



**FUN
FACTS
ABOUT**

Potatoes

- Potatoes are loaded with Vitamin C and potassium.
- Look for firm, smooth potatoes without dents. Avoid green potatoes or those with soft spots or sprouts.
- Potatoes can be stored for 3-4 weeks in a dark, cool, well ventilated place.
- Potatoes may be grown in Iowa and in season June through October.
- Potatoes come in a variety of colors including yellow, brown, blue and even purple!



**IOWA
GROWN**

The logo for "Iowa Grown", featuring a green outline of the state of Iowa with the text "IOWA GROWN" inside.

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