" mean? (Answer: To heat a liquid until bubble break continually on the surface.)</p>	<ul style="list-style-type: none"> Go over Stove Top Safety skill sheet. Call on someone who would like to answer and discuss the term "boil."
<p>The parsley will be chopped until finely minced. What does the cooking term "mince" mean? (Answer: To cut or chop into extremely fine pieces.)</p>	<ul style="list-style-type: none"> Call on someone who would like to answer and discuss the term "mince."
<p>The last step is to toss the potatoes with olive oil and then with the seasonings. What does the cooking term "toss" mean? (Answer: To combine ingredients with a lifting motion.)</p>	<ul style="list-style-type: none"> Call on someone who would like to answer and discuss the term "toss."

Visuals



A field of potatoes



Potatoes being harvested



A variety of potatoes

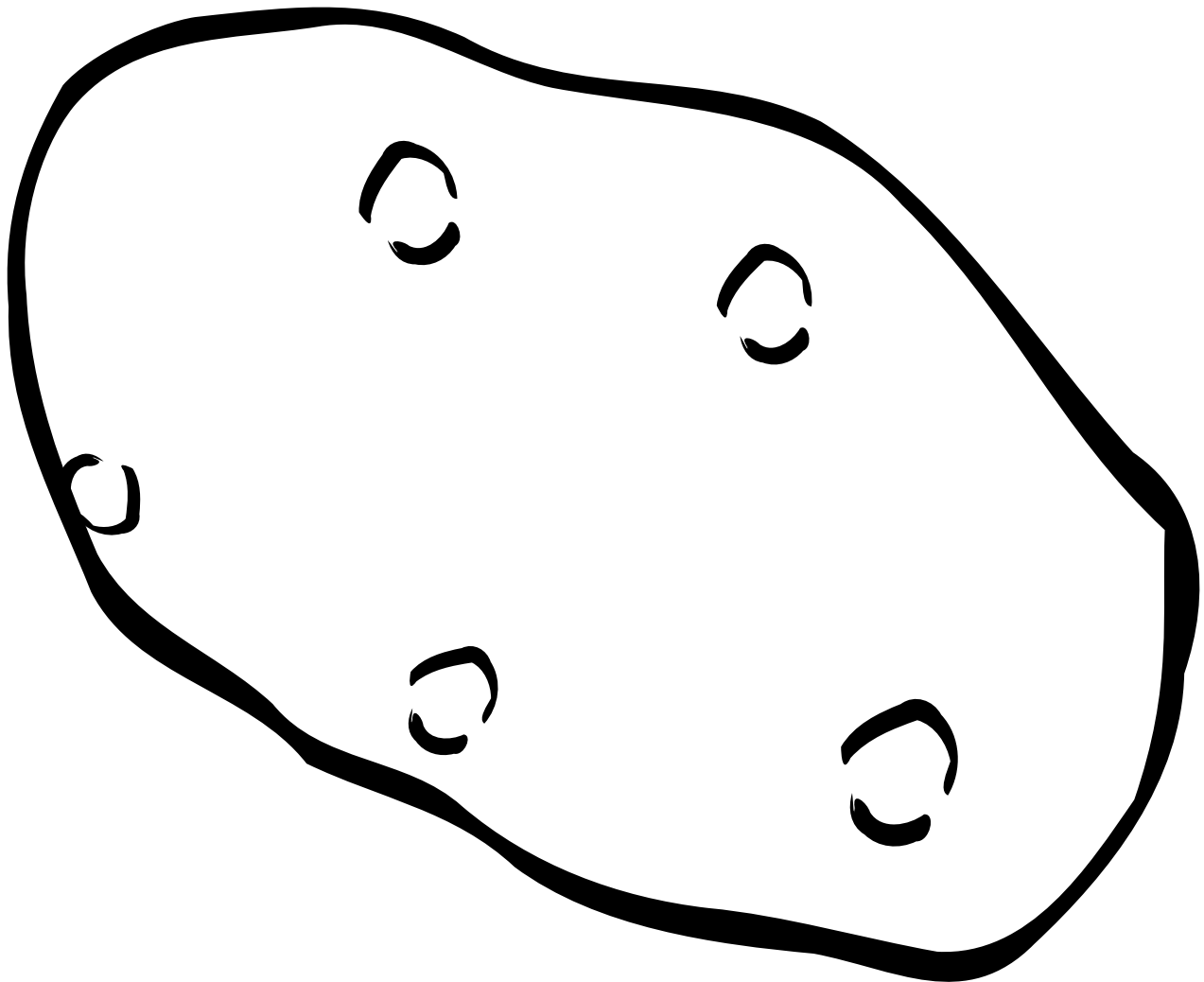
Potato Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Potato, baked, flesh and skin	½ cup 61 g	57	1.3	0%	6	326	17
Potato, baked, flesh only	½ cup 61 g	57	0.9	0%	8	239	5
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



