

Potatoes



SPUDS 101

The potato is a **tuber**. A tuber is the swelling of an underground stem that contains stored nutrients. Potatoes are Manitoba's fourth most valuable crop after canola, wheat and soybeans!

POTATO PLANTING

Potato plants are grown from **seed potatoes** that are planted whole or cut into pieces. The buds or **eyes** found on the seed potato sprout and grow into a plant. Although the potatoes planted in the ground are called seed potatoes, they are tubers, not seeds.

Each seed piece is covered with soil. This is called **hilling**. The mound protects the tubers from light, which prevents them from turning green and inedible.



Smart technologies help farmers irrigate their potato crops

POTATOES GET THIRSTY, TOO

Farmers sometimes **irrigate** their potato fields to make sure they receive enough moisture during the growing season. Irrigation systems come in many different styles.

STORAGE AND CURING

After potatoes are harvested, they are piled into a cool, dry storage bin and **cured**. Curing helps heal any wounds that occur during harvest. Curing takes about six to eight weeks.



FOOD FOR THOUGHT

French fries and other frozen products make up 90 per cent of Manitoba's potato exports, which goes to show just how important potatoes are to our province!

It takes one kilogram of potatoes to produce half a kilogram of French fries, and two kilogram of potatoes to produce half a kilogram of chips.

PACKED WITH NUTRIENTS

Potatoes are excellent sources of **carbohydrates**, **protein**, and **fibre**, with very little fat. Potatoes are composed of about 80 per cent water, and contain potassium, vitamin B, and vitamin C, as well as other nutrients.

There are over 24 varieties of potatoes grown in Manitoba.

