

Submitter: Jess Blatchford
On Behalf Of:
Committee: House Committee On Rules
Measure: SCR3

Hello!

My name is Jess Blatchford, and I am writing to support SCR 3, which would designate the potato as the official vegetable of Oregon.

My family and I have grown potatoes in the Baker Valley since 1987, and they contribute significantly to the health of our local community, including the people we employ. The Oregon Potato Industry is small in numbers, but large in production. Oregon ranks as the number 5 largest producing state! We all are very proud of both the quality of the potatoes we produce, and the diversity of potatoes grown. From commercial process potatoes grown in Eastern Oregon and the Columbia Basin, seed potatoes grown in Central Oregon and Klamath Basin, to chipping potatoes grown in every region including Sauvie Island, potatoes are an integral part of the Oregon agricultural system. No other vegetable is grown more widely in the state than potatoes.

Potatoes have held the distinction as America's favorite vegetable for the past seven years, as people discover the many health benefits the potato provides.

Each serving of potatoes contain:

- 620 mg of potassium
- 27 mg of vitamin C
- 3 grams of protein
- 2 grams of fiber
- 26 grams of complex carbohydrates

I urge you to designate the potato as the official vegetable of Oregon. It's not a meal without potatoes!

Thank you

Jess Blatchford

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