

## Potatoes

Succulent and nutritious! Potatoes are very rich in vitamins. Did you know that a medium-sized potato does not contain more calories than an apple of the same size?



Potatoes -*Solanum tuberosum*

### Botanical

**Latin name:** *Solanum tuberosum*

**Family:** Solanaceae

**Origin:** Andes

**Flowering period:** summer

**Flower colour:** white

**Plant type:** root vegetable

**Vegetation type:** bulb

**Foliage type:** deciduous

**Height:** 1 m

**Toxicity:** toxic foliage, green or sprouts tubers are toxic

### Plant and cultivate

**Hardiness:** annual

**Exposition:** sun

**Soil type:** light, rich in humus, at least 60 cm deep

**Soil acidity:** 5.5 to 6

**Soil moisture:** normal

**Spacing:** 35 cm between each tuber and 45 cm between the rows

**Use:** vegetable garden

**Plantation:** May

**Propagation method:** sowing

**Diseases and pests:** Colorado potato beetle, wireworms, potato moth, mildew

**Companion plants:** cabbage, kohlrabi, shallot, lamb's lettuce, onion, peas, thyme.

**Rival plants:** garlic, eggplant, Swiss chard, beetroot, celery, celeriac, ground cherry, pumpkin, squash, shallot, endive, spinach, bean, melon, parsnip, parsley, radishes, tomato.

## Germinate Potatoes from Non-germinated Plants

Use a crate or an egg box.

Place potatoes without superimposing them.

If a germ exists, it must be looking upward.  
Keep potatoes in a dry, cool, and ventilated and well-lighted area.

For an ideal germination, the temperature should be between 10 and 15°C.

Germination period is 4 to 6 weeks.



**If you want to slow down the germination process, keep the potatoes in a refrigerator.**

## Cultivate Potatoes in a Container

Growing potatoes in a basket, bag, tower, compost bin, potato planter, barrel or trash can have several advantages.

You can grow them in tight spaces, reduce the amount of weeding, and reduce exposure to pests and fungi. Plant them in the same place year after year because you just have to disinfect your containers with bleach or with vinegar (see recipe at the bottom of the page). In addition, you do not risk damaging the potatoes by digging the earth with a shovel to pick them up.



The principle of growing up in a small space - above ground - is simple; it is enough to replace the depth of the earth by stopping the seedlings of potatoes throughout their growth. What you need, 4 to 10 potatoes, a "tower" shaped container, such as a compost bin or a potato planter.





## **Potato patio planter**

**[07-1010-010](#)**

Now you can grow delicious homegrown potatoes whether or not you have a garden. This tough bag is made of coloured polyethylene with reinforced drainage holes at the base, and handles on each side. No need for digging.

**Package Contains 3 Bags**

**Dimensions: 35 cm diameter x 45 cm height. (14" x 18").**

## **Root Pouch 5 gallons with handle**

**[07-1041-010](#)**

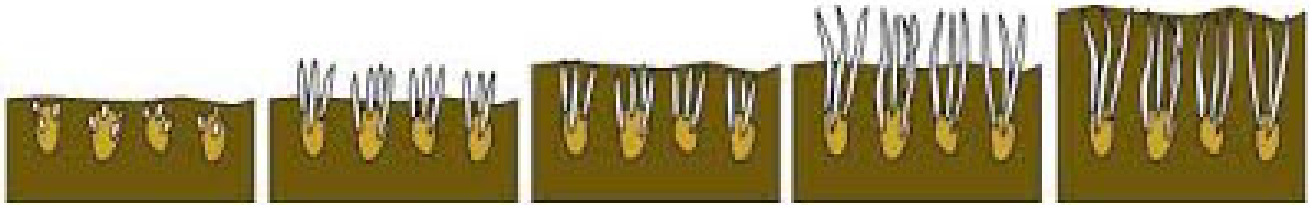
This pot is sturdy, washable, lightweight and reusable. They have a 4 to 5 years degradable life span. More breathable and water efficient they encourage healthier root growth.

Ideal for potato, tomato, and sweet pepper or similar size plants. Pot with handles.

