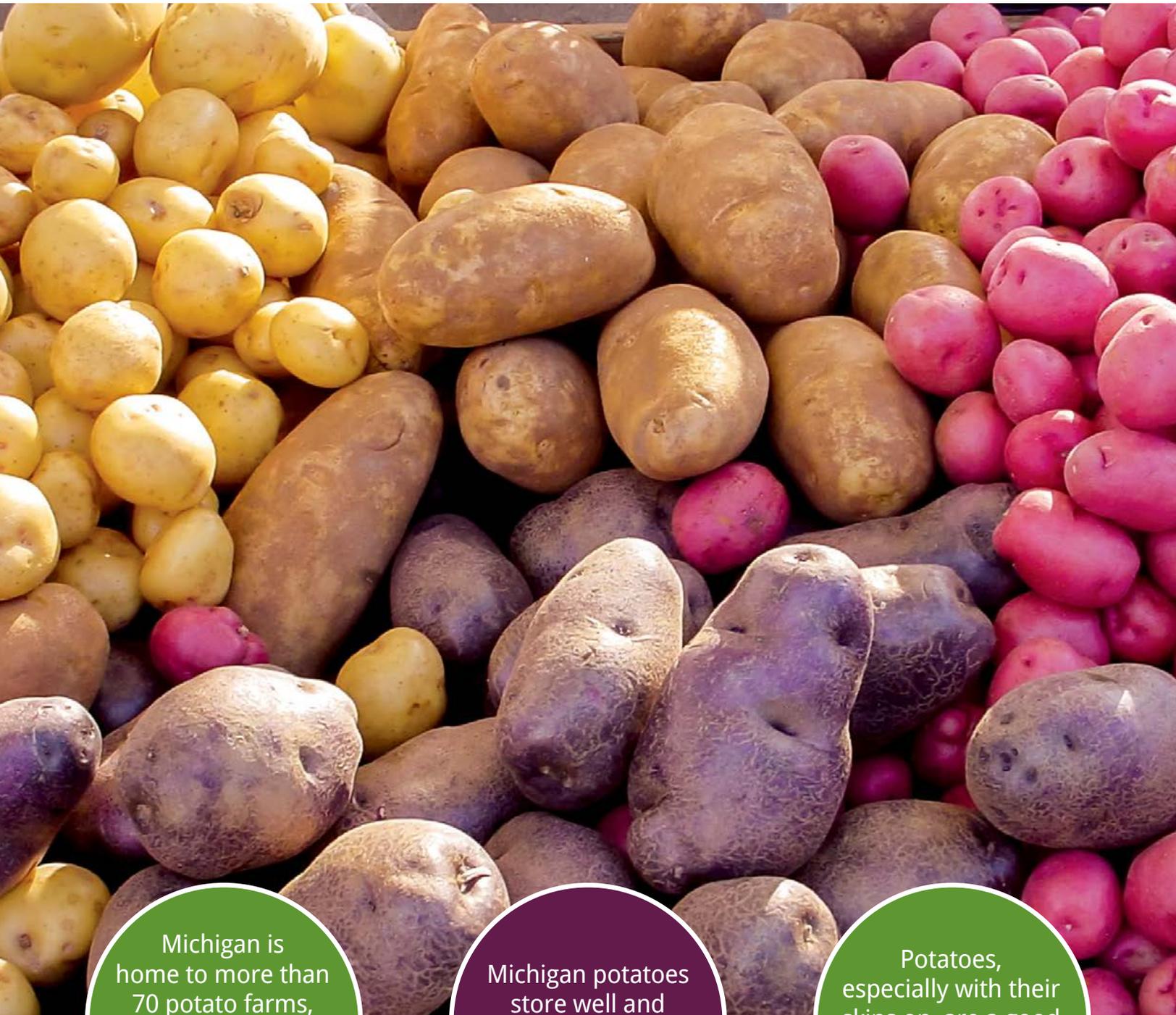


Potatoes



Michigan is home to more than 70 potato farms, most of which are multi-generational family farms.

