

# Potato

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Potato promotes cell growth, improves athletic performance and endurance

## GEEK TALK

Solanum Tuberosum

## BUT WE TALK

Potato

## DID YOU KNOW?

The potato is native to Peru and was first domesticated between 8,000 and 5,000 BCE. Since then, the potato has become extremely popular around the world and it is now the world's fourth-largest crop.

The potato was not always popular as when potatoes first came to Europe, many thought eating them would cause leprosy.

This changed when a French agronomist named Parmentier created a way for peasants to “steal” potatoes from the king's garden and popularized mashed potatoes.

Solanum, the first part of the scientific name for potatoes, means soothing in Latin, which is one of the many reasons many consider potatoes comfort food.

## KITCHEN PHARMACY

- Potatoes are a great source of pyridoxine, which is used to treat high cholesterol, post menstrual cycle symptoms, attention deficit disorder, asthma, cramps, migraines, sickle cell anemia, radiation poison, and helps boost your immune system.
- Potatoes also contain copper, potassium, manganese, fiber, and vitamin C.
- In addition, potatoes are known to lower blood pressure and cholesterol, promote new cell growth, protect against atherosclerosis and colon cancer, and helps break down glycogen, which improves athletic performance and endurance.

# RECIPES USING THIS INGREDIENT

