



# POTATOES & ROOT VEGETABLES



## WASTE-REDUCTION SOLUTIONS

- Store fresh potatoes in a dark, cool but humid place with good air circulation in a paper or mesh bag or a basket. Avoid storing in the refrigerator. Kept at room temperature potatoes will be good for at least 1-2 weeks. Kept in cooler temperatures (43-50° F, such as in a basement) will add even more to their usable lifespan.
- Check potatoes weekly and remove sprouts. Potatoes can still be used if sprouted.
- Store cooked potatoes in a shallow container or plastic zip-top bag 3-5 days in refrigerator or 3-4 months in freezer.
- Most root vegetables can be made into dried veggie chips that are delicious when used for dips. Consider thinly slicing beets, sweet potatoes or carrots and roasting them on a lightly oiled baking sheet at 400° F for 15 minutes.
- Use leftover potatoes as hash browns, in pancakes, soup, and stew.
- Potato skins are full of nutrient value and are great when baked, roasted or sautéed/fried.