Michigan potatoes store well and are available for most of the year.

Potatoes, especially with their skins on, are a good source of potassium and vitamin C.

Potato Guide



Potatoes are a familiar favorite. They come in a variety of shapes, colors, and flavors to suit institutional food service needs. With a wide variety of uses, potatoes are sure to be a customer pleaser. Fortunately, they are also a healthy option, offering a number of important nutrients. Potatoes are grown in every region of the state, making Michigan the eighth largest producer in the country. The field fresh season for potatoes is from August to mid-November, but potatoes are available for almost the entire year since they store exceptionally well.

The Michigan Potato Toolkit provides resources to help make it easier for institutions to find, buy and use this versatile vegetable. Learn how to purchase potatoes from distributors or directly from farmers, find recipes that have been tested and perfected by food service staff members, and use the marketing materials to share the results of your efforts with staff members, eaters and communities. Then track your local purchases through the Cultivate Michigan Dashboard as we work towards reaching the goal of 20% Michigan foods in all Michigan institutions by 2020.

Quick Tips and Facts

- 1 Fact:** Michigan ranks eighth in the nation for potato production, with more than 46,000 acres dedicated to growing potatoes.
- 2 Fact:** Michigan is home to more than 70 potato farms, most of which are multi-generational family farms.
- 3 Storage Tip:** When potatoes are stored in temperatures lower than 50°F, their starches convert to sugar. This can result in a sweeter taste and discoloration when the potatoes are cooked.
- 4 Nutrition Tip:** Especially with their skins on, potatoes are a good source of potassium and vitamin C.
- 5 Fact:** The potato industry contributes about \$1.24 billion to Michigan's economy, including more than 3,000 jobs in potato production and processing.
- 6 Storage Tip:** Store potatoes in a cool, well-ventilated place where they are not exposed to sunlight.



Potato Varieties

A Spud for Everyone!

More than 100 varieties of potatoes are available for purchase in the United States. They all fall into one of six categories. The table below shows the six primary potato categories grown in Michigan and their appearance, texture, flavor and preferred culinary uses.

Name	Appearance	Texture	Flavor	Preferred Uses
Russet	Medium to large; oblong or slightly flattened oval shape; light to medium brown; netted skin; white to pale yellow flesh	Floury, dry; light and fluffy; hearty skin that is chewy when cooked	Mild; earthy; medium sugar content	Baking, frying, mashing, roasting
Red	Small to medium; round or slightly oblong; smooth, thin red skin; white flesh	Waxy, moist and smooth; creamy	Subtly sweet; mild; medium sugar content	Roasting, mashing, salads, soups/stews
White	Small to medium; round to long shape; white or tan skin; white flesh	Medium starch; slightly creamy, slightly dense; thin, delicate skin	Subtly sweet; mild; low sugar content	Mashing, salads, steaming/boiling, frying
Yellow	Marble size to large size; round or oblong shape; light tan to golden skin; yellow to golden flesh	Slightly waxy; velvety; moist	Subtly sweet; rich; buttery; medium sugar content	Grilling, roasting, mashing, salads
Purple/ Blue	Small to medium size; oblong to finger-shaped; deep purple, blue or slightly red skin; blue, purple, lavender, pink or white flesh	Moist; firm flesh; blue and purple Peruvian varieties have higher starch content and a floury texture	Earthy, nutty; low sugar content	Roasting, grilling, salads, baking
Fingerling	2–4 inches long; finger-shaped or oblong; red, orange, purple or white skin; red, orange, purple, yellow or white flesh, sometimes streaked with veins of color	Waxy, firm; dry	Buttery; nutty, earthy; medium sugar content	Pan-frying, roasting, salads



Sourcing Michigan Potatoes

Product Sourcing Information

On the following pages, you will find item descriptions, pack sizes, seasonal availability and item codes for several varieties of fresh potatoes from different suppliers. This information is categorized by the size of the supplier/distributor. Contact information is listed for each supplier to help make it easier to find and buy Michigan potatoes when available.

