



SPUD FACTS

**ABUNDANT SUN + CLEAN WATER + MINERAL-RICH SOIL
= PERFECT POTATO GROWING CONDITIONS. WELCOME TO WASHINGTON.**

Connect those elements with the sustainable land, irrigation, and energy use practices of Washington's potato farmers to control inputs, manage water use and preserve resources – and that makes Washington home to the most productive potato growing region on Earth.



**WASHINGTON GROWERS
RAISED 170,000 ACRES
of potatoes with an average yield of
60,000 lbs!**

On average, **87%** of Washington's potato crop is sold to **LOCAL COMPANIES** and made into **FROZEN FRIES, INSTANT MASHED POTATOES, CRUNCHY POTATO CHIPS** and more.

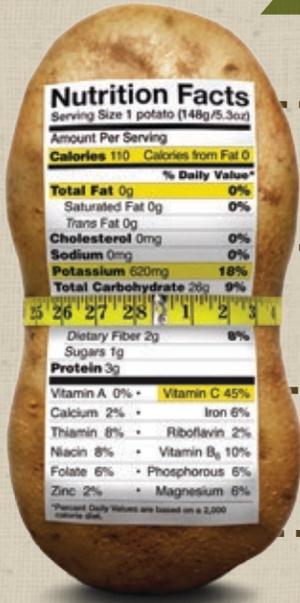
WASHINGTON STATE POTATO FARMERS produce **23%** of all the potatoes grown in the U.S.

WASHINGTON POTATOES rank first in per acre yield of potatoes, FAR ABOVE other potato-producing states & countries, and **44% MORE** potatoes per-acre than the U.S. average.

BIG ECONOMIC IMPACT... Washington potatoes contribute **\$7.4 BILLION** to the overall health of the state's economy and provides **36,000 JOBS** throughout Washington.



FOOD FOR THOUGHT



Nutrition Facts	
Serving Size 1 potato (148g/5.3oz)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 620mg	18%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0% • Vitamin C 45%	
Calcium 2% • Iron 6%	
Thiamin 8% • Riboflavin 2%	
Niacin 8% • Vitamin B ₆ 10%	
Folate 6% • Phosphorus 6%	
Zinc 2% • Magnesium 6%	



Washington potatoes have **MORE POTASSIUM** THAN A BANANA



Washington potatoes have the equivalent amount of protein as **HALF OF A GLASS OF MILK**



Washington potatoes **PROVIDE 45%** of your daily Vitamin C needs, which is **MORE THAN A TANGERINE**



Also contain **MORE FIBER** than an equal serving of oatmeal and are one of the top vegetable sources of **VITAMIN B6**

99%

of all Washington's potato farms are **FAMILY FARMS.**



WASHINGTON POTATO GROWERS

provided more than

30 BILLION SERVINGS

of potatoes to people AROUND THE WORLD.



WASHINGTON STATE POTATO COMMISSION

commits

\$1,000,000

each year to advance the **ENVIRONMENTALLY SOUND PRODUCTION** of potato farming.

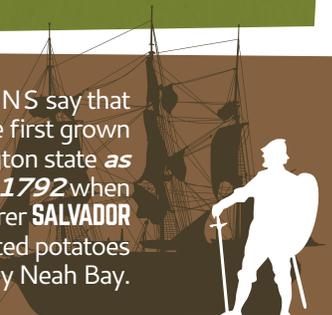
NUTRIENTS



A study by UW Professor, Dr. Adam Drewnowski shows that potatoes ARE ONE OF THE BEST NUTRITIONAL VALUES in the produce section and provide **THE MOST NUTRIENTS PER PENNY.**



HISTORIANS say that potatoes were first grown in Washington state *as early as 1792* when Spanish Explorer **SALVADOR FIDALGO** planted potatoes near present day Neah Bay.



The mission of the Washington State Potato Commission is to support an economically and environmentally sustainable potato community by providing strong leadership and innovation, and building partnerships to meet the demands of global consumers.



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