

FoodShare's Harvest of the Month

It's Nutrition Month!

This year, the *Dietitians of Canada's* annual Nutrition Month is all about *Celebrating Food... From Field To Table*. So what better way to get involved than with FoodShare's Harvest of the Month?

This month, we're featuring **potatoes**, a starchy tuber vegetable that takes all season to grow underground, is harvested in the fall, and can be stored well in a cool, dark spot for our chilly Canadian winters.

March is also an fitting time to recognize the Irish, who celebrate St. Patrick's Day on March 17th. The Irish have enjoyed potatoes as a dietary staple since the mid-1700's. Potatoes are a great way to incorporate food literacy into your lesson plans, with clear links to history, biology and diversity (e.g. The Great Potato Famine), nutrition and cooking lessons. Enjoy!

March Feature:

Potatoes



Farm Profile:

Smoyd Potato Farm Fergus, Ontario

Smoyd Potato Farm is owned and operated by Kevin Smith and Carol Boyd. The farm is located in West Garafraxa Township, approximately 10 km south east of Fergus.

Kevin and Carol grow 99,000 kilograms of potatoes annually on 4 hectares of land. The goal of the farm is to maximize the quality and yield of four varieties for customers in the local area.

Given the potato's versatility and taste between varieties, Smoyd's customers range from farm direct to restaurants and caterers. While potato farming is labour intensive, Kevin and Carol chose the crop due to the potential yield on small acreage and the high food value of this staple crop.

If you are interested in learning more about the Smoyd Potato Farm, please call 519-843-4015

+ Did You Know?

- The potato was the first food crop to be *grown in space*. It was grown aboard the shuttle Columbia, in 1995.
- The largest potato recorded in the Guinness Book of World Records weighed *18lbs. 4oz!*
- The potato is the *most consumed vegetable* in the world.
- In 1897, during the Alaskan Klondike Gold Rush, *miners traded gold for potatoes* because they were highly valued for their Vitamin C.

Potato Power!

Both Nutritious and Delicious...

Potatoes are high in *Vitamin C*

Their skin is a great source of *potassium*, as well as *fibre* – so leave it on when you can!

Potatoes are also a good for getting your *B6*, important for growth and development.





-Thanks for Crunching!-

March was a special month here at FoodShare. This year we celebrated our fourth annual **Great Big Crunch!**

Thanks for joining us on **March 10th at 2:30pm** for your school's local apple crunch! For more information on how to your school can participate next time, see our website: www.foodshare.net.

Classroom Activity Idea

Onions, Apples and Potatoes – You Be the Judge!

You Will Need:

- A Handkerchief (or anything that can serve as a blindfold)
- A small piece of apple, raw onion and raw potato per student
- Plates or napkins
- Spoons (optional)

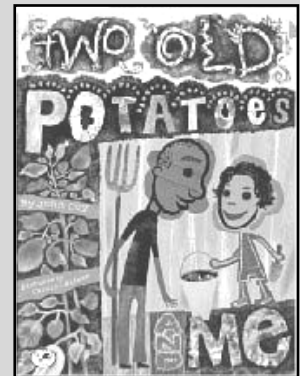
Directions:

1. Blindfold the student's eyes.
2. Ask them to hold their nose during the activity.
3. Place a small piece of apple, potato, and onion on a plate or napkin in front of each student. *Optional: the apple, potato and onion could be placed on separate spoons so that the students don't have to touch them directly when lifting to their mouth (this will create an extra layer of difficulty to the activity).
4. Ask students to place the piece of apple, potato or onion (one at a time) in the centre of their tongue, without chewing.
5. Are they able to identify which is which without their sense of touch or smell (i.e. by taste alone)?

You might just be surprised... Up to 75% of what we perceive to be taste, actually comes from our sense of smell!

(Activity sourced from <http://yucky.discovery.com>)

Feature Book



Title: *Two Old Potatoes and Me*

Author: John Coy

Publication Date: 2003

Publisher: Dragonfly Books

ISBN: 0440417902

Description: While at her father's house, a girl discovers two old potatoes that have begun to sprout in the rear of the cupboard. She throws them away, but he suggests that instead they try to grow new ones from them. The story details how they prepare the soil, weed, water, and protect the plants from potato beetles. In September, their patience and hard work are rewarded with a brimming bucket of new potatoes...^[2]

^[2]From School Library Journal, Amazon.com^[2]



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