Full Service (Broadline) Distributors

Several broadline distributors provide Michigan institutions with Michigan-grown potatoes. Listed below are distributor names and contact information and the potato products offered by each.

Gordon Food Service

Please call 800.968.4164 and provide an item/produce number to receive pricing and purchasing information. You may also visit gfs.com for more details.

Item	Pack	Item Code	Availability	Farm
Potato, Great Lakes	140 count	199559	August-May	Walther Farms
Potato, Great Lakes	100 count	599100	August-May	Walther Farms
Potato, Great Lakes	120 count	599110	August-May	Walther Farms
Potato, Great Lakes	140 count	199559	August-May	Walther Farms
Potato, Russet #2	50 pound	770100	August-May	Walther Farms

Sysco (Grand Rapids)

Contact your Sysco representative for all Michigan Produce Items (MIPROD). You may also visit syscogr.com for more information.

Item	Pack	Item Code	Availability
Potato, White	50 pound	6674507	August-July

US Foods

Contact your sales representative or visit usfoods.com for more information.

Item	Pack	Availability	Farm
Potato, White	50 pound	When in season	Elmaple Farms

Van Eerden Foodservice

Please call 800.833.7374 for pricing/purchasing information or visit vaneerden.com for more details.

Item	Pack	Item Code	Availability
Potato, White	50 pound	007949	When in season



Sourcing Michigan Potatoes

Regional and Specialty Distributors

These companies tend to distribute food regionally and can provide Michigan potatoes to institutions located in their area. Contact each supplier directly to find out about their specific delivery area and product availability.

Allen Market Place (Lansing)

With more than 60 farms and food producers registered, the Exchange at Allen Market Place offers a full range of food products. Orders placed by 7 p.m. Monday are fulfilled by Wednesday afternoon the same week. Questions about current product availability or purchasing should be directed to John McCarthy, Exchange Manager, at 517.999.3923 or exchange@allenneighborhoodcenter.org.

Atlas Wholesale Food Company (Detroit)

Atlas is a broadline food service distributor that has been based in the city of Detroit for more than 67 years. Atlas's locally owned and operated fleet of trucks distributes to restaurants, institutions and Head Start programs in southeast Michigan. Contact Atlas at Sales@AtlasWFC.com for more information.

Item	Pack	Item Code
Potato, Sliced American Fresh	20 pound	615-61
Hashbrown, Diced	20 pound	615-62
Hashbrown, Sliced	20 pound	615-60
Potatoes, #2	50 pound	681-00
Potatoes, White	50 pound/40 count	651-26
Potatoes, White	50 pound/60 count	651-28
Potatoes, White	50 pound/70 count	651-29
Potatoes, White	50 pound/80 count	650-01
Potatoes, White	50 pound/90 count	651-30
Potatoes, White	50 pound/100 count	651-31
Potatoes, White	50 pound/120 count	651-33
Potatoes, Red Skin, B-size	5 pound	650-03
Potatoes, Red Skin, A-size	50 pound	650-08
Potatoes, Red Skin, B-size	50 pound	650-02
Potatoes, Yukon Gold	50 pound	650-04



Sourcing Michigan Potatoes

Regional and Specialty Distributors, Continued

Cherry Capital Foods (Statewide)

Cherry Capital Foods distributes only Michigan-made/-produced products within the state of Michigan. Please call 231.943.5010 ext. 1 or email sales@cherrycapitalfoods.com (include subject line “Farm to Institution”) for more pricing/purchasing information. Join the Cherry Capital Foods mailing list for up-to-date product information at cherrycapitalfoods.com.

