



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Potato

**In season:**



**Summer and  
Fall**

**Dakota: *Bdo or Mdo***

**Lakota: *bló***

## Lesson Plan

### Objectives

Participants will:

- identify potatoes as a vegetable from MyPlate.
- increase knowledge in the growing, selection, storage and use of potatoes.
- demonstrate the use of potatoes in a healthy recipe.
- demonstrate the use of equipment needed in the preparation of a potato recipe and the cooking terms used.

### Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Vegetable Subgroups visual
- Measuring cup (1 cup), food models of potatoes or a medium size potato
- Visual of or an actual seed piece
- Visual of or an actual new potato

### Handouts or Take Home Items

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

### Recipe Choices

- New Potatoes with Garlic and Herbs
- Country Style Potato Salad

### 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
- Country Style Potato Salad
  - » Vegetable brush
  - » Knives
  - » Cutting boards
  - » Saucepan
  - » Colander
  - » Mixing bowl
  - » Measuring cups and spoons
  - » Spoon

### Notes

- Dakota and Lakota translation of the name of the produce is available at the end of this document.

What You Say:	What You Do:
<p>Every class we are going to learn about a different fruit or vegetable. I am 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"> <li>Throughout the world, this vegetable ranks with wheat and rice as 1 of the most important staple crops in people's diets.</li> <li>In 1995, this vegetable became the first to be grown in space. It was grown on the Challenger Space Shuttle.</li> <li>Some of the new varieties of this vegetable have purple skin or yellow flesh.</li> <li>35% of this vegetable grown in the United States is turned into frozen French fries.</li> </ul> <p>(Answer: Potato.)</p>	<ul style="list-style-type: none"> <li>Name off each clue; allow a few guesses before moving on to the next clue.</li> <li>After someone guesses the answer, or you tell them, show them visuals of potatoes.</li> </ul>
<p>Potatoes are a vegetable. There are 5 subgroups of vegetables: dark green, red and orange, beans and peas, starchy and others. We need to make sure we are eating vegetables from each of these groups because each has 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"> <li>Call on someone who would like to answer.</li> <li>Show the Vegetable Subgroups visual.</li> </ul>
<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"> <li>Show the Parts of a Plant visual.</li> <li>Call on someone who would like to answer.</li> </ul>
<p>MyPlate shows us how to eat healthier. If we notice, ½ of the MyPlate diagram is fruits and vegetables. Depending on your age and gender, we should be eating between 1-4 cups of vegetables a day.</p> <p>One cup of mashed potatoes counts as 1 cup from the MyPlate vegetable group. One medium baked or boiled potato also counts as a 1 cup equivalent in the vegetable group.</p>	<ul style="list-style-type: none"> <li>Point to the MyPlate poster.</li> <li>Show the 1 cup measuring cup, food models of potatoes and/or a medium size potato (2 ½-3 inches in diameter).</li> </ul>

What You Say:	What You Do:
<p>Why would we want to eat potatoes?</p> <p>Potatoes are a good source of potassium, vitamin C and vitamin B6. These nutrients help regulate blood flow to our heart and muscles while strengthen our immune system.</p>	<ul style="list-style-type: none"> <li>• Show the Potato Nutrition Information sheet.</li> </ul>
<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, as damp, cold soil may cause the seed pieces to rot.</p>	
<p>Potatoes are started from seed pieces. These seed pieces may be potatoes cut into smaller pieces with at least one "eye" or small whole potatoes. The seed pieces should be planted 1-3 inches deep in fertile, well drained soil about 10-12 inches apart. 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"> <li>• Show a seed piece or the visual of a seed piece, emphasizing the "eye".</li> <li>• Discuss what materials can be used for mulch.</li> </ul>
<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"> <li>• Show visuals of a garden fork.</li> <li>• Show visuals or real examples of new potatoes.</li> </ul>
<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 because it can 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 are most often used for 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"> <li>• Show visuals of different varieties of potatoes.</li> <li>• Show a peeled potato that has been immersed in water vs. one that has not to demonstrate the discoloration that can happen.</li> </ul>
<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, it should be discarded.</p>	<ul style="list-style-type: none"> <li>• If possible, show a sprouted potato and determine if it is firm and useable or wrinkled and not useable.</li> </ul>
<p>Before we prepare the potato to cook, we need to rinse, scrub and pat it dry.</p> <p>Here are some ways to prepare potatoes:</p> <p><b>Bake:</b> Pierce the potato with a fork to allow steam to escape. Bake at 400 degrees for 45 minutes or until tender.</p> <p><b>Microwave:</b> Pierce with a fork and place on a paper towel in the microwave. Cook 4-6 minutes on high power until tender.</p> <p><b>Roast:</b> Chop potatoes into 1 inch cubes or cut into long strips. Place them in a plastic bag or bowl, shake with olive oil to coat. Spread the potatoes in a single layer on a baking sheet and roast at 450 degrees for 30-40 minutes. Turn them often.</p> <p><b>Boil:</b> Peel and cut potatoes. Place in a pot of boiling water. Boil for 20-30 minutes. When tender, they can be mashed to a desired consistency and seasonings may be added.</p>	<ul style="list-style-type: none"> <li>• Discuss ways to prepare potatoes.</li> <li>• Review Washing Fruits and Vegetables skill sheet.</li> </ul>



