



# CWD Healthy Update

CWD Nutrition Services Department

Volume 16, Issue 4  
January 27, 2012

## Purchasing Potatoes

Potatoes are a staple on the American plate. According to the Idaho Potato Commission, a 2010 study found potatoes account for 44% of all carbohydrates served in Independent Restaurants.

When purchasing potatoes, look for clean, smooth, firm-textured potatoes with no cuts,

and when potatoes are stored at warmer temperatures, the starch begins to turn to sugar, causing an undesirable sweetness and a caramelized brown discoloration when cooked.

Carton Size	Potatoes Per Carton	Potato Size (ounces)																	
		4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
120-count	114-126	■																	
110-count	105-116		■																
100-count	95-105			■															
90-count	86-95				■														
80-count	76-84					■													
70-count	67-74						■												
60-count	57-63							■											
50-count	48-53								■										
40-count	38-42									■									

■ Most potatoes in the carton ■ Maximum size range

Fries are the most popular restaurant menu offering followed by Mashed, Hash browns, Potato Salad, Baked, and Chips

discoloration, or bruises.

Potatoes should be stored at 45-48°F. When potatoes are stored at colder temper-

atures, check out the Idaho Potato Commission's website at <http://www.idahopotato.com>

For more information on potatoes including foodservice recipes,



## Celebrate February

- American Heart Month
- Canned Food Month
- Great American Pies Month
- Potato Lover's Month
- Chocolate Lover's Month
- National Sweet Potato Month
- Valentine's Day (14th)
- President's Day (20th)
- Ash Wednesday (22)
- Leap Year (29th)

## Weekly Produce Update

**Melons**—cantaloupe and honeydew continue to be in limited supply with off-shore fruit very limited.

**Lettuce**—still some quality issues such as blister, epidermal peel, and tip burn. Market is steady.

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**Lemons**—quality is good.

**Tomatoes**—Mexico is in a supply exceeds demand situation so pricing is competitive. Quality is excellent.

**Strawberries**—Quality is reported good out of all growing areas. Good weather in Mexico and Florida has increased vol-

**Oranges**—Navels are in full production.

<http://www.producenews.com>

