

August 11

Week 2 - Super Spuds: Potato Harvest



Lesson Plan #14 and review of last lesson

It is a good time to check on all of your plants! Is there anything that needs to be harvested? A lot of plants will continue to grow and produce ripe vegetables. Make sure to continue picking them!



Welcome to the fourteenth lesson of the Junior Garden Club! In the last lesson we learned how to harvest and cook with carrots.



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How to: Harvest and Store

Potatoes are ready to be harvested when the plant leaves begin to die. Cut the brown foliage off and leave the potatoes in the ground for two more weeks. After two weeks, its skin should be thick and firm. If it is not, it should be left in the ground for a few more days.

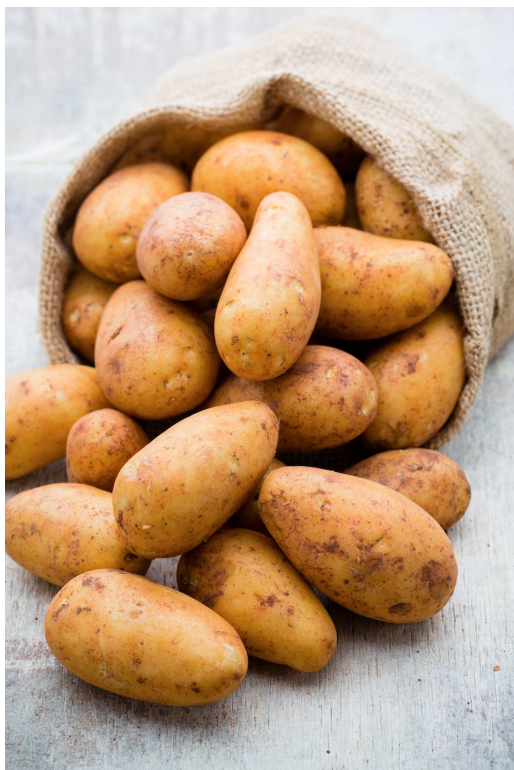
Dig the potatoes up gently. The potatoes should be dry. If they are wet, let them air-dry before putting them in storage. Be careful not to leave them in the sun for too long, as this may cause them to turn green. Green potatoes are bitter and can make you sick. If there are small green spots they can be trimmed off, but if there is a lot of greening, throw them out.

Allow freshly dug potatoes to sit in a dry, cool, dark place for up to two weeks. Potatoes should only be washed right before you use them.

Potatoes in Alberta

Did you know that Alberta potato farmers grow over 200 types of potatoes across 62,000 acres of land each year? That's like 62,000 football fields full of potatoes!

Three-quarters of Alberta potatoes are used to make chips and french fries!



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Potato Stamps

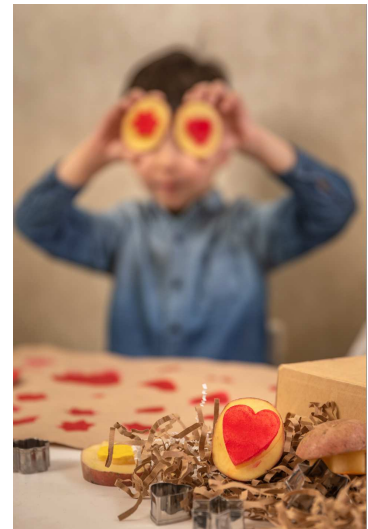
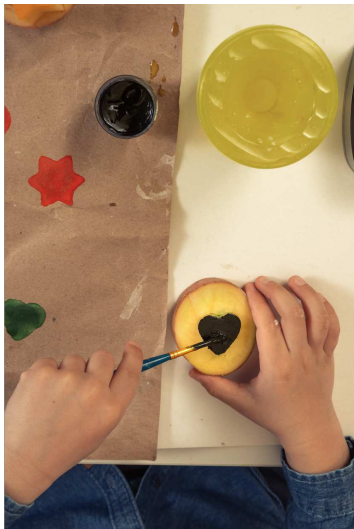
Do you have any potatoes that are about to go bad and are no good to eat? You can use these potatoes to create some fun potato stamps. This craft involves using a knife. Ask for adult help and supervision!

Materials:

- 2 Potatoes
- Kitchen knife
- Marker
- Paint
- Paper plate
- Paper

Instructions:

1. Cut the potato in half.
2. Draw a design onto the surface of the potato. Simple designs are easier to cut, like triangles, circles, or hearts.
3. Cut around the shape so that the shape is raised from the rest of the potato. You can use a skewer or fork to poke the shape with little holes, which will add more texture and detail to your design.
4. Pour some paint onto the paper plate. Dab the potato in the paint, making sure the surface of the shape is covered. If there is too much paint on the shape, you can get rid of excess by first stamping it onto an extra sheet of paper.
5. Press the potato firmly onto your paper. You'll be able to use the stamp a few times before dipping in paint again.
6. Let the paint dry, and show off your masterpiece!



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Chipotle Sausage and Potato Hash

A recipe by Egg Farmers of Alberta

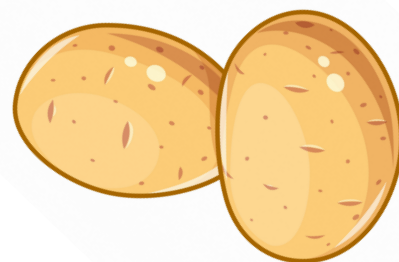
Ingredients:

- 2 tablespoons olive oil
- 3 large Yukon or Russet potatoes, peeled and cubed
- 1 small onion, chopped
- $\frac{3}{4}$ lb chicken, turkey or Italian pork sausage milk, casings
- $\frac{1}{2}$ red and green pepper
- 3 cloves garlic, minced
- 4 eggs
- Salt and pepper to taste



Method:

1. Add the olive oil to a large skillet and heat over medium heat.
2. Add cubed potatoes, season with salt and pepper. Cook for 7 to 10 minutes, until they're about halfway cooked through, stirring occasionally.
3. Add onion and cook for an additional 3 minutes, stirring occasionally.
4. Add sausage, peppers, garlic, and Tabasco® to the skillet and stir.
5. Reduce the heat, and continue cooking until potatoes are cooked through, another 10 minutes.
6. Divide hash in four different plates. Pan-fry eggs to your liking, place on top of hash and serve.



Keep an eye out for next week's lesson plan where you will learn how to harvest and cook with onions!

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References:

The Old Farmer's Almanac—Growing Potatoes <https://www.almanac.com/plant/potatoes>

Egg Farmers of Alberta—Chipotle Sausage and Potato Hash <https://eggs.ab.ca/recipes/chipotle-sausage-potato-hash/>



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