



get
Local
@school

Potatoes in November

Potatoes come in all
shapes, sizes, and colors.

Find local potatoes
at farmers markets,
grocery stores, and even
in your school cafeteria!

ASAP
Appalachian
Sustainable
Agriculture
Project

Mashed Potatoes



Ingredients

- 4 medium to large potatoes
- 8 ounces spinach
- 3 tablespoons butter
- 2 tablespoons fresh herbs (rosemary, dill)
- 1 clove garlic (optional)
- salt and pepper to taste
- ½ cup cheddar cheese, grated
- ¼ cup milk



Directions

Cut the potatoes into small chunks and boil them until they are soft. Chop the herbs and garlic. Cut or tear the spinach into small pieces. Combine the potatoes, herbs, spinach, garlic, milk, and butter in a large pot and heat on medium for one to two minutes. Mash the potatoes until they are smooth. Add the cheese and stir. Add the salt and pepper to taste.

Find more recipes at www.growing-minds.org