

Submitter: Rob Lane
On Behalf Of:
Committee: House Committee On Rules
Measure: SCR3

To Whom It May Concern:

I am writing to support SCR 3, which would designate the potato as the official vegetable of Oregon. No other vegetable is grown more widely in the state than potatoes, which are also the top selling vegetable in Oregon.

My family and I grow potatoes, which contribute significantly to the health of our local community, including the people we employ. Potatoes are fat and cholesterol free, low in sodium and, when eaten with the skin, are higher in potassium than a banana. Additionally, potatoes are a good source of fiber, contain antioxidants and complex carbohydrates which produce energy for our body, making them a heart healthy dietary choice.

With over 2.5 billion pounds of potatoes produced in Oregon, we are one of the leading producers of potatoes in the nation. Considering everything they bring to the table, I urge you to designate the potato as the official vegetable of Oregon.

Sincerely,

Rob Lane

Lane Farms, Grower/Producer