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POTATO



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

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Potato Sources

Potato recipe

- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/country-style-potato-salad

Potato clues

- farmflavor.com
- health.ucdavis.edu/blog/good-food/potato-health-benefits-and-why-you-should-eat-more-spuds/2022/05
- potatogoodness.com/potato-fun-facts-history/

Potato information

- urbanext.illinois.edu/veggies/potato.cfm
- myplate.gov/
- fruitsandveggies.org/fruits-and-veggies/potato/
- montana.edu/extension/pspp/funspudfacts.html

Cooking terms

- eatgathergo.org/eat/cooking/cooking-basics-tips/

Cooking Glossary

- d.lib.msu.edu/fa/glossary

Dakota translation and historical use

- Member of Hunkpati Dakota

Lakota translation

- Translated by Jeshua Estes

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Summer and
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Pick it!

May have a light brown or red skin with white flesh.

Some new varieties have purple/blue skin or yellow flesh.

Store in a cool, dark, humid place with good air circulation, not in the refrigerator.

If the potato has green spots or sprouts, but is still firm, remove sprouts or spots and eat.

Try it!

Usually cooked by boiling, baking, microwaving, mashing, frying, grilling or roasting.

Popular dishes include soups, stews, casseroles, potato salad, hash browns and French fries.

Make them healthier by using less added fat.

Immerse in water immediately after peeling, to prevent browning.



Types of Potato

New: Moist and waxy, best steamed, boiled or in salads.

Round red: Waxy, holds shape when boiled, good when mashed.

Yukon gold: Moist, all purpose for boiling, mashing or roasting.

Russet: Dry and starchy, great baked or mashed.



Did you know...

Vitamin B6 works with enzymes to aid in protein digestion, helps make glucose, releases energy and supports a healthy immune system.



Like it!

New Potatoes with Garlic and Herbs

Ingredients

- 8-10 small new potatoes
- 2 Tablespoons olive oil
- $\frac{3}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ cup fresh parsley, dill or thyme leaves or 4 teaspoons dried
- 1 teaspoon freshly ground pepper
- 1 teaspoon salt

Directions

1. Using a vegetable brush, gently scrub potatoes under cold running water. Cut potatoes into cubes and rinse well under cold water in a colander.
2. Place potatoes in saucepan with enough water to cover cubes, bring to a boil, reduce heat and cook for 15 minutes or until potatoes are tender.
3. Drain potatoes and toss with olive oil. Add minced parsley, garlic, salt and pepper. Toss until combined.

Yields 4 servings

Nutrition Facts per Serving:
Calories 310; Fat 8g; Cholesterol 0mg; Sodium 600mg;
Carbs 55g; Fiber 6g; Sugars 3g; Protein 7g

Sources: urbanext.illinois.edu/veggies/potato.cfm

Dakota Perspective (Wild Potatoes)

Dakota: Bdo or Mdo

Lakota: bló

Used to be abundant, but are hard to find today. Wild potatoes are a very nutritious food source eaten raw or cooked in soups and stews. Historically, the Dakota people used the potatoes as a blood purifier to treat headaches and indigestion. Best to harvest and eat when young as they become acidic with age.

Translation and information provided by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.

Country Style Potato Salad

Ingredients

- 3 medium potatoes
- 1 cup celery, chopped
- $\frac{1}{2}$ cup onion, chopped
- 1 cup peas, frozen
- 1 Tablespoon mustard
- $\frac{1}{2}$ cup low-fat mayonnaise
- $\frac{1}{2}$ cup non-fat plain yogurt
- Black pepper, to taste
- Optional: lettuce and tomato for garnish

Directions

1. Wash potatoes and cut into bite-sized chunks.
2. Place potatoes in a saucepan and cover with water. Bring to a boil, lower to simmer and cook uncovered until potatoes are tender, about 20 minutes. Drain in colander and sprinkle lightly with cold water.
3. Put the rest of the ingredients in a large mixing bowl. Add drained potatoes and mix.
4. Refrigerate until ready to use. Garnish with fresh lettuce and sliced tomatoes.

Yields 4 servings

Nutrition Facts per Serving:
Total Calories 289; Total Fat 12g, Saturated Fat 2g;
Cholesterol 10mg; Sodium 422mg; Carbohydrates 39g,
Dietary Fiber 7g, Total Sugars 7g, Added Sugars included
0g; Protein 8g

Sources: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/country-style-potato-salad

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