

Guide to Growing Potatoes



Profile and Nutrition Facts

Potatoes are a starchy and versatile vegetable that is full of Vitamin C, Vitamin B6, and potassium.

There are hundreds of different varieties of potatoes. They vary in size, color, and shape. Popular types are russets, red potatoes, yellow potatoes, and fingerling potatoes. Most potato varieties can be grown in all the US growing zones.

Planting guide

Potatoes should be planted in full sun when the soil temperature is around 50F. To plant, dig a trench that is 6-8 inches deep and place seed potatoes 1 foot apart with the eye facing upward. Cover the seed potatoes with 4 inches of soil and continue to add soil as the plant grows. Stop when potatoes have flowered.

Maintenance

Once planted, potatoes are easy to maintain. Soil should be kept moist and the tubules should always be covered with soil. To maximize the growth, spray the plants with fish emulsion every couple of weeks. Good companion plants are cabbages, beans, and corn. Avoid planting potatoes in soil that has grown tomatoes, potatoes, and pepper in the past 2 years.

Harvesting

Harvesting can begin once the potato plants have bloomed. To harvest, use a garden fork to dig 4-6 inches deep around the perimeter of the trench and gather the potatoes in the soil. To ensure contamination of soil for future crops, be sure to dig and harvest all potatoes from each plant and replenish soil before replanting for fall.



How to enjoy potatoes

Potatoes can be enjoyed boiled, roasted, or baked. They are great on their own with a little bit of seasoning or you can add them to soups, pasta, and salads to make them more filling. It is important to avoid eating the leaves, stems, and green potatoes because they glycoalkaloids, which are poisonous.