



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Potato

*Dakota: Bdo or Mdo*  
*Lakota: bló*



## Pick it!

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

## Try it!

Store in a cool, dark, humid place with good air circulation.

## Like it!



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

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Dakota word translated by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Potato

In season:



Summer and  
Fall

**Dakota:** *Bdo or Mdo*

**Lakota:** *bló*

## 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](http://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](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/country-style-potato-salad)

**Find more recipes  
and videos at  
[extension.sdstate.edu](http://extension.sdstate.edu)**

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***Dakota: Bdo or Mdo***

***Lakota: bló***

- Some varieties have purple/blue skin or yellow flesh.
- If the potato has green spots or sprouts, but is still firm, remove sprouts or spots and eat.
- Store in a cool, dark, humid place with good air circulation.
- Cook by boiling, baking, microwaving, mashing, grilling or roasting.
- Add to soups, stews, casseroles or made into potato salad, hash browns and French fries.
- Make them healthier by using less added fat.
- Immerse in water immediately after peeling to prevent browning.

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and videos at  
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## 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, and 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: <http://urbanext.illinois.edu/veggies/potato.cfm>

## 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](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/country-style-potato-salad)



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# Potato

**In season:**



**Summer and  
Fall**

**Dakota: Bdo or Mdo**

**Lakota: bló**

## Sampling Display Instructions

### New Potatoes with Garlic and Herbs Ingredients

Ingredients	24 samples	32 samples	48 samples
Samples: 2 or 3 cubes of potato (about $\frac{3}{4}$ in. cubes)			
Red potatoes cut into $\frac{3}{4}$ inch cubes	16-20 potatoes, about 4 cups	24-30 potatoes, about 6 cups	32-40 potatoes, about 8 cups
Olive oil	$\frac{1}{4}$ cup	$\frac{1}{3}$ cup	$\frac{1}{2}$ cup
Garlic powder	1 $\frac{1}{2}$ teaspoons	2 teaspoons	1 Tablespoon
Fresh parsley, dill or thyme leaves or dried	$\frac{1}{2}$ cup fresh or $\frac{1}{4}$ cup dried	$\frac{3}{4}$ cup fresh or $\frac{1}{3}$ cup dried	1 cup fresh or 5 Tablespoons dried
Ground pepper	$\frac{1}{2}$ teaspoon	1 teaspoon	1 $\frac{1}{2}$ teaspoons
Salt	1 $\frac{1}{2}$ teaspoons	2 teaspoons	1 Tablespoon

### Directions:

1. Using a vegetable brush, gently scrub potatoes under cold running water. Do not peel the skin.
2. Cut potatoes into cubes (about  $\frac{3}{4}$  inch in size). Place in a colander and rinse under cool running water.
3. Place in a saucepan with enough water to just cover the potatoes. Bring to a boil, reduce heat, cook for 15 minutes or until potatoes are tender.
4. Meanwhile, if using fresh herbs, chop the parsley, dill or thyme leaves until finely minced.
5. Drain the potatoes and toss with olive oil. Add parsley (or dill or thyme), garlic, salt and pepper and toss until combined.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)  
[youtube.com/watch?v=up-FO5p\\_UMzQ](https://youtube.com/watch?v=up-FO5p_UMzQ)



### Notes:

- Prepare New Potatoes with Garlic Herbs. Place in slow cooker and transport to the store. Keep heated.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time on small plates and provide a fork. Ask parent's permission before children may sample.
- Ask if they use potatoes often in their meals. Ask them if they could use this recipe.
- Point out that potatoes are a very economical and versatile vegetable. They are also very easy to grow.
- Dakota word translated by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.

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## Sampling Display Instructions

### Country Style Potato Salad Ingredients

Ingredients	24 samples	32 samples	48 samples
Samples: 2 Tablespoons			
Potatoes, medium	2	3	5
Celery	$\frac{3}{4}$ cup	1 cup	1 $\frac{1}{2}$ cups
Onion, chopped	6 Tablespoons	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Frozen peas	$\frac{3}{4}$ cup	1 cup	1 $\frac{1}{2}$ cups
Mustard	2 $\frac{1}{4}$ teaspoons	1 Tablespoon	1 $\frac{1}{2}$ Tablespoons
Mayonnaise	6 Tablespoons	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Plain yogurt, non-fat	6 Tablespoons	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Black pepper	To taste	To taste	To taste
Lettuce and tomato (optional)	To garnish	To garnish	To garnish

### Directions:

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

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) [youtube.com/playlist?list=PLlIdDb7IZYqIWYg\\_nH3tCtQgNv0DcsstO](https://youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO)



### Notes:

- Prepare Country Style Potato Salad. Store in a container with lid. Keep chilled.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time on/in small plates/cups and provide utensil. Ask parent's permission before children may sample.
- Ask if they use potatoes often in their meals. Ask them if they could use this recipe.
- Point out that potatoes are a very economical and versatile vegetable. They are also very easy to grow.
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