



FARM *to* FORK

A FRESH POTATO RESOURCE GUIDE

[SPUD FEATURE: PETITE AND FINGERLING POTATOES]

Fingerling and petite potatoes can be cooked whole and skin on, meaning virtually no prep. While these potato types have subtle differences, both fingerlings and petites are beloved for their bite-sized package, ability to absorb flavors and colorful variety.

Fingerlings have a medium sugar content, firm, waxy texture and buttery, nutty, earthy texture. Available with red, orange, purple or white skin, fingerlings are named for their oblong, finger-like shape and size of between 2 to 4 inches long.

Also known as “creamers,” petites are actually yellow, white and red potatoes harvested at a smaller size. They have a shorter grow time of about 60 days, as opposed to traditional sized potatoes which are a 90-day crop. Often referred to as pearls or marble-sized potatoes, petites have the same skin and flesh color, shape, texture and sugar content as their larger-sized cousins, but they pack a more concentrated flavor.

[MEET THE GROWERS]



FINGERLING POTATOES

Jerry Tominaga first discovered fingerling potatoes 20 years ago at a food show. A third-generation potato farmer, Jerry recognized the opportunity to grow fingerlings just as they were taking off and being featured on menus and in cooking shows by notable chefs. Today, his operation dedicates 750 acres to fingerlings, which are an early season variety

with thin, delicate skin that requires special harvesting equipment. Jerry continues to expand his fingerling acreage to keep up with demand.

“Our products are pure, natural and handpicked, ensuring only the very best crops make their way to your table,” says Jerry. “Our growing techniques offer delicious, earthy flavors. The heirloom shapes and textures make for fun, unique preparations and colorful dishes.”

Fingerlings have become a consumer favorite for their ease of preparation and deliciousness. Jerry loves them halved, seasoned and grilled or simmered whole in a flavorful curry.



PETITE POTATOES

Andy Diercks works alongside his father on a family farm that includes 850 acres of potatoes. For three seasons, Andy’s family farm has grown petite potatoes on one third of their acreage. Petite potatoes are a big business now due to high demand from both foodservice operators and retailers. That’s why they continue to expand their petite potato growth operation.

“Petites are flavor bombs thanks to their skin to flesh ratio,” says Andy. “They are so versatile and easy to prepare. No peeling or cutting required!”

The popularity of petites is largely due to their size and buttery texture. It’s important for Andy and his team to harvest them at the right time for optimal size and appearance. Growing petites has been a positive experience for Andy’s family farm. His favorite way to enjoy petites is tossed whole with peppers and onions in aluminum foil and grilled to perfection.

[CHEF TIPS]

Fingerlings and petites are darling ingredients for their concentrated potato flavor and stand-out appearance. Whether roasted, pan-fried, tossed into salads or simmered in stews, they make a statement. Take culinary innovation to the next level with these easy-to-work-with potatoes. Here's some inspiration to spark your creativity:

- Split fingerlings lengthwise and oven-roast to serve as a small-plate or side-dish alternative to fries, enjoyed with a flavored dipping sauce like spicy ketchup, romesco or Sriracha mayo.
- Convert petites into succulent confit potatoes by slow cooking in butter and oil.
- With little to no prep, fingerlings and petites are optimal for off-site cooking and catering.
- Roast a combination of colors for an attractive side.

BEST APPLICATIONS

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| ✓ GRILL | ✓ ROAST |
| ✓ SOUPS OR STEWS | ✓ PAN FRY |
| ✓ SALADS | ✓ CONFIT |

[RECIPE SPOTLIGHT]

Petite potatoes are slow cooked in a mixture of butter and oil, then removed and tossed in a Meyer lemon scented olive oil with garlic, thyme and peppercorns. Perfect on a salad with other garden vegetables or crisped up and served alongside your favorite entrée.



POTATO CONFIT WITH MEYER LEMON VINAIGRETTE

Serves 8

INGREDIENTS:

CONFIT POTATOES

- 2/3 pound Butter
- 2 cups Grapeseed Oil (or Canola Oil)
- 1/2 cup Meyer Lemon Peel (yellow part only)
- 1 Rosemary Sprig
- 2 pounds Marble Potatoes, washed and dried

MEYER LEMON VINAIGRETTE

- 1 tablespoon Meyer Lemon Juice
- 2 tablespoons Extra Virgin Olive Oil
- 1 tablespoon Dijon Mustard
- 1/2 teaspoon Fleur De Sel (Sea Salt)
- 2 tablespoons Chives, chopped

PREPARATION:

CONFIT POTATOES

- Heat the butter and oil together in a sauce pan over medium heat.
- Cut the larger potatoes in half if necessary to promote even cooking. Add the potatoes to the butter-oil mixture. The potatoes should be submerged.

- Reduce heat to low and cook until the potatoes are just tender (about 25 to 35 minutes). Allow the potatoes to cool in the butter-oil mixture.

VINAIGRETTE

- Whisk the lemon juice, olive oil, mustard, salt and chives together. Transfer into a squeeze bottle and reserve for plating.

TO SERVE

- Using a slotted spoon remove the potatoes from the butter-oil, gently warm the potatoes in a small sauté pan. (They should be just above room temp.) Remove from heat and drizzle with vinaigrette. Top with chive blossoms if desired.

NUTRITION TIP:

One medium potato (5.2 ounces in size, skin-on) has 110 calories and is an excellent source of vitamin C. Skin-on potatoes are also a good source of potassium (more than a banana) and vitamin B6 and are fat, sodium and cholesterol free.