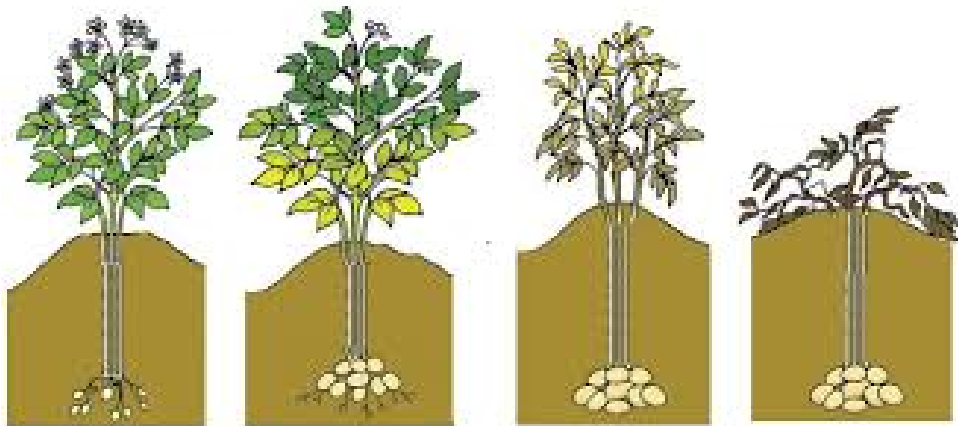
**Width 27.5 cm (11 ") Height 25.5 cm (10.25 ")**



Once the tubers are well germinated (early to end of May), place them on an acidulous breeding ground (pH5.5-6), germ placed upward, being careful not to break it, and cover with earth, water and wait for a few days. Once the germ has grown approximately 5 cm, cover again with earth (ridging) and let them grow again. Continue with this method until the earth has reached the maximum height of your container. Sunlight is indispensable to the growth of the plant. Ensure that your container is always in the daylight.



Let the plants develop and bloom above the «tower. » Potatoes will grow around the roots. Along the process, regularly water your plants keeping the soil humid and never soaking. Always make sure that some light reaches your plants. Adapt the quantity of water with the depth of your bin or container.



Potatoes will be ready to harvest in 3 to 5 months. Wait for the flowers and leaves to be desiccated, you can then empty, turn over or dismantle your «tower» and harvest your potatoes.

**NOTE: 1 K of potato seeds (germ tuber) will produce approximately 25 K of potatoes.**



## Cultivate Potatoes in the Garden

Start by preparing the earth a few days in advance, preferably the precedent autumn, by adding a lot of compost and fertilizer.



Shapes 10 to 30 cm deep furrows (the more the earth is light and sandy, the more the furrow will be deep. Place a small coat of earth fortified with compost or fertilizer.

Insert the potato plants, germ upward spacing them approximately 30 cm. Furrows must have 75 cm between each other. Cover with a thin layer of soil.

Potatoes need a light and rich soil (add compost and manure if needed), poor in clay and humidity. Potatoes must be placed in a sunny area of your garden. Water lightly, preferably at night, taking care not to wet the leaves, early varieties of potatoes (early potato). For the end of the season potatoes (autumn) water to keep the soil lightly humid until the flowers arrive. Then you can water more regularly, allowing for the tubers to grow faster.

When your plant reaches 10-15 cm, roll up the earth around the feet to shape small mounds that will help for a vertical development and will protect tubers from the light. Repeat as often as necessary during the growth. The higher the feet of the potato plant the more you will have roots and the more the tubers will develop.





## When and How to Harvest



The early varieties of potatoes can be harvested about 2 months after planting, when the plants are in bloom. The other varieties must be harvested 3 months after planting once the leaves are yellow.

To harvest the potatoes, you must carefully lift the earth, in a way not to scorch tubers, then manually dig up the potatoes. Let them dry a few hours under the sun.

**NOTE: We generally count 12 per 1 K. This quantity should be enough for a row of 5 to 7.5 metres. 1 K of potato seeds (germ tuber) will produce approximately 25 K of potatoes.**

## Parasites and diseases

Mildew can sometimes reach the potato. Aphids and mostly the Colorado beetle will feed on tubers.

**ATTENTION: to minimize parasites and diseases, do NOT plant potatoes in the same plot as last year. It is recommended to wait 3 years before replanting potatoes in the same area.**

## Receipts

### White vinegar

White vinegar is a must for cleaning. We can use it for absolutely everything! If the pot or bag is very dirty, soak it in water with lots of vinegar. If it is new, soak your sponge with vinegar and rub it. In both cases, rinse the pot or bag and let it dry completely.

### Bleached Solution

If you do not have white vinegar, you can proceed in the same way with bleach! Remember to protect your hands with gloves and pay attention when handling this dangerous product.