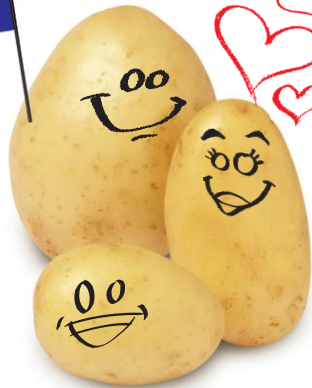


A baked potato
is part of Kiwi culture!

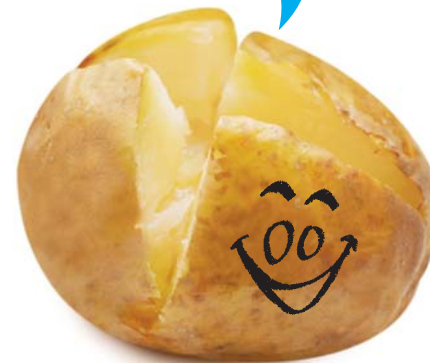


Eating baked
potatoes is what we
do – it's part of
being a Kiwi. Grown
in New Zealand,
especially for you,
all of us love the
awesome taste of
baked potatoes.

Horticulture New Zealand PO Box 10232 Wellington 6143 Ph 64 4 472 3795

www.potatoes.co.nz

Bake a
potato, make
a meal!



www.potatoes.co.nz

Bake a potato, make a meal!

In the oven

Pierce the skin. A medium sized potato bakes to perfection in about 60 minutes at 200°C.

In the microwave

Each medium sized potato takes about 3 - 4 minutes to cook on high power. So two potatoes will take 6 - 8 minutes, three will take 9 - 12 minutes. Microwaving is perfect if you are cooking for one or two people.



hot tip
for best results use a potato labelled as suitable for 'baking'. They will be soft and fluffy when cooked.

Simply heat and eat

Put baked beans or cream style corn in a saucepan: stir while heating gently until hot. Or in the microwave: pour into a bowl and heat on high power for 1 minute, stir and then heat again for another 1 minute.

Top it off!
For a delicious topping simply pour a can of beans or cream style corn over your baked potato. *One can is enough to top around four potatoes.*

A full tummy is only a potato away.



baked and stuffed

For a baked stuffed potato, cut a baked potato in half, scoop out the flesh, mash it with a little milk and then mix in a can of beans or creamed corn.

One can is enough for four potatoes. Pile back into the potato skins.

hot tip

If you want a crunchy topping, add a little grated cheese and grill until it melts.

Can can can...
yummy baked potato
and beans!



I am excellent value for money and loaded in nutrients and taste. Baked beans or cream style corn on me are a great source of vitamins and minerals – especially Vitamin C and fibre. I deliver protein and carbohydrates with almost no fat. Perhaps I shouldn't boast, but for value for money, nutrition and taste there is nothing better than me!

Potatoes on a campfire... the best tasting potatoes ever!

- Pierce each potato and wrap in triple thickness tin foil. Your campfire needs to be well established. Place the potatoes in hot embers. Medium sized potatoes will take around 45 minutes to cook. Using long tongs, turn them a few times during cooking. You can tell they are cooked when they are soft.
- To heat a can on an open fire, partially open the can (this is VERY important) and place in the edge of the embers – you will see it boiling in about 3 - 5 minutes. Serve your potato topped with the heated beans or corn. Scrummy!



potatoes in a hangi or umu

Potatoes cook brilliantly by a combination of steaming and baking in a hangi or umu. Serve with traditional food or top with heated beans or corn.

Be safe



- Check there is no fire ban in your area.
- Be safe – never leave a fire unattended and make sure an adult is always present.

Potato burger

Cut a baked potato in half – fill with your favourite burger fillings!



Did you know?

The big advantage of getting your carbohydrates from potatoes rather than pasta, rice or bread, is that you also get an abundance of other vital nutrients. A medium sized potato can supply nearly half of your recommended daily intake of Vitamin C.

I'm a nutritional goldmine.

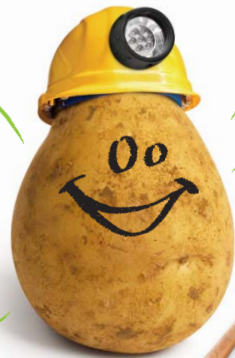
I provide a wealth of healthy nutrients as well as high quality fuel to power your body. Count me in towards one serving of your 5+ A Day total.

Antioxidants for your protection

Fibre rich

Virtually fat free

Carbohydrates for sustained energy

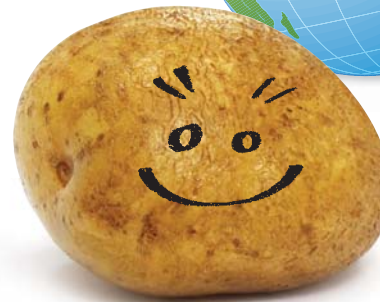


Rich in minerals

Bursting with Vitamin C

Valuable for B group vitamins

I'm so good for the planet!



Potatoes have a big role to play in feeding the world and looking after the planet for future generations.

I produce more food, more quickly, on less land, using less water than any major crop. I am the third biggest food crop in the world and as the world is increasingly facing land and water issues, I am a fantastic food choice.

Want to know how to grow potatoes at home? Follow the step-by-step instructions on www.potatoes.co.nz