

Did you know it's really easy to grow potatoes in bags or containers? You don't need a big garden or lots of tools to do it.

If you want to grow potatoes, you'll need to think about your favourite type. Do you prefer baked potatoes, mash, roast or chips? Do you like chunky wedges or baby new potatoes with butter?

There are lots of different types to choose - you should plant the ones you most like to eat.

## Popular potato varieties

|                       |               |
|-----------------------|---------------|
| <b>New potato:</b>    | 'Charlotte'   |
| <b>Mashed potato:</b> | 'Desiree'     |
| <b>Baked potato:</b>  | 'Rooster'     |
| <b>Roast potato:</b>  | 'King Edward' |
| <b>Chips:</b>         | 'Maris Piper' |

## What you'll need:

- Seed potatoes (also called tubers)
- Several large 8 litre potato bags or containers
- Multipurpose compost

## Why should you eat them?

Potatoes contain lots of important minerals and vitamins. As long as you don't fry them, they'll give you lots of energy and keep you healthy:

### Potassium

Keeps your heart healthy and helps plenty of blood to get to your brain.

### Vitamin C

Protects the cells in your body and boosts your immune system.

### B6

Reduces stress.

### Electrolytes

If you play a lot of sport, your body needs to replace the electrolytes that you lose through sweat. Potato skins are full of them!

### High fibre

Keeps your digestive system in top condition.

## Space Age Spuds!

Potatoes were the first vegetables grown in space. NASA developed the technology back in October 1995.



## Step 1: Get your seed potatoes ready

- Put your seed potatoes in an empty egg box on a sunny windowsill.
- Soon little shoots will appear at one end. This end is called the 'rose'.
- When the shoots are about 2.5cm long, the seed potatoes are ready to plant.
- This process is called 'chitting'.



## Step 2: Plant them up

- Fill your potato bag or container with compost.
- Carefully push one seed potato down into the compost with the rose end facing upwards. It will need to be at least 15cm deep.
- Gently cover the seed potato with compost and give it some water.
- Move your bag or container to a warm place where you can keep an eye on it. Potatoes like lots of sun.



## Step 3: Look after your crop

- Water regularly - don't let the soil get too dry.
- Make sure that the potatoes are always covered by soil as they grow.
- When flowers appear, or the leaves start to turn yellow, your potatoes are ready.
- Tip the container out and find your spuds!