

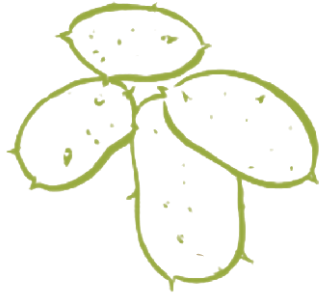
Food Stories

Potatoes



TUBER

Potatoes are tubers (not the musical instrument! That's a tuba). A tuber is a store of energy (starch) that helps the plant get through the winter when its leaves die. Farmers grow potato plants from tubers in the spring. The farmer puts the tubers in the light until they grow white shoots and then plants them.



POTATO PLANTS

The stems and leaves grow and the farmer covers the lower stems with piles of soil to prevent the potato crop being damaged by sunlight.



HARVEST

Small, sweet new potatoes are harvested in the summer, and in the autumn the main crop of potatoes are dug up. You can store potatoes for the whole winter if you keep them in a cool, dark and dry place to stop them sprouting.



SHOP

The potatoes are taken to be sold at shops including supermarkets. Some farmers have a farm shop where they sell potatoes. This saves the cost of transporting them.



COOKING

Potatoes have to be cooked because our bodies cannot digest them if we eat them raw. The healthiest way to eat them is with their skin still on, as it contains lots of goodness. Potatoes contain lots of Vitamin C. Healthy ways of cooking them are boiling and baking.

COMPOSTING

If you put your potato peelings in a composting bin, they will break down and make rich compost that you can use on your garden, to help the plants grow well.

