

POTATOES RAISE THE BAR OCTOBER E-NEWSLETTER



A SPOOKTACULAR MONTH TO CELEBRATE SCHOOL SPUDS

Before pumpkins, there were potatoes. The term "jack-o'-lanterns" comes from an Irish folktale about a man named Stingy Jack. This originated in Ireland, where large turnips and potatoes served as an early canvas for decorating. Irish immigrants brought the tradition to America, home of the pumpkin, and it became an integral part of Halloween festivities. There are plenty of ways to get creative with potatoes this Halloween, both on and off your menu. Read on and get inspired!



Halloween Decoration Idea: Set those pumpkins aside and why not carve a potato instead? Or, try dressing up your potato with unique accessories for a fun activity with your students or family.

Farm-to-School Classroom Activity: While decorating your potatoes, add a "Farm-to-School" activity by introducing your students to real-life potato growers in our [four-part educational video series](#), hosted by Chef Garrett Berdan, RDN, LD. This training program has been approved for (1) School Nutrition Association (SNA) Continuing Education Unit (CEU).

Halloween Treat Idea: Looking for a fun alternative to handing out candy to trick-or-treaters this year? Take a note from potato growers and hand out potato chips instead. Your visitors won't be disappointed!

Let's be friends! Connect with us on [Facebook](#) and [Twitter](#) to get the latest and greatest on all things spuds and schools.

OPERATOR OF THE MONTH: ASHLEY HARRIS, MS, RD, SNS

Title:

Child Nutrition Director

District:

Pascagoula-Gautier School District

Students Served:

4,575 breakfasts and 6,100 lunches



Favorite Potato Hack:

Potato Salad in Chicken Gumbo

Trick your students with this *treat* of a recipe that offers the surprise of creamy potato salad nested in a bowl of savory and spicy gumbo.

"In the South, potato salad is a necessary side with many dishes, especially gumbo. Locals often put the potato salad in their bowl of gumbo. Students aren't always brave enough to mix the potato salad with their gumbo, but they do expect to see the potato salad as a vegetable choice on chicken gumbo day."

Grab Ashley's recipe [here](#) and follow Pascagoula-Gautier Schools on Twitter @PGSDnutiriton.



RECIPE: BOO! PUMPKIN AND POTATO STEW

Delight your students and family this Halloween with the ultimate festive treat: [Boo! Pumpkin and Potato Stew](#). Whether they're on top of this stew or your favorite protein, creating frighteningly delicious mashed potato ghosts can be done in a snap. Simply place mashed potatoes in a pastry bag or a plastic bag with the end snipped off. Pipe potatoes in the shape of a ghost on top of your dish and garnish with two green peas for "eyes." Yum!

Give this recipe a try and leave a review on www.PotatoesRaiseTheBar.com

From spooky spud witches to spider web potato casseroles, get more Halloween potato inspiration on [our website](#).



