

ANOTHER
HERB HERBERT
FACT SHEET



SPECIAL INTEREST HERBS
GOURMET VEGETABLES
POTATO
Solanum tuberosum



DESCRIPTION

Potatoes can be described as a starchy vegetable that has become an integral part of much of the world cuisine, and a staple part of most diets. Potatoes are believed to have existed as far back as 10,000 years ago, and were introduced to Europe and Spain in 1536, still remaining as the most essential crop in Europe today, with China being the world's largest potato-producing country. Potatoes are herbaceous perennials that grow to a height of around 60cm/24in. This of course depends on the variety, which can include different coloured potatoes such as red, golden, white and brown. After flowering, the potato plants produce small fruits that look a little like cherries, which then grow into full sized potatoes. Kennebec. Tan skin and white flesh. Very clean taste with a subtle nutty flavor. High in quality. Norland Red. Red skinned potato with white flesh. Great for boiling and baking. 90-100 days. Pontiac Red. Popular red skinned variety with crisp white flesh. Great for mashing and stores well. Yukon Gold. Great for frying. Golden flesh with a slightly nutty flavor.



PROPERTIES

Potatoes contain vitamins and minerals, as well as vitamin C, which is found in potato skin. Potassium and vitamin B6 can also be found within the vegetable, making it a healthy and nutritious vegetable.



USES

Culinary
Potatoes are used in an incredible amount of dishes and can be baked, fried, steamed, boiled, mashed and made into soups. One common way of eating potatoes, particularly in the fast food industry, is to cut them into long small strips, frying them in oil and making french fries.



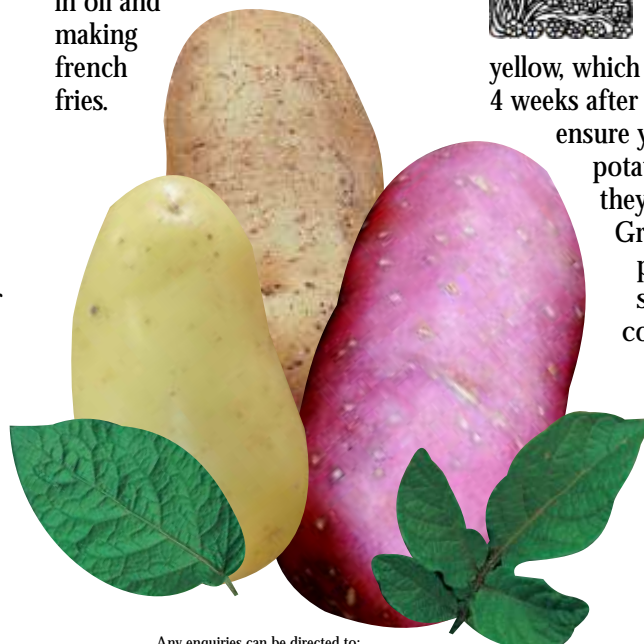
GROWTH

For best growth results plant potatoes in late summer or early spring. Potatoes can be easily grown in the backyard using tyres. Plant the seeds in soil containing compost and throw a tyre on the top, filling it with soil, manure and blood and bone. When the shoots begin to appear, place another tyre on top of the first tyre and again fill with soil, manure and blood and bone. Repeat again with a third tyre. When the plant flowers and dies back, you are ready to harvest.



CULTIVATION

Harvest potatoes when the lower leaves begin to turn yellow, which is usually around 3-4 weeks after flowering. Please ensure you do not leave potatoes in the sun as they will turn green. Green potatoes are poisonous and should not be consumed.



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