Item	Pack	Farm
Chefs White	50 pound	VanOoteghem Farms
Russet	50 count	Kitchen Farms
Russet	90 count	Kitchen Farms
Yellow A	50 pound	Kitchen Farms
Yellow B	50 pound	Kitchen Farms
Golden Fingerling	10 pound	Middle Branch Farm
New Red A	20 pound	Middle Branch Farm
New Red B	20 pound	Middle Branch Farm
New Red C	10 pound	Middle Branch Farm
Purple Fingerling	10 pound	Stutzman Family Farm
New Red	40 pound	Bardenhagen Farm
New White	40 pound	Bardenhagen Farm

Pearson Foods Corporation (Grand Rapids)

Pearson Foods is a processor and distributor that sources, sells and processes Michigan produce. Contact a representative at 616.245.5053 or visit pearsonfoods.com for pricing information and more details.

Item	Pack	Availability
Potatoes, Russet	10 pound	September–February
Potatoes, Russet	25 pound	September–February
Potatoes, Russet	50 pound	September–February
Potatoes, Red, B-size	10 pound	September–December
Potatoes, Red, B-size	50 pound	September–December



Sourcing Michigan Potatoes

Regional and Specialty Distributors, Continued

Pellerito Foods (Detroit)

Offering fresh processed produce, Pellerito Foods is the oldest known fresh-cut vegetable company in business today. The company services a regional market from its Eastern Market home of over 65 years. For more information and to order, contact Jeff Yezback at jyezback@pelleritofoods.com or call 313.831.3346.

Item	Pack	Item Code	Availability
Pre-cooked Hashbrown Potato	2/10 pound	731	Year-round
Pre-cooked Sliced Potato	2/10 pound	743	Year-round
Pre-cooked Diced Potato	2/10 pound	719	Year-round
Pre-cooked Diced Red Skin Potatoes	2/10 pound	729.8	Year-round
Whole Peeled Potatoes	25 pound	623	Year-round
Quartered Red Skin Potatoes	25 pound	665	Year-round
Whole Peeled B-size Potatoes	25 pound	642	Year-round
Diced Fresh Potatoes	25 pound	686	Year-round
Diced Red Skin Potatoes	25 pound	761	Year-round

West Michigan FarmLink (Grand Rapids)

West Michigan FarmLink is an online wholesale food hub servicing the greater Grand Rapids area and connecting local area chefs, restaurateurs, institutions and schools with Michigan farmers and producers of good food products. This open exchange's product offerings, growers and availability change weekly, so visit wmfarmlink.com or contact Paul Quinn at quinn@wmfarmlink.com for up-to-date product listings and pricing.

Shelton's Wholesale Farm Co. (West Michigan)

Please call Joe Shelton at 269.684.3230 for a current list of available Michigan-grown potatoes.

Tedesco Produce Co. Inc. (Clinton Twp.)

Please call Teddy Tedesco at 586.405.2080 for a current list of available Michigan-grown potatoes.



Resources

Resources for Farm to Institution Support

MSU Center for Regional Food Systems

foodsystems.msu.edu

Ecology Center

ecocenter.org/food-systems

Michigan State University Extension

Locate your county MSU Extension office.

msue.msu.edu

Resources for Linking with Local Farmers

Many of the state's large-scale potato producers deal directly with produce brokers to sell their product. This can make it difficult for them to work one-on-one with a local school, hospital or university.

Below is a list of statewide and regional resources to help you connect with local Michigan farmers who may be able to supply you directly with potatoes.

Statewide Resources

The Michigan Potato Industry Commission

The Michigan Potato Industry Commission is available to assist with connections to local producers or find out which distributors carry their products.

mipotato.com

Michigan Food Hub Learning and Innovation Network

Food hubs are centrally located facilities that aggregate, store, process, distribute and/or market locally or regionally produced food.

foodsystems.msu.edu/our-work/michigan_food_hub_learning_and_innovation_network/

Local Harvest

Locate farmers markets, family farms, community supported agriculture (CSA) and other sources of sustainably produced food.

localharvest.org

Michigan MarketMaker

This interactive mapping system links producers and consumers in Michigan.

mi.foodmarketmaker.com

Michigan Farmers Market Association

Find the locations of farmers markets across the state.

mifma.org/findafarmersmarket

cultivatemichigan.org



Resources

Resources for Linking with Local Farmers, Continued

Michigan Food and Farming Systems (MIFFS)

MIFFS connects beginning and historically underserved farmers to resource opportunities.

miffs.org

Natural Resources Conservation Service

This site provides a listing of county and state service offices.

