



Russet Potatoes

#FA246 | 90/Cnt | FA248 80/Cnt | FA250 70/Cnt

Overview:

Russet potatoes are the classic all-purpose potato — earthy, hearty, and known for their fluffy interior and sturdy brown skin. They're perfect for baking, mashing, frying, or turning into golden roasted wedges. Their mild flavor and dependable texture make them a popular ingredient in home kitchens and restaurants alike.

History:

Russets rose to popularity in the late 1800s, when breeders in the United States developed varieties with improved storage, flavor, and cooking qualities. Over time, they became synonymous with many iconic dishes, from baked potatoes piled high with toppings to crispy French fries. Today, they remain one of the most widely recognized potato varieties.

Growing Region:

Russet potatoes thrive in cooler climates with rich, well-drained soil. They're primarily grown in the Pacific Northwest and Mountain West states, including Idaho, Washington, Oregon, and Colorado. These regions provide the long growing seasons and consistent irrigation needed for their large, uniform size.

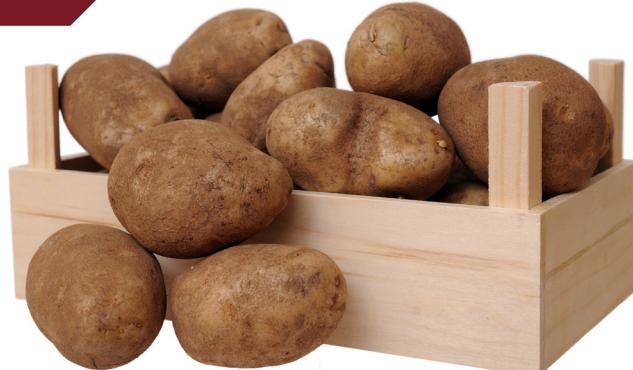
Nutrition:

Russet potatoes are composed mostly of water and natural starches, which contribute to their fluffy texture when cooked. They contain small amounts of fiber, potassium, and vitamin C. The signature brown skin color comes from natural compounds that develop as the tubers mature underground.

Preparation:



To prepare russets, rinse them well and peel if desired. They can be baked, mashed, fried, roasted, or turned into hearty soups and stews. For a simple preparation, brush whole potatoes with oil and bake until tender for a classic, cloud-like baked potato. Store them in a cool, dark place for the best shelf life and texture.





Blueberries

#77732 | 12/Cnt

Overview:

Blueberries are small, vibrant berries known for their juicy pop and sweet-tart flavor. Their deep blue skin and refreshing taste make them popular for snacking, baking, topping breakfast bowls, or brightening salads.

History:

Native to North America, blueberries have been enjoyed for centuries. Wild varieties were used long before cultivated types emerged in the early 1900s, when growers developed the first successful domesticated bushes. Today, blueberries are a signature summer fruit and are harvested across many regions for fresh and frozen use.

Growing Region:

Blueberries grow best in cool climates with acidic, well-drained soil. They are widely produced in states like Michigan, Maine, Oregon, Washington, and New Jersey. Southern-grown varieties also flourish in states like Georgia and Florida, helping extend availability throughout the year.

Nutrition:

Blueberries contain a high water content, contributing to their juicy texture. They offer small amounts of natural sugars, vitamin C, and manganese. Their signature dark blue color comes from naturally occurring pigments called anthocyanins that develop as the berries ripen.

Preparation:



To enjoy blueberries, simply rinse them gently under cool water. They're delicious fresh but can also be baked into muffins, blended into smoothies, simmered into sauces, or frozen for long-term use. For the best quality, keep them refrigerated and dry until ready to eat.

