

I'm a nutritional goldmine.

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

Fibre rich

Leaving the skins on provides a great source of fibre.

Virtually fat free

So please keep me that way when you cook me.

Carbohydrates for sustained energy

The ideal source of fuel for your body.

Antioxidants for your protection

Potatoes contain vitamin C and phenolic compounds, strong antioxidants which offer protection against some diseases.

Rich in minerals

A balanced source of minerals for a balanced healthy diet, particularly potassium, iron and magnesium. Low in sodium.

Bursting with vitamin C

Kiwis get around 30% of their vitamin C intake from potatoes.

Valuable for B group vitamins

Including B6, thiamin and niacin.



Get to know me from the inside.

We all change and cook differently throughout the year depending on type of potato, weather, climate and soil, so read the packaging before you buy for advice on best cooking methods.



I'm a boiling and salad potato!

I have an awesome waxy texture which is smooth and I hold together beautifully when you cook me.

My family includes: all new season potatoes; Draga, Nadine, Frisia and limited or localised supplies of Jersey Bennie, Liseta, Red King Edward, Tiffany.

I'm a baking, roasting and mashing potato!

My soft floury texture means I'm great for the perfect mash and I'm just stunning when you roast or bake me... so fluffy on the inside!

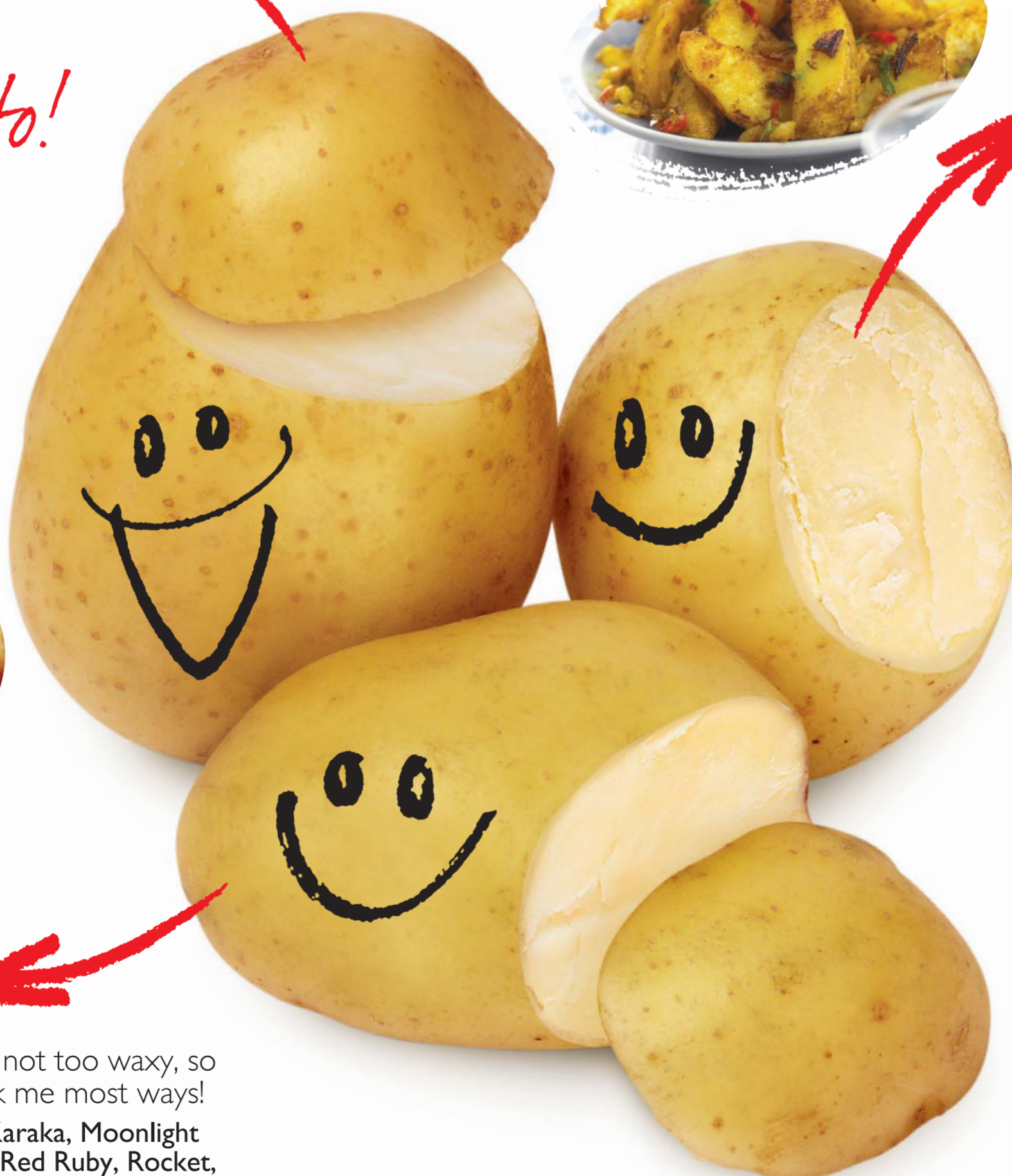
My family includes: Ilam Hardy, Red Rascal, Agria, Fianna and limited or localised supplies of White Delight.



And I fit in between!

My texture is not too floury and not too waxy, so I'm a multi-tasker... you can cook me most ways!

