

# Harvest of the Month

## Fingerling Potato



## FUN FACTS:

Fingerlings are small, slender, tube-shaped potatoes. Their name comes from the length of the potato as it is close to a finger length (2-4 inches).

They come in a variety of colors—yellow/gold, white, red and purple.

Since they have such a thin skin, they should not be peeled before cooking.

Fingerlings have a buttery flavor and are great for pan-frying, roasting and salads.

~excellent source of potassium, Vitamin C, and fiber~

*This institution is an equal opportunity provider.*

