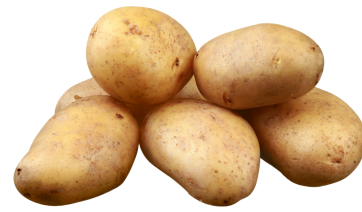




Potatoes



Potatoes are starchy vegetables from the Nightshade family (Solanaceae). They are the tubers of the plant. There are many varieties of potatoes, including Russet, red, Yukon gold, fingerling, and purple/blue potatoes.

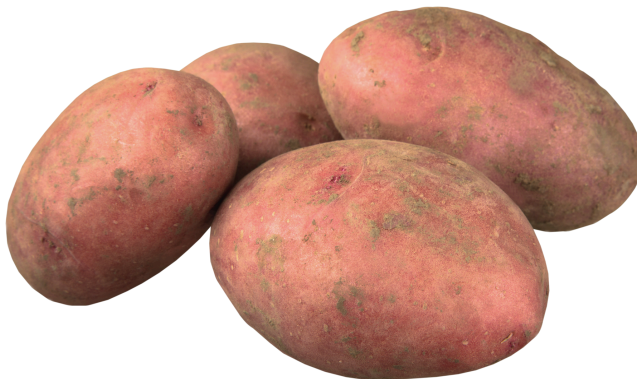
Potatoes are grown in a wide range of climates, but they thrive in cool, temperate regions. Potatoes grow best in well-drained, loose soil and require full sun and regular watering. Idaho, Washington, North Dakota, Wisconsin, and Colorado are the top potato-producing states. Potatoes are planted using seed potatoes (small tubers or pieces of tubers with “eyes”).

Potatoes are harvested about 90-120 days after planting when the foliage begins to die back. Mechanical harvesters use lifting blades to lift the potatoes from the soil. Once lifted, the potatoes are passed over conveyor belts with vibrating or rotating mechanisms, or air fans are used to help separate the potato from soil, rocks, and plant debris.

After harvesting, the potatoes are graded and sorted before being transported to storage or processing facilities. Potatoes are stored in cool, dark, well-ventilated conditions to prevent sprouting and spoilage. Potatoes are cured for 10-14 days at 50-60°F and high humidity to extend the shelf life.

Potatoes are rich in nutrients, including vitamin C, vitamin B6, potassium, magnesium, folate, and iron. They are high in fiber and antioxidants and benefit heart and digestive health.

Potatoes can be boiled, baked, fried, roasted, and mashed. They are used in soups and salads and to make French fries, hash browns, and chips.



<https://youtu.be/NfoVWo4SMuU?si=KBzDYgNjGATezmXx>