My family includes: Rua, Desiree, Karaka, Moonlight and limited or localised supplies of Red Ruby, Rocket, Maris Anchor.



everything goes with
potatoes.co.nz

More information and recipes www.potatoes.co.nz



Pick the Tick

All fresh potatoes get the Tick. Use ingredients which are lower in fat and salt.

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We are multi-talented guys, cook us any way, every day.

Boil me

Almost cover me in cold water and bring me to the boil. Simmer me gently until I am deliciously tender. Roll me in finely chopped fresh herbs or drizzle me in a little oil.



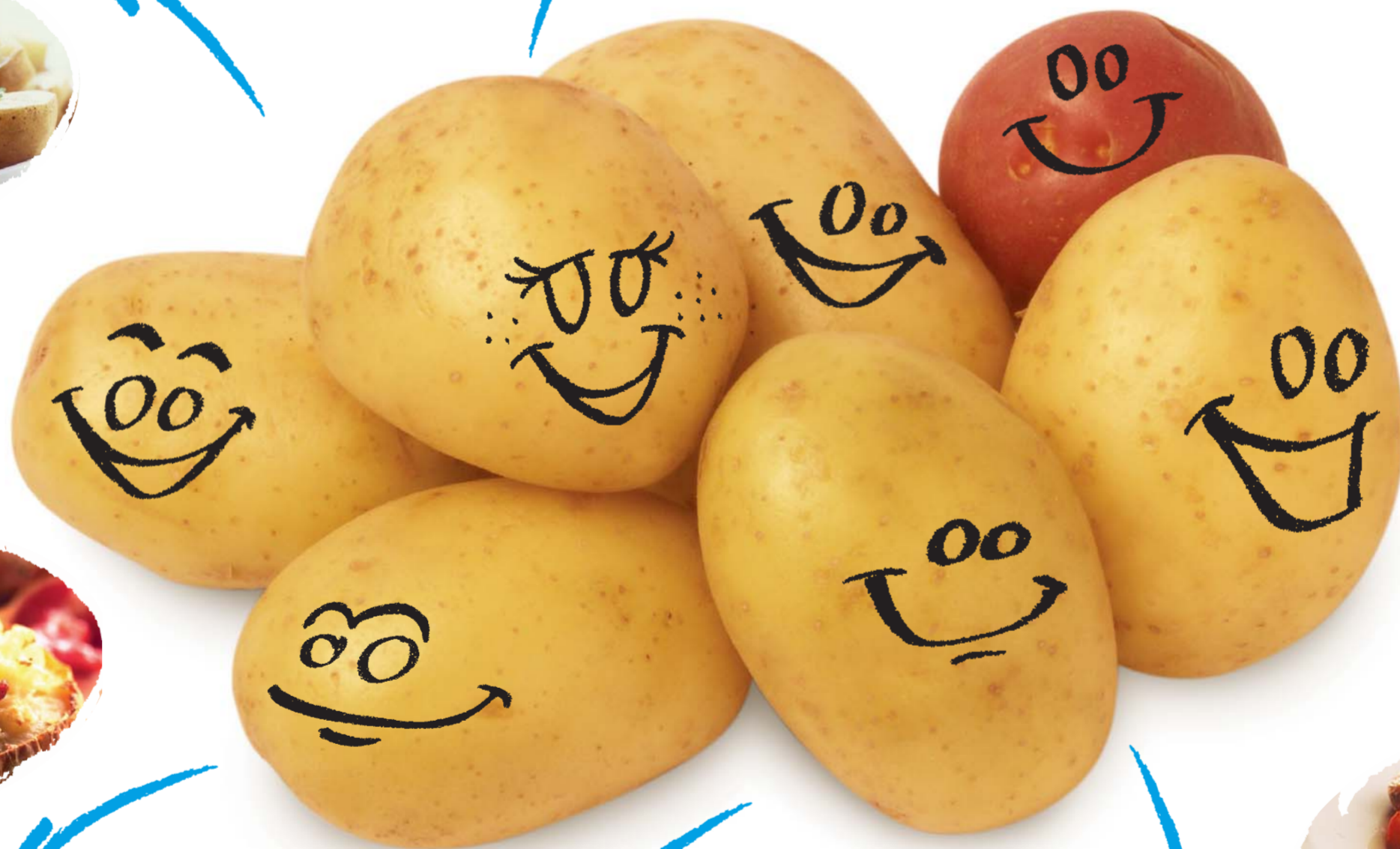
Salad me

Leave my skin on. Boil, steam or microwave me until I am soft and tender. Mix me with other delicious vegetables like peppers, tomatoes, beans or onions and toss me in your favourite dressing.



Mash me

Boil me until tender, drain and mash me with a little milk, sour cream or oil. Season me with freshly ground pepper. I am fantastic with fresh herbs.



Stuff me

Bake me in the oven or microwave until I am soft and tender. Scoop out my flesh and mix me with your favourite fillings. Pile me back into my skin. Sprinkle me with cheese and grill me until golden.



Bake me

Pierce me with a knife and bake me. When I am cooked cut a cross in my top and squeeze me gently so my flesh opens up. That's all you have to do... so easy and delicious!



Wedge me

Cut me into wedges and spray me with some oil. Add some seasonings and bake me until I am golden brown and crunchy. I taste awesome with a chutney or salsa!



Roast me

Don't bother peeling me. Just cut me into pieces and spray me with a little oil. Roast me until crunchy on the outside and fluffy on the inside... yum!



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