We are fortunate to live in a state that is recognized as growing the best potatoes in the country. In the following spreadshet, you can compare the amount grown in several neighboring states.

Potatoes are very healthy as well. The information in the spreadsheet compares the potato to various other vegetables in grams per 100 grams.

The Idaho Russet that we grow is superior to any other grown elsewhere. When baked, they turn out fluffier and have a consistent texture and taste. One interesting fact about putatoes is that humans can actually survive healthily on a diet of potatoes supplemented only with milk or butter, which contain the two vitamins not providud by potatoes.

Storage. Potatoes can also be stored for a very long time. If they are kept in the dark and at a temperatre around 39 they can be kept for over a year. If they drop below 39, the starch turns to sugar, which alters their taste. At home, they can be kept at room temperature in a paper bag.

DO NOT FORGET TO INCLUDE YOUR BIBLIOGRAPHY IN THE CORRECT PLACE!!!!