



WM Barbara Spencer  
WP Joe Spencer

# September



### September Birthdays

- 7 Rodger Ruland
- 15 James Cotten
- 15 Dee Yeats
- 21 George Watkins
- 21 Chuck Kinton
- 22 Walter Echols
- 23 Keith Arterburn
- 25 Zaneta Miller
- 26 Erin McFatrige
- 29 Norman G. Dow



Grab a pencil and piece of paper. How many words can you make using the letters in "rainy night" We found 43!



#### September:

**Flower:** Forget-me-not, Morning glories, Asters

**Birthstone:** sapphire.

**Zodiac Signs:** Virgo (until September 22) and Libra (September 23 onwards)

**Bird:** Yellow-throated Vireo

TMRC Daylight Chapter #1145  
- Next Stated meeting -  
September 26<sup>th</sup> at 1:30 pm

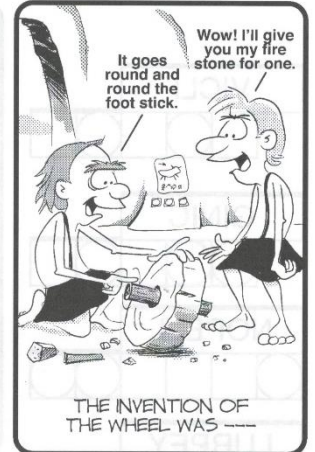
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

CUNED

LATYL

VORYOG

RORISE



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

**The potato**, is an annual plant in the nightshade family, grown for its starchy edible tubers. The potato is native to the Peruvian-Bolivian Andes and is one of the world's main food crops. Potatoes are frequently served whole or mashed as a cooked vegetable and are also ground into potato flour, used in baking and as a thickener for sauces. The tubers are highly digestible and supply vitamin C, protein, thiamin, and niacin. Potatoes are thought to have been independently domesticated several times and were largely cultivated in South America by the Incas as early as 1,800 years ago. The invading Spaniards introduced potatoes into Europe during the second half of the 16th century. By the end of the 17th century the plant was a major crop in Ireland, and by the end of the 18th century it was a major crop in continental Europe. It continued to spread, in both Western and Eastern hemispheres, during the first four decades of the 19th century, and the Irish economy itself became dependent upon the potato. (... cont'd on pg 2)

## POTATOES

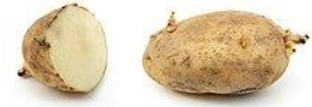
A	L	D	G	E	O	B	D	S	S	H	P	P	U
M	A	S	H	E	D	D	O	P	T	E	S	O	S
S	T	H	H	S	E	U	E	A	T	S	L	T	C
E	K	O	R	N	P	R	S	E	S	E	L	A	A
I	E	D	D	W	P	A	L	A	H	I	E	T	L
R	T	A	H	O	S	W	E	E	T	R	S	O	L
F	A	U	G	R	A	T	I	N	F	F	A	C	O
H	T	A	C	B	R	G	A	R	A	E	L	A	P
C	E	O	W	H	A	G	S	R	D	M	A	K	E
N	R	C	S	S	R	P	D	M	E	O	D	E	D
E	T	S	T	A	I	S	E	P	K	H	H	S	O
R	O	P	R	H	T	E	I	H	A	D	K	H	A
F	T	S	C	T	E	O	R	A	B	K	M	R	A
N	S	E	F	H	R	A	F	S	D	C	A	C	E

- FRIED
- HASH BROWNS
- SWEET
- LATKE
- SCALLOPED
- SALAD
- SOUP
- BAKED
- HOME FRIES
- POTATO CAKES
- CHIPS
- MASHED
- AU GRATIN
- TATER TOTS
- FRENCH FRIES

**Potatoes help lower blood pressure.** They are a good source of potassium, even more potassium than a banana, and a lot of it is found in the [potato's] skin." Potassium is a mineral that helps lower blood pressure.

Even though the standard supermarket normally has only a few varieties, there are over 200 different types of potatoes grown around the globe. Here are some we know well:

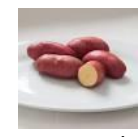
**Russet**  
The origin of this widely-available potato variety dates back to the 1870s when the Russet Burbank was developed in Idaho. Currently, of the 13 billion pounds of potatoes that are harvested each year from the state, 90% are russets. The long, oval-shaped tuber tends to be medium to large in size with rough brown skin and a white to pale yellow interior. Russets are highly starchy and are the go-to for baked potatoes and French fries. They are also one of the best types of potatoes for mashed potatoes, given their low-moisture content. They absorb a lot of liquid, resulting in a light, soft texture.



**Red bliss**  
These deep red-skinned and white-fleshed potatoes should be familiar to American eaters. In the United States, they are most often harvested young, classifying them as "new potatoes" (via Fine Cooking). Red bliss has a low starch content and holds up well to boiling, making them a good choice for potato salad. They can be used for mashing, but beware, they can easily get gummy.



**French fingerling**  
The French fingerling (originally called Roseval) was developed by the National Federation of Producers of Potato Plants in France and released in 1950 (via the University of Florida). These are small to medium potatoes with a long cylindrical shape. However, they are larger and more rounded at the ends than other types of fingerlings (via Johnny's Seeds). They have a rose-pink skin with white flesh that sometimes has pink marbling.



**King Edward**  
King Edward potatoes are medium to large in size and are round to oval in shape. They are easily identified by their light tan to brown skin with pink or red blush spots. There are also a few shallow eyes on the smooth surface. The flesh has a milky, light cream hue and is firm and dense. When cooked, King Edward potatoes hold their cream-colored hue and boast a floury, fluffy, and starchy texture.