1.usa.gov/1kMidud

Michigan Farm Bureau

Locate the local Michigan Farm Bureau office in your county.

michfb.com/counties

Michigan Agricultural and Commodity Organizations

The Michigan Agricultural Commodity directory lists the locations of and contacts for the agricultural commodity organizations in Michigan (updated October 2014).

1.usa.gov/1msHb5c

Michigan Organic Food and Farming Alliance (MOFFA)

Visit this site to download “MOFFA’s Guide to Michigan’s Organic and Ecologically Sustainable Growers and Farms.”

moffa.net/farm-guide.html

Certified Naturally Grown

This site provides a current list of certified small-scale, direct-to-market farmers and beekeepers who use natural growing and harvesting methods in Michigan.

certified.naturallygrown.org/producers/list/227/MI

Regional Michigan Resources

U.P. Food Exchange

This group connects local food activity within three regions (Eastern, Central and Western) of the Upper Peninsula and coordinates local food efforts between the regions.

upfoodexchange.com

Taste the Local Difference

From the Michigan Land Use Institute, this resource connects consumers in northwest Lower Michigan to local food and farms, restaurants and businesses.

localdifference.org



Potato Recipes

Potato Recipes

Potatoes are a versatile vegetable. Dishes that feature potatoes lend themselves to tasty combinations with other vegetables and sources of protein. From family favorites to dishes from around the world, potatoes are a key ingredient in institutional food service programs.



Ranch and Buffalo Potato Bruschetta

Ingredients

1 ½ pounds Michigan red skin potatoes,
size A (or golden potatoes)

2 tablespoons vegetable oil

½ teaspoon kosher salt

Ranch Topping:

½ cup nonfat Greek yogurt, plain

1 teaspoon ranch dressing seasoning mix

2 tablespoons cooked bacon, chopped

½ cup shredded low-fat cheddar or
cheddar jack cheese

2 tablespoons scallions, thinly sliced

Buffalo Topping:

½ cup nonfat Greek yogurt, plain

1 tablespoon hot wing sauce
(like Texas Pete or Red Hot)

½ cup shredded low-fat cheddar or
cheddar jack cheese

2 tablespoons scallions, thinly sliced

Directions

Thoroughly wash potatoes. Slice potatoes into ¾-inch planks. Toss in bowl with vegetable oil and salt until lightly coated. In two separate bowls, mix together yogurt and ranch seasoning mix for the ranch topping and yogurt and hot wing sauce for the Buffalo topping.

Arrange potato slices in a single layer on a cookie sheet. Bake at 375°F until slices are beginning to brown and are cooked through. Remove from oven and flip each piece. Chill until ready to top.

Assemble the bruschetta. Place a dollop of yogurt sauce in the center of each slice. Sprinkle with cheese, bacon (ranch only) and some scallions. Bake at 375°F until heated through and cheese is melted.

Garnish with remaining chopped scallions and a squirt of remaining yogurt sauce.

Yield: 5 servings

1 serving = 2 slices

Recipe courtesy of Elissa Penczar, Chef Instructor, and the culinary students from the Catering and Culinary Management Program at Muskegon Area Career Tech Center, Muskegon Intermediate School District.



