



Potatoes with Personality!



Free potatoes for a year!

The Little Potato Company (LPC) is celebrating summer and YOU – our valued fans – by giving away potatoes for a year!

► [Click here](#) for your chance to win a one-year supply of pre-washed, no-fuss, delicious spuds!

For an additional entry in the contest, sign up to follow LPC on **Facebook**. Contest ends August 16, 2010.



The potato – An unlikely superhero

The humble potato may be the most unassuming of foods — a reliable staple that’s easy to take for granted. But a group of Canadian researchers believe that underneath its mild exterior, the potato holds vast potential to benefit humanity — and they’ve created a network to prove it.

leads a team that will scrutinize about 20 potato varieties for everything from cardiovascular benefits to effects on the immune system. Their research will focus on selected varieties of red, purple, yellow and orange potatoes, which have high levels of bioactive compounds.

The BioPotato Network, which includes more than 30 scientists from government, academia and industry organizations, is exploring the hidden benefits of the potato for human health and the environment. In the future, Canadians may eat foods fortified with potato-based antioxidants, or buy environmentally friendly plastics and pesticides made from potatoes.

A multitaled tuber

Beyond the health benefits, the network will also explore the potato’s use in bioplastics and environmentally safe pesticides. The starch from potatoes can be used to create biodegradable plastics for products such as trash bags, utensils and foam, while a natural insecticide found in the foliage of cultivated potatoes could lead to biopesticides that are safer for human health and the environment.

Make your own potato plastic!

There’s a lot of talk lately about plastic—and the oil needed to make it. Here’s a cool idea based on creating plastic from—you guessed it—potatoes!

► [Click here](#) to learn how to create an environmentally sustainable resource that you can try with your family!



The case for potatoes

In Charlottetown, Dr. Bob Chapman of the NRC Institute for Nutrisciences and Health (NRC-INH)

Credit: The information in this article was taken from a piece written by the National Research Council Canada. To read the complete article, ► [click here](#).



Amazing Summer Salads



Salade Niçoise

Salade Niçoise is a simple, easy-to-prepare and elegant dish, perfect for hot summer days. Filling enough for a meal, and everyone gets to pick their favourite ingredients—perfect for kids and adults alike!

Ingredients:

- 1 2lb. bag of *Blushing Belle* potatoes boiled, cooled, then sliced
- 1 large head butter-lettuce leaves, washed and dried
- 1 pound green beans, lightly steamed
- 1 ½ tablespoons minced shallots
- 1/2 cup basic vinaigrette (recipe below)
- Salt and freshly ground pepper
- 3 or 4 ripe red tomatoes, cut into wedges (or 10 to 12 cherry tomatoes, halved)
- Two 3-ounce cans chunk tuna, preferably oil-packed
- 6 hard-boiled eggs, peeled and halved
- 1/3 cup small black Niçoise-type olives

Basic Vinaigrette:

- 1/2 tablespoon finely minced shallot or scallion
 - 1/2 tablespoon Dijon-type mustard
 - 1/4 teaspoon salt
 - 1/2 tablespoon freshly squeezed lemon juice
 - 1/2 tablespoon wine vinegar
 - 1/3 to 1/2 cup excellent olive oil, or other fine, fresh oil
 - Freshly ground pepper
- Shake all the ingredients together in a screw-topped jar.

Instructions:

Arrange the lettuce leaves on a large platter or in a shallow bowl. Shortly before serving, toss the beans with the shallots, spoonfuls of vinaigrette, and salt and pepper. Baste the tomatoes with a spoonful of vinaigrette. Place the potatoes in the centre of the platter and arrange a mound of beans at either end, with tomatoes and small mounds of tuna at strategic intervals. Ring the platter with halves of hard-boiled eggs, sunny side up. Spoon more vinaigrette over all.

Credit: From Julia's Kitchen Wisdom, by Julia Child



Potato and pea salad

Make a statement among summer guest by serving a unique combination of red, yellow and blue potatoes (and you can never go wrong with bacon and cheese)!

