



# Growing Potatoes

Indoors or in a container/bucket

Potatoes, cooked and eaten with the skin on, are a good source of fibre, carbohydrate and vitamins and minerals, particularly potassium and vitamin C. They are easy to grow, and a single seed potato will produce many potatoes to harvest.

## What you will need to grow potatoes:

- Potato growing bag
- Seed potatoes (buy in a garden centre)
- Compost (peat-free)

## What you need to know:

- Varieties that grow well in containers include 'First Earlies' (also known as new potatoes) as they mature most quickly and grow well in a small space.
- Seed potatoes need to be chitted first: place them trays of egg cartons with the end that has the most eyes facing up and leave them in a cool, light spot until 1-2cm shoots have formed.
- Timeline: buy seed potatoes in January or February and chit them no later than March. Plant the potatoes around Easter. The potatoes should be ready to harvest about 8-10 weeks after planting them.
- Location: sheltered place with good natural light.

**How to grow:** Follow the instructions found on the seed potatoes bag.

## When to harvest them:

- The leaves will grow above the soil and flower. At this stage, stop watering and let the potato plants die off.
- Remove the dead leaves, tip the bag upside down and harvest the potatoes.

## How to store potatoes:

- New potatoes are best when eaten fresh, but if they are not eaten immediately, they can be kept in a cool dark place for months.
- If exposed to light, potatoes can turn green. This reaction leads to the potatoes becoming bitter in taste and producing natural compounds which can be harmful to health.



## For the young growers:

You will need to water your potatoes regularly so why not make your own watering can? All you need is a large empty milk bottle (make sure it has been washed with hot water and soap), some permanent marker pens, and an adult with a nail and a hammer to make holes in the lid of the bottle (you can also do a hole on the handle to allow air in, which helps with water flow). That is your very own watering can ready to be used!