

### SPUD SEARCH



FIND THE WORDS FROM THE LIST BELOW!

KIDS HEALTHY BAKED CHIPS DELICIOUS FARM SPUD MASHED MICHIGAN POTATO

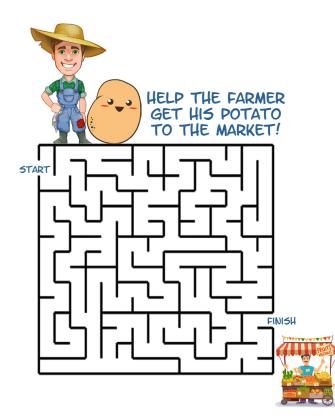
MIPOTATO.COM

## FUN FACTS ABOUT MICHIGAN POTATOES!



MICHIGAN'S FAVORITE VEGETABLE!

PROVIDED BY: MICHIGAN POTATO INDUSTRY COMMISSION



## MICHIGAN POTATOES ARE DELICIOUS & NUTRITIOUS!

- 110 CALORIES
- 45% DAILY VALUE OF VITAMIN C
- 620 MG OF POTASSIUM
- 0 FAT
- 0 CHOLESTEROL
- O GLUTEN



# HOW DO POTATOES GROW?

The life of a potato begins with the plant emerging from the seed piece that is planted in the ground. At first the growth is more on the plant and roots to make sure it is viable and healthy. The tubers now begin to develop. After about 60 days the tubers begin to bulk up and the plant also produces beautiful flowers. Once the tubers are mature the plant begins to die and it is time to harvest the potatoes

#### EASY CHEESY MICHIGAN POTATO BITES



- · 2 CUPS MICHIGAN MASHED POTATOES
- · 2 EGG5
- · 2 CUPS SHREDDED COLBY JACK CHEESE
- · 802 COOKED BACON
- · SALT & PEPPER TO TASTE

#### DIRECTIONS

- · MIX INGREDIENTS IN A BOWL
- · GREASE A MEDIUM SIZED MUFFIN TIN
- · SPOON MIXTURE INTO MUFFIN TIN
- · TOP WITH MORE CHEESE
- · BAKE AT 350 FOR 18-20 MINUTES
- · ENJOY!

## DID YOU KNOW?

1 IN 4 BAGS OF POTATO CHIPS IN THE USA ARE MADE WITH MICHIGAN POTATOES!