What You Say:	What You Do:
<p>What are some seasonings that you 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"> <li>Allow discussion about seasonings.</li> </ul>
<p>Are you ready to try out a potato recipe?</p> <p>What is the first thing that we always do before preparing food? (Answer: Wash hands.)</p>	<ul style="list-style-type: none"> <li>Review Handwashing skill sheet.</li> </ul>

### 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*

- Used 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 wild potatoes 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"> <li>• Pass out the recipes.</li> <li>• Read through the recipe with participants.</li> </ul>
<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"> <li>• Demonstrate scrubbing the potatoes with a vegetable brush.</li> </ul>
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"> <li>• Go over Knife Safety and the Cutting Boards skill sheet.</li> </ul>
<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 bubbles break continually on the surface.)</p>	<ul style="list-style-type: none"> <li>• Go over Stove Top Safety skill sheet.</li> <li>• Call on someone who would like to answer.</li> <li>• Discuss the term "boil".</li> </ul>
<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"> <li>• Call on someone who would like to answer.</li> <li>• Discuss the term "mince".</li> </ul>
<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"> <li>• Call on someone who would like to answer.</li> <li>• Discuss the term "toss".</li> <li>• Prepare recipe with participants.</li> </ul>

# Use this page if you are going to prepare Country Style Potato Salad

## Equipment List

- Vegetable brush
- Knives
- Cutting boards
- Saucepan
- Colander
- Mixing bowl
- Measuring cups and spoons
- Spoon
- Stove top or electric burner

What You Say:	What You Do:
<p>Today we are going to be making Country Style Potato Salad.</p> <p>Let's read through the recipe before we begin.</p>	<ul style="list-style-type: none"> <li>• Pass out the recipes.</li> <li>• Read through the recipe with participants.</li> </ul>
<p>We are going to be using more than one vegetable in this recipe. What other vegetables besides potatoes are we using?</p> <p>(Answer: Celery, onion and peas/lettuce and tomato are optional for a garnish.)</p> <p>Remember that we should be filling 1/2 our plates with fruits and vegetables. Depending on your age and gender, we should be eating between 1-4 cups of vegetables a day. This recipe helps us to meet that goal.</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> <li>• Refer to the Daily Recommendations visual for specific amounts.</li> </ul>
<p>The potatoes are not going to be peeled, but they need to be washed. How do we clean potatoes?</p> <p>(Answer: Use a vegetable brush to scrub under cold running water.)</p> <p>The potatoes will be cut into bite-size chunks using a knife and cutting board.</p>	<ul style="list-style-type: none"> <li>• Review Washing Fruits and Vegetables skill sheet.</li> <li>• Go over Knife Safety and Cutting Boards skill sheet.</li> </ul>
<p>The potatoes are placed in a pan, covered with water and then brought to a boil. What does the cooking term "boil" mean?</p> <p>(Answer: To heat a liquid until bubbles break continually on the surface.)</p> <p>Then the heat is lower so the potatoes simmer in the water. What does the cooking term "simmer" mean?</p> <p>(Answer: To cook slowly in liquid over low heat; the surface is broken from time to time with rising bubbles.)</p>	<ul style="list-style-type: none"> <li>• Call on participants that would like to answer.</li> <li>• Discuss the cooking terms boil and simmer.</li> <li>• Go over Stove Top Safety skill sheet.</li> </ul>
<p>If we have leftovers from this recipe, what should we do with them?</p> <p>(Answer: Place in a container with a lid in the refrigerator within 2 hours.)</p>	<ul style="list-style-type: none"> <li>• Call on someone who would like to answer.</li> <li>• Discuss food safety.</li> <li>• Prepare recipe with participants.</li> </ul>

## 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
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	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)

# Potato Sources

## Potato recipe

- [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)

## Potato clues

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

## Potato information

- [urbanext.illinois.edu/veggies/potato.cfm](https://urbanext.illinois.edu/veggies/potato.cfm)
- [myplate.gov/](https://myplate.gov/)
- [fruitsandveggies.org/fruits-and-veggies/potato/](https://fruitsandveggies.org/fruits-and-veggies/potato/)
- [montana.edu/extension/pspp/funspudfacts.html](https://montana.edu/extension/pspp/funspudfacts.html)

## Cooking terms

- [eatgathergo.org/eat/cooking/cooking-basics-tips/](https://eatgathergo.org/eat/cooking/cooking-basics-tips/)

## Cooking Glossary

- [d.lib.msu.edu/fa/glossary](https://d.lib.msu.edu/fa/glossary)

## Dakota translation and historical use

- Member of Hunkpati Dakota

## Lakota translation

- Translated by Jeshua Estes

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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)

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