

Pure Potato Passion

Potatoes are the world's fourth most important food crop, after maize, wheat and rice. To draw the world's attention to this staple food, the United Nations declared 2008 the International Year of the Potato.

The Birth of the Humble Spud

- 1492** – Few of you probably know that Mr Potato's beginnings can be traced to the beautiful mountains of the Andes in Peru. He was born there. Due to its good qualities and healthy nature, it soon became a popular food source across the globe.
- 1565** – Arrives in southern Spain where the Spaniards positively adore the potato thanks to its high levels of Vitamin C.
- 1590** – Brought to the United Kingdom by traders who believed that the potato would improve farming on the island. What a challenge!
- 1650** – It's hard to keep track of the potato's progress as it ventures from Europe to India and various other ports around the world. The potato is steadily growing in popularity.
- 1652** – Thanks to the Dutch East India Company Mr Potato puts his roots down in sunny South Africa.



Potatoes in South Africa

Potatoes are basically cultivated in the whole of South Africa. As a result we have a year-round production season which ensures a permanent supply of fresh potatoes. Diseases and adverse climatic conditions, such as changes in rainfall, can impact crop production but, potatoes are still successfully farmed in South Africa.



According to the 11 Food Based Dietary Guidelines of South Africa, we are advised to make foods rich in carbohydrates the foundation of most of our meals. As a one-stop supply of starch, it is hard to beat the potato.

Packed with a Punch

The carbohydrates in potatoes are complex which means that they provide the body with a steady flow of energy for a period of time. The starch in potatoes is digested and absorbed as glucose. The glucose travels to the liver and from there to all the body's cells where it is metabolised so that the energy can be extracted from it. This glucose is used by our muscles as well as our nervous system, thus boosting our physical and mental performance.

Potatoes are so nutritious that one serving will meet a person's daily nutrition requirements. They are nourishing, tasty and a good source of energy, proteins, minerals and vitamins.

Potato plants store starch in tubers (swellings) on the underground stem, where it absorbs nutrients from the soil.



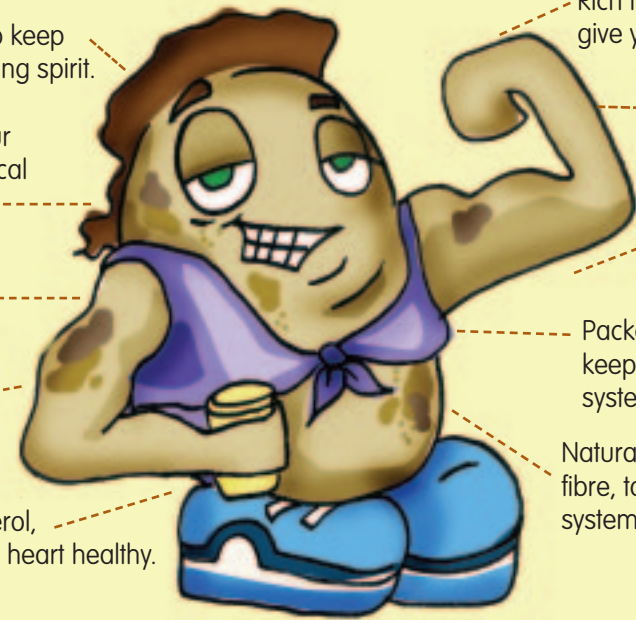
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Eat Potatoes to be Strong!

This unassuming spud may look rather regular, but it has the power to keep you healthy.

- Zinc for a healthy skin and to keep your immune system in fighting spirit.
- It's a 'feel good' food as it helps your brain to release serotonin, a chemical that makes you feel happy!
- Fine source of Vitamin B that helps your body produce energy.
- Great source of protein, the stuff of which your muscles, organs and immune system are made.
- No fat or cholesterol, to help keep your heart healthy.
- Rich in carbohydrates that give your body energy
- Filled with Vitamin C to help you fight colds and flu.
- Good source of minerals to help build strong bones.
- Packed with potassium, that keeps your muscles and nervous system going strong.
- Natural, good-for-you dietary fibre, to keep your digestive system ticking.



"My idea of heaven is, a big baked potato and someone to share it with."
- Oprah Winfrey

Fun Facts

Potatoes are a "tuber" or root vegetable. The edible part of the potato plant grows underground.

Fun Facts

The potato disease "Late Blight" was the main cause of the Irish Potato Famine 1845-1849, which killed a half million people.

Fun Facts

Germans eat twice as many potatoes as Americans.

Potato Project Create Your Own Stamps

What you will need:

- Large Potatoes
- Pencil
- Plastic Spoon
- Knife (ask an adult to help you)
- Paint
- Paper



- Ask an adult to help you cut the potatoes in half. Dry the potatoes with a cloth.
 - Using the pencil, draw a shape on the potato half.
 - Using the plastic spoon, carve out the areas around the shape that you've drawn.
 - After carving, dry off the potato. and apply paint to your potato stamp.
 - Press onto the paper... and voila!
- Hint: Make your own colourful wrapping paper with potato print designs.**

www.potatoes.co.za

