WASHINGTON GROWN

HARVEST OF THE MONTH

Potatoes

FRESH · DELICIOUS · LOCAL

HEAL IS A COLLABORATION BETWEEN SEATTLE PUBLIC SCHOOLS NUTRITION SERVICES, HEALTH EDUCATION, PHYSICAL EDUCATION AND RISK MANAGEMENT DEPARTMENTS.

HEAL — HEALTHY EATING ACTIVE LIVING

EAT LOCAL › PLAY › READ › LEARN **GROW!**

Primarily grown in the Columbia River Basin, potatoes are Washington's second largest crop behind apples.

HEALTH FACT: Rich in potassium, potatoes help your heart beat

Did you know?

In 1995, the potato was the first vegetable grown in outer space.