



FARM *to* FORK

A FRESH POTATO RESOURCE GUIDE

[SPUD FEATURE: PURPLE-BLUE POTATOES]

Purple-blue potatoes are more seasonal than other potato types. They have an earthy, nutty flavor and moist, firm flesh. Purple-blues are small to medium potatoes with an oblong to fingerling shape. And, of course, they are best known for their eye-catching deep purple, blue skin. With a low sugar and high starch content, purple-blue potatoes are delicate and optimal when lightly cooked. Preserve their color and achieve best consistency by microwaving, steaming or baking purple-blue potatoes. Grilled or roasted, they add vibrant flavor and color to salads.



[MEET THE GROWER]

Melissa Bedlington-Kleindel is a third-generation seed potato grower. She has spent her life working a 1,000-acre farm located in northwest Washington state, bordered by the Cascade Mountain Range and Pacific Ocean. For more than 75 years, her family farm has produced seeds that create a variety of potato types, including purple-blue potatoes.

Seed potatoes originate in a tissue culture lab where Melissa and her team create new seed potatoes from existing varieties and refine them to prevent disease and ensure quality for commercial growers. Seed potato growers are attuned to consumer preferences and look for new varieties to meet demand. Their goal is to create top-quality, disease-free seed potatoes that produce a high yield for commercial potato growers.



Melissa's operation has grown purple potatoes for 20 years and witnessed firsthand their rising popularity, thanks to their unique color and nutrition benefits. Purple-blue potatoes hold more moisture than other types and have a thin skin that requires delicate tending. Passionate about her craft, Melissa is a fan of the earthy flavor of purple-blue potatoes, especially when roasted with red and yellow potatoes to create a colorful medley.

[CHEF TIPS]

Purple-blue potatoes are ideal for grilling, steaming or roasting from raw. No need to precook this delicate potato. Save time and trouble by leaving the skin on for any recipe, and avoid intense cooking, such as frying. Lightly boiled purple-blue potatoes add a rich pop of color to soups and even baked applications. Think of purple potatoes as a hero ingredient to add to green salads or potato medleys.

BEST APPLICATIONS

- | | |
|----------|----------|
| ✓ GRILL | ✓ ROAST |
| ✓ SOUPS | ✓ BAKING |
| ✓ SALADS | |

[RECIPE SPOTLIGHT]

Fresh diced purple potatoes create this moist, light and airy brownie, making it a gluten-free option that's every bit as satisfying as traditional flour-based versions with a fun, intriguing color twist. Crushed purple potato chips add crunch and a sweet-savory accent.



PURPLE POTATO BROWNIES

Makes 32 brownies

INGREDIENTS:

BATTER

1 1/4 cup Almond Butter
1 1/4 cup Cashew Butter
2 cups Honey
1 cup Egg Yolk, unpasteurized
1 cup (6 ea.) Whole Egg
2 tablespoons + 2 teaspoons Vanilla Extract
2 cups Unsweetened Cocoa Powder, sifted and divided
1 tablespoon Baking Soda
4 cups Purple Potatoes, skin on, boiled, and diced 1/4"

FROSTING

1 cup Agave Syrup
1 tablespoon Vanilla Extract
2 cups Unsweetened Cocoa Powder
1/2 cup Coconut Oil, melted

FRIED PURPLE POTATO CHIP TOPPING

1 cup Purple Potato, sliced thin

PREPARATION:

BATTER

- Preheat oven to 350°F.
- Grease two 9" x 9" cake pans with coconut oil. Sprinkle with just enough sifted cocoa powder to coat inside of pans. Reserve extra cocoa for batter.
- Blend nut butters, honey, eggs and vanilla extract in a stand mixer with paddle attachment until well incorporated. Avoid aerating too much unless a cake-like texture is desired.
- Add remaining sifted cocoa powder and baking soda and mix gently until well incorporated.
- Batter should be stiff. Fold in diced potatoes.
- Divide batter into the two pans.
- Bake for 35 minutes. Rotate the pans 180 degrees halfway through baking.
- Cool and top with frosting and crushed purple potato chips.

FROSTING

- Blend together all ingredients. Store in a labeled airtight container in the cooler. Bring to room temperature for spreading on the brownies.

PURPLE POTATO CHIPS

- Deep fry until crispy. Cool and break into irregular 1/4" pieces.
- Press pieces over frosted brownie.

VARIATIONS

Aerating the egg-butter mix will produce a cakier consistency. Adjusting the baking soda, by adding up to 1 teaspoon more, will also produce a cakier texture. This recipe is designed to be denser and fudge-like.



NUTRITION TIP:

In addition to vitamins and minerals, skin-on potatoes also contain an assortment of phytochemicals with antioxidant potential, including carotenoids and anthocyanins (Brown et al. 2001, 2004). Anthocyanins are found in the greatest quantities in purple and red potatoes.

Brown C, Wrolstand R, Clevidence B. Breeding potatoes with high antioxidant values. Proceedings of the Washington State Potato Conference. September 5, 2001.

Brown C, Yang CP, Navarre D, et al. Carotenoid and anthocyanin concentrations and associated antioxidant values in high pigment potatoes. Am J Potato Res. 2004;81:48 (Abstr)