

# SPOTLIGHT ON PRODUCE

## WHAT AM I?

Fingerling potatoes are a small, finger shaped type of potato. They are naturally small with a thin skin and smooth, moist texture.

## HOW DO I GROW?

Fingerling potatoes grow underground just like a regular potato.

## NUTRITION FACTS

Red and Purple fingerling potatoes may have anti-inflammatory, anti-viral and anti-cancer benefits.

## FUN FACT

Fingerling potatoes can be yellow, red or even purple!



FINGERLING POTATOES