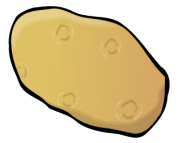


Gleaning Potatoes



Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

Nutrition Facts: 1 Large Potato, **Protein:** 6.2 g, **Fat:** .37 g, **Carbohydrates:** 58 g, **Fiber:** 9 g, **Sugar:** 4 g, **Calcium:** 33 mg, **Magnesium:** 77 mg, **Potassium:** 229 mg, **Vitamin C:** 34 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

Recipe: *Roasted Potatoes with Parmesan Cheese & Garlic*

Season: *Summer/Fall*

Ingredients: 4 Large potatoes or 4 Cups Small potatoes, any kind, cut into small cubes, 2 Tbsp. olive oil, 6 cloves of garlic, minced, 1 tsp. dried thyme, ½ tsp. dried basil, ½ Cup parmesan cheese, salt and pepper to taste, 2 Tbsp. chopped fresh parsley for garnish.

Instructions: 1. Preheat oven to 400 degrees and lightly oil a baking sheet. 2. In a bowl, toss potatoes with olive oil, garlic, thyme, basil, parmesan, salt, and pepper. 3. Spread evenly on baking sheet and bake for 25-30 minutes, or until crisp-tender. 4. Garnish with parsley and serve.

Fun Facts:

- ★ Potatoes are the most consumed produce in America.
- ★ The Incas used potatoes to treat injuries and thought spuds made childbirths easier.
- ★ Potato plants are usually pollinated by insects like bumblebees.
- ★ Potatoes have more potassium than bananas.
- ★ French fries were first served in America in 1801.

Source: *InternationalBusinessTimes.com*

For more information on **Farmers Against Hunger and NJ Agricultural Society**,
Or to make a donation,

Visit our website at <http://www.njagsociety.org/farmers-against-hunger.html>

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