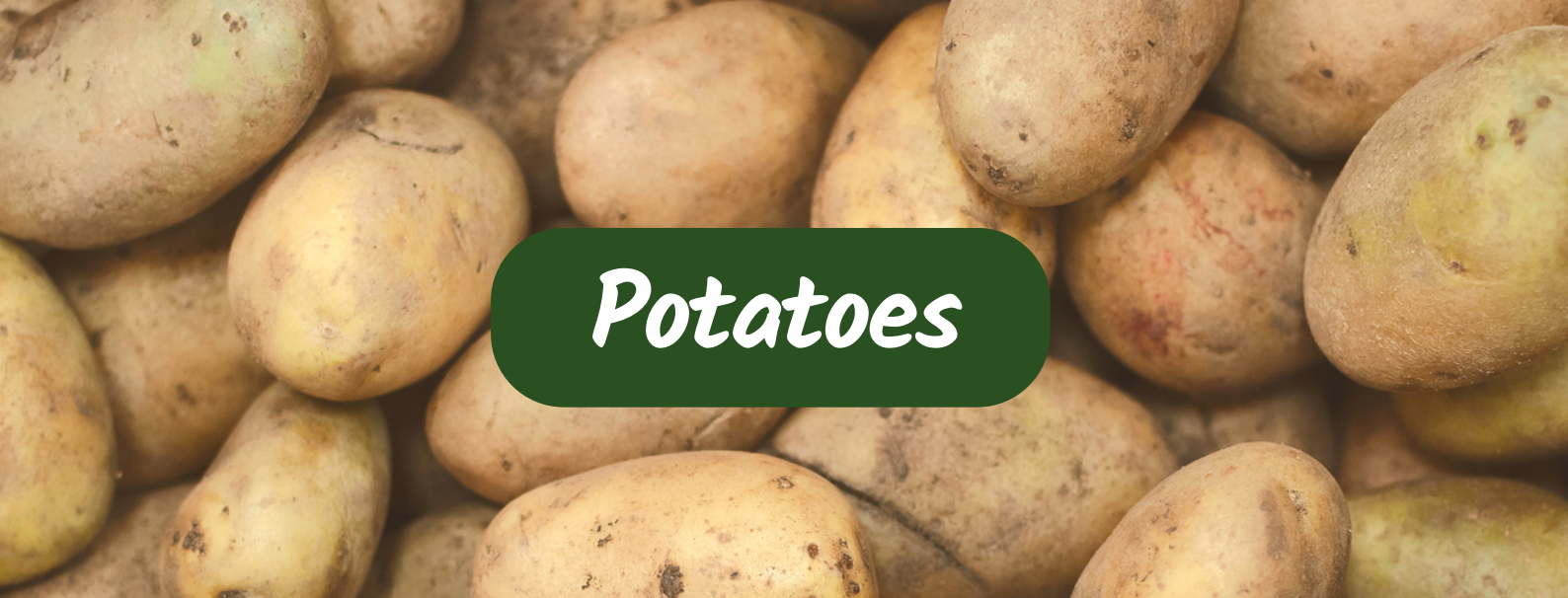




Potatoes

Cooked potatoes with the skin are a good source of many vitamins and minerals, such as potassium and vitamin C.

They're generally eaten boiled, baked, or fried and frequently served as a side dish or snack.

Store:

- Keep in a cool, dark, dry place.
- Store in a paper bag, hessian sack, or open container to allow air to circulate.
- Remove any damaged potatoes to help the rest stay fresher for longer.

Freeze:

- Cook before freezing for the best texture.
 - Cool completely, then freeze in an airtight container or freezer bag.
 - Best used within 3 months. Defrost in the fridge overnight and reheat thoroughly before eating.
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Sprouting Potatoes

If you've opened a bag of potatoes to find they've started sprouting, don't throw them away just yet. In many cases, they're still perfectly good to eat and can be used in all your favourite recipes with a little preparation.

Before cooking:

- Remove all sprouts.
- Cut away any green areas.
- Peel the potato before cooking.

Potatoes should be discarded if they are:

- Soft or mushy.
- Completely shrivelled.
- Rotten or have an unpleasant smell.
- If they're too old to eat but have healthy sprouts, you can even plant them to grow your own potatoes.

Give them a second life

If your potatoes aren't suitable for eating, don't waste them. Cut them into pieces, making sure each piece has a sprout, then plant them in soil with the sprout facing upwards. Keep them watered and, with a little patience, you'll have your own crop of potatoes.

Video Links

[Potato Recipes 3 Ways: Omelette, Fishcakes & Gnocchi](#)

[Potato Crisps](#)