

Potatoes

- Store uncovered in a dry dark place at room temperature for up to two weeks.
- You can also refrigerate cut potatoes in a sealed container for up to five days.
- Don't store next to apples, onions, avocados, or bananas because these foods may cause potatoes to sprout.

Potatoes are a good source of Vitamin C, B6, and Potassium.
These nutrients may help to support immune health.