Potato Recipes

Thai Potato and Vegetable Curry

Ingredients

12 pounds + 8 ounces Michigan yellow potatoes

1 gallon canned coconut milk

3 tablespoons Thai red curry paste

1 gallon water

2 pounds + 3 ounces yellow onion, diced into ¼-inch pieces

1 pound + 6 ounces red bell peppers, diced into ½-inch by 1-inch pieces

1 pound + 6 ounces green bell peppers, diced into ½-inch by 1-inch pieces

3 tablespoons salt

3 tablespoons brown sugar

1 quart fresh cilantro, chopped

Directions

Scrub the potatoes and cut into ½-inch dice. Place in a container or bowl, cover with water to prevent discoloration and set aside.

Add the coconut milk to a large stockpot, steam-jacketed kettle or tilt skillet. Bring to a simmer over medium heat and stir in the red curry paste. Cook for about 1 minute. Stir in the water. Drain the diced potatoes and add to curry sauce. Bring to a simmer and cook until the potatoes are almost tender, about 10–15 minutes. Internal temperature should reach at least 135°F.

When the potatoes are almost tender, stir in the onion, bell peppers, salt and brown sugar. Continue to simmer until the potatoes become tender, about 5 minutes.

Transfer curry to full-size 2-inch steam table pans for service. Hold hot at or above 135°F.

Serve 1-cup portions topped with ½ tablespoon fresh cilantro.

To make this a complete meal, consider serving with cooked brown rice and chicken or tofu.

Yield: 50 servings

1 serving = 1 cup

One serving provides ½ cup starchy vegetable and ¼ cup other vegetable

Recipe courtesy of the Potatoes Raise the Bar initiative through the United States Potato Board.



Potato Recipes

Cuban Potato Salad

Ingredients

- 6 pounds small Michigan red potatoes
- 2 pounds + 12 ounces (7 ½ cups) black beans, cooked, rinsed
- 12 ounces (4 cups) green onions, thinly sliced
- 12 ounces (4 cups) red bell pepper, diced
- 6 ounces (1 cup) dill pickles, chopped
- ¾ cup vegetable oil
- ½ cup + 2 tablespoons lime juice
- 1 tablespoon ground cumin
- 1 tablespoon garlic powder
- 1 teaspoon salt
- 1 tablespoon liquid smoke
- 1 ½ teaspoons ground black pepper

Directions

Cut potatoes into halves or quarters, depending on size, to make bite-size pieces. Place potatoes in a stockpot and fill with cold water to cover by 1 inch. Bring to a low boil and immediately reduce heat to a medium simmer. Cook until the potatoes are tender. Test a few pieces by tasting them.

When tender, drain potatoes and place in a full-size 4-inch steam table pan. Use 2 pans for 48 servings. Stir in the black beans, green onions, red bell peppers and dill pickles.

Combine the vegetable oil, lime juice, cumin, garlic powder, liquid smoke and black pepper in a medium bowl or blender. Whisk or blend until well combined. Pour the dressing over the warm potatoes and gently stir until well combined. Cover the pan partially and refrigerate until chilled to 40°F, at least 2 hours or overnight. Hold at or below 40°F until ready to serve.

Yield: 48 servings

1 serving = ½ cup

One serving provides ¼ cup starchy vegetable and ⅛ cup beans/peas

Recipe courtesy of the Potatoes Raise the Bar initiative through the United States Potato Board.



Potato Recipes

Rosemary Roasted Potatoes, Peppers and Onions

Ingredients

5 pounds + 3 ounces Michigan
yellow potatoes

2 pounds red bell peppers

2 pounds green bell peppers

1 pound + 6 ounces red onion

½ cup vegetable oil

1 tablespoon + 1 teaspoon dried rosemary

2 teaspoons salt

1 teaspoon ground black pepper

Directions

Preheat oven to 375°F. Scrub potatoes and cut them into 1-inch dice.

Cut the bell peppers and red onion into uniform 1-inch pieces.

Combine the diced potatoes, red bell peppers, green bell peppers and red onion in a large bowl. Drizzle with oil and add the rosemary, salt and pepper. Mix the vegetables until evenly coated with oil and spices.