Ingredients:

- 1 2lb. bag of *Terrific Trio* potatoes
- 8 strips bacon
- 2 cups frozen peas, thawed
- 1 cup (8 ounces) diced sharp Cheddar cheese
- 1 cup mayonnaise
- 3 tablespoons mustard
- 1/2 teaspoon onion powder
- Salt, Pepper and Cayenne Pepper to taste

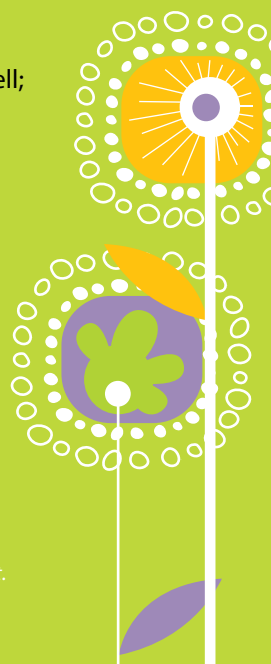
Instructions:

Bring a pot of salted water to a boil for the potatoes.

Cook bacon until very crisp; transfer to a paper-towel-lined plate to drain. Crumble bacon; set aside.

Halve potatoes and boil until just knife-tender. Rinse potatoes to remove excess starch and drain well; transfer to a large bowl. Add peas, 3/4 of the crumbled bacon and cheddar; toss gently to mix. Combine mayonnaise, mustard, and onion powder in a separate bowl. Season with salt, pepper, and cayenne pepper. Gently fold mayonnaise mixture into potato mixture. Adjust for additional seasonings if needed. Chill until ready to serve. Before serving, sprinkle reserved bacon bits over salad.

Credit: <http://susikochenundbacken.blogspot.com/2010/06/potato-pea-salad.html>



Introducing Chef Brad...

The Little Potato Company is always trying to think of new ways to bring value to our consumers. And we are just over-the-moon about our latest idea which has recently come to fruition.



Chef Brad Smoliak, who once cooked for Her Majesty Queen Elizabeth II, will be joining the LPC team and eventually available to answer food-related questions and share recipe secrets with LPC fans across the nation (not to mention many other exciting things).

Please read our Fall e-newsletter for more information about Chef Brad's role in the company. Until then, we are happy to tell you a little bit more about this very talented (and incredibly likeable) guy...

- An accomplished research chef creating successful and profitable food products and recipes for clients in Canada and the US



- Former Co-founder and Co-chef at the Hardware Grill in Edmonton, Alberta, Canada
- The Executive Chef at the Mayfair Golf & Country Club in Edmonton
- Cooked for Her Majesty Queen Elizabeth II during her Royal Visit to Edmonton in 2005

- Media personality on television stations like CTV, CBC, CityTV, Access Television and others.
- Contributing writer for many food publications. Brad is the "Free Range Chef" in The Edible Prairie and was the signature chef in Food for Thought magazine for nearly two years

All eyes on you

As we get into the depths of summer, some people may be struggling to maintain good health while still enjoying the tasty treats of the season. The Little Potato Company is here to say that you have nothing to worry about when it comes to potatoes. They are truly packed with more good stuff than you can even imagine!

Potatoes are rich in carbohydrates, making them a great source of energy for all those outdoor summer activities. They have the highest protein content (around 2.1 per cent on a fresh weight basis) in the family of root and tuber crops, and protein of a fairly high quality, with an amino-acid pattern that is well matched to human requirements. They are also very rich in vitamin C - a single medium-sized potato contains about half the recommended daily intake - and contain a fifth of the recommended daily value of potassium.

Potatoes are also extremely low in fat and contain dietary antioxidants, which may play a part in preventing diseases related to ageing, and dietary fibre, which benefits health.

So eat up—and feel fabulous!

► [Click here](#) to see how LPC's potatoes stack up against other summer side dishes.

Potato crafts for summer

Potato "Rocks"

Making potato rocks for craft projects is easy and fun. The kids will love this and so will you. Potato rocks can be used to make jewelry, replace missing game board pieces and can be displayed in dry flower arrangements and such. They are durable and will last a lifetime.

► [Click here](#) for instructions!

Potato Printing

Whether you're making a fabulous picture or printing paper for wrapping gifts, this is an easy and fun way to express your creativity through the power of the potato!

► [Click here](#) to learn how!



Credit: Photo, title and content are the property of Elaine Chastain.