



Let's learn about:

POTATOES

- **Potatoes are 99% fat free and are packed with important nutrients.**
- **Potatoes are actually tubers: starchy, modified stems that grow on short branches from the plant.**
- **There are hundreds of varieties of potatoes, but 3 are most common in grocery stores.**
- **Potatoes were the first vegetable grown in space.**
- **Potatoes can last up to 6 months when stored properly.**

