A GUIDE TO POTATOES

FALL 2010

	VARIETY	CHARACTERISTICS/FLAVOR	USES
	Blue and Purple	Dark blue to lavender skin with vibrant purple flesh. Color lightens when cooked. Starchy, drier texture. Sweet flavor.	Bake, mash, or use to make French fries or chips.
5	Klondike Rose	Smooth rose-colored skin with gold-colored flesh. Buttery texture.	Steam, boil, mash, or sauté.
80	Red	Thin, smooth skin with firm and waxy texture. Low in starch and slightly sweet.	Boil, steam, or sauté for stews, casseroles, and potato salad. Smaller "B" size variety ideal for kabobs, roasts, and au gratins. "C" creamer size great for soups and creamed potato recipes.
	Ruby Crescent Fingerling	Thicker skin with yellow flesh. Firm and waxy texture. Earthy flavor.	Roast, bake, steam, or boil. Most flavorful when served hot.
	Russets	Dark brown skin with white flesh. High in starch and low in moisture. Flaky, fluffy texture.	Bake, mash, roast, or use to make French fries.
	Russian Banana Fingerling	Small and slender with elongated shape. Paper-thin skin (no need to peel). Firm, slightly waxy texture. Buttery rich flavor.	Bake, boil, or steam. Excellent in salads.
1830	Yellow Finn	Flattened shape with deep eyes. Starchy texture. Slightly sweeter than Yukon Gold.	Best all-purpose potato. Bake, mash, boil, or steam.
	Yukon Gold	Thin skin with yellow flesh. Dense, "creamy" texture and buttery flavor.	Bake, mash, boil, or use to make French fries. The smaller "C" creamer size is ideal for soups and creamed potato recipes.