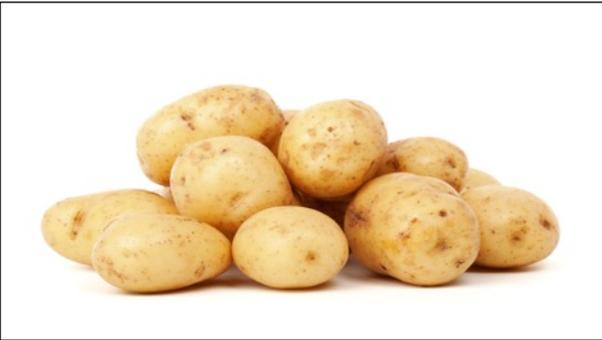




# Know What You Grow!



## Potato

**Scientific Name:** *Solanum tuberosum*

**Recommended Varieties:**

- White Rose (LB)
- Kennebec (LB, VR)
- Norgold Russet
- Red Lasoda
- Yukon Gold

**Common Pest(s):**

Aphids, Potato tuber moth, blight and fusarium are the most common problems.

Photos: Creative Commons  
Master Gardener Handbook

[UC Davis.edu](http://UCDavis.edu)

### Growing Information

**Cool Season Plant**

Potatoes are started from sections of tubers. Buy certified seed potatoes. Grocery store potatoes are not recommended. They may be harboring pathogens like blight or fusarium or have been treated with a sprout inhibitor.

**Ideal Planting Window**

Inland Valley – February – March; August

Desert – December – February

**Growing Guidance**

Potatoes need a well-drained sandy-to-loam soil. They do not grow well in heavy soils. Prepare a planting furrow 3 inches deep, drop seed pieces into the furrows, and fill the furrows to ground level. The rows should be 36 to 39 inches apart and the seed pieces planted 6 to 10 inches apart, depending on the size of the potatoes you want to harvest.

[UC Davis.edu](http://UCDavis.edu)



## Interesting Facts

Potato is an annual plant in the nightshade family (Solanaceae), grown for its starchy edible tubers.

The potato is native to the area of the Andes, likely in present-day Peru or Bolivia.

Potatoes were domesticated approximately between 8000 and 5000 BC.

The earliest archaeologically verified potato tuber remains have been found at the coastal site of Ancon (central Peru), dating to 2500 BC.

They were largely cultivated by the Incas as early as 1,800 years ago.

Encountered by the invading Spaniards, potatoes were introduced into Europe during the second half of the 16th century.

By the end of the 17th century the plant was a major crop in Ireland, and by the end of the 18th century it was a major crop in continental Europe, particularly Germany, and in the west of England. It continued to spread, in both Western and Eastern hemispheres.

As a means to popularize potatoes in France, Antoine-Augustin Parmentier placed armed guards around his potato fields, instructing the guards to accept all bribes and allow people to “steal” the crop.

[Just Fun Facts](#)

## Contact Information



**RIVERSIDE COUNTY MASTER GARDENERS**

**EMAIL:** [anrmgriverside@ucanr.edu](mailto:anrmgriverside@ucanr.edu)

**WEBSITE:** <https://ucanr.edu/sites/RiversideMG/>

## Nutritional Information

### Nutritional Value

The nutrients found in 2/3 cup (100 grams) of boiled potatoes — cooked with the skin but without salt:

Calories: 87, Water: 77%, Protein: 1.9 grams, Carbs: 20.1 grams, Sugar: 0.9 grams, Fiber: 1.8 grams, Fat: 0.1 grams

[Healthline](#)

### Cheesy Mashed Potato Bites



#### Ingredients:

- 2 cups mashed potatoes
- 3 eggs
- 1/2 cup shredded sharp cheddar cheese
- 1/2 cup steamed broccoli
- salt and pepper to taste
- non-stick cooking spray

#### Prepare:

This recipe is super versatile. It's a great use for leftover mashed potatoes but you can also use the boxed variety or make fresh mashed potatoes as well. All of these options work great! Combine leftover mashed potatoes with eggs and cheese. Gently stir in steamed broccoli. Bake 400° F for 20 minutes. For other ingredient ideas click on the link below.

[Create Kids Club](#)