Place on parchment-lined sheet pans in a single layer, leaving space between the pieces of vegetables so as to not crowd the pans. This will allow the vegetables to roast and caramelize instead of steam (if they were too crowded). Roast in the preheated oven 20–25 minutes or until they are browned and tender. Internal temperature should reach at least 135°F.

Hold hot at or above 135°F until service. Serve ½-cup portions.

Yield: 50 servings

1 serving = ½ cup

One serving provides ¼ cup starchy vegetable and
¼ cup other vegetable

Recipe courtesy of the Potatoes Raise the Bar initiative
through the United States Potato Board.



Potato Recipes

Tex-Mex Shepherd's Pie

Ingredients

- 12 pounds Michigan russet potatoes
- 1 quart milk, 1% low-fat
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons salt
- 6 pounds + 5 ounces raw ground beef, 85/15
- 1 ¼ cups onions, diced
- 3 tablespoons chili powder
- 2 tablespoons cumin
- 1 tablespoon oregano
- 1 ½ teaspoons garlic powder
- 1 teaspoon salt
- 3 cups frozen yellow corn kernels
- 2 quarts + 2 cups crushed canned tomatoes
- 1 pound + 8 ounces canned green chilies, diced
- 1 pound + 9 ounces reduced-fat shredded cheddar cheese

Yield: 50 servings

1 serving = ½ cup
One serving provides ½ cup starchy vegetables and 2 ounce equivalent meat/meat alternative.

Directions

Scrub and peel the potatoes. Cut into quarters and place in a perforated steamer pan, large stockpot, tilt skillet or steam-jacketed kettle. If using a steamer, steam until the potatoes are tender. If using a stockpot, tilt skillet or kettle, cover with cold water, bring to a boil, and then reduce heat to a simmer. Continue to simmer until the potatoes are tender, about 20 minutes. Internal temperature should reach at least 135°F. Drain the potatoes and set aside.

Combine the milk, garlic powder and salt in a saucepan and heat to 135°F. Set aside. Place the potatoes in the bowl of a floor mixer and mash using the mixer's paddle attachment. Stop mashing when the potatoes are broken apart but not completely smooth. If no mixer is available, mash potatoes using a potato masher. Pour in the warm milk mixture and continue to mash the potatoes until smooth with a few lumps.

Brown the ground beef in a large sauté pan, tilt skillet or steam-jacketed kettle. Add the diced onions and continue to cook until the onions are softened. Stir in the chili powder, cumin, oregano, garlic powder and salt. Add the corn, crushed tomatoes and green chilies, and bring the meat to a simmer. Continue to cook 10–20 minutes, partially covered, stirring occasionally. Divide evenly between full-size 2-inch steam table pans. For 50 servings, use 2 pans; for 100 servings, use 4 pans. Top the beef mixture with mashed potatoes, dividing evenly between each pan, and spread to the edges.

Divide the cheese evenly between each pan, sprinkling over the potatoes. Bake in a preheated 400°F oven for about 15 minutes, or until the potatoes are lightly browned and the filling bubbles. Hold at or above 140°F until service. Cut the contents of each 2-inch pan in 5-inch by 5-inch portions for 25 even portions per pan.

Recipe courtesy of the Potatoes Raise the Bar initiative through the United States Potato Board.





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Cultivate Michigan is a project of the Michigan Farm to Institution Network (MFIN).

MFIN is a space for learning, sharing and working together to get more local food to institutions. In 2014, MFIN launched Cultivate Michigan, a local food purchasing campaign designed to help farm to institution programs grow and track progress. We aim to meet the Michigan Good Food Charter goal of 20% Michigan food to institutions by 2020.

The Michigan Farm to Institution Network is co-coordinated by MSU Center for Regional Food Systems and Ecology Center, with support from MSU Extension.

To learn more and join the network, visit our website:

mifarmtoinstitution.org



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