

All About Potatoes!

There are **6 Processing Plants** in Alberta – for Frozen French Fries and Potato Chips!



Alberta Farmers Grow **Over 200 Varieties** of Potatoes for Seed, Table and Processing Sectors



In 2022, Alberta's Potato Industry Contributed **\$2.31 Billion** to the Alberta Economy, Which Provided **7,380 Full-time Jobs**

Processing + Packing

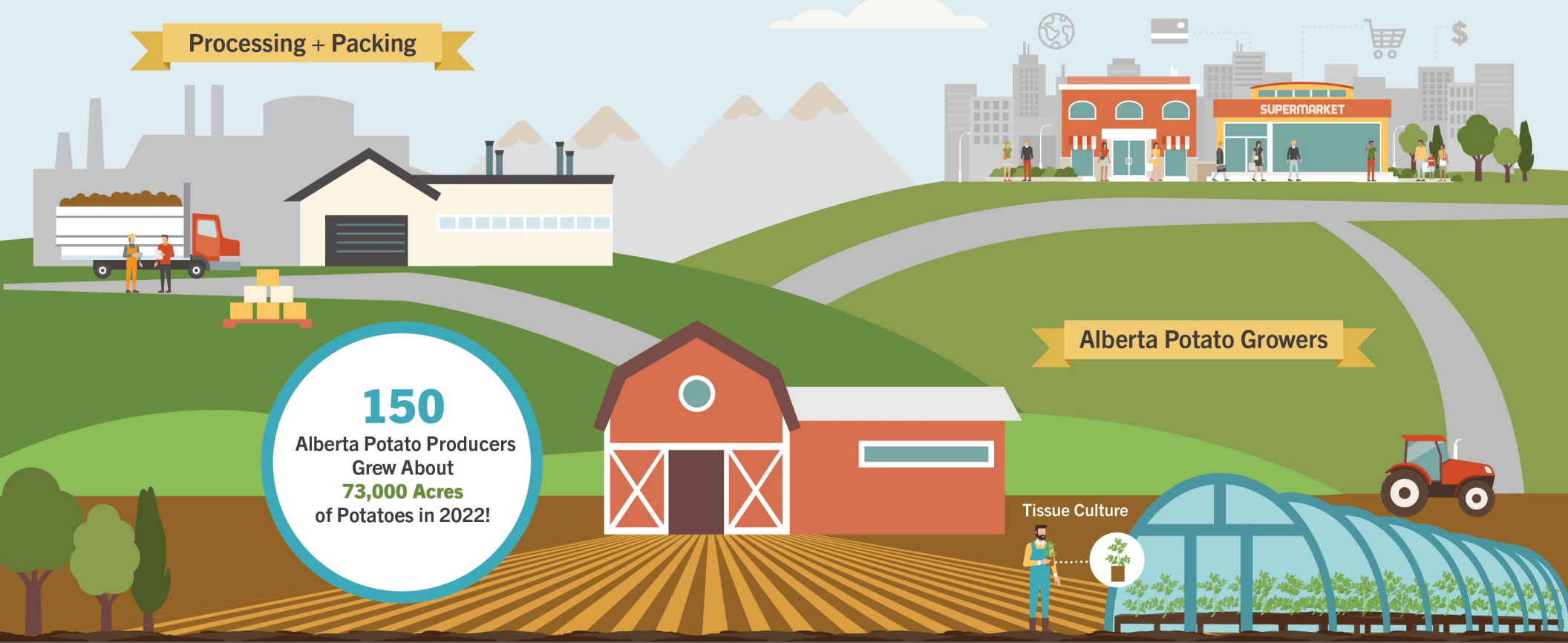
Consumers + Exports

Alberta Potato Growers

150

Alberta Potato Producers Grew About **73,000 Acres** of Potatoes in 2022!

Tissue Culture





Sun helps potato plants grow, with ideal temperatures between 15–27°C



Rain and high efficiency irrigation systems provide **water** to help plants grow.

Plant Food

Fertilizer helps potatoes grow into healthy vegetables



Nutrition Facts

Potatoes are Packed with Nutrients and Give Your Body Energy!

One Potato Has:



As Much Vitamin C as 3 Apples

0 Fat



More Potassium Than a Banana

110 Calories

Nutrition Facts	
Serving Size 1 potato (148g/5.3oz)	
Amount Per Serving	
Calories 110 Calories from Fat 0	
%Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g 0%
Cholesterol	0mg 0%
Sodium	0mg 0%
Potassium	620mg 18%
Total Carbohydrate	25g 9%
Dietary Fiber	2g 8%
Sugars	1g
Protein	3g
Vitamin A	0%
Calcium	2%
Thiamin	8%
Niacin	8%
Folate	6%
Zinc	2%
Vitamin C	45%
Iron	6%
Riboflavin	2%
Vitamin B ₆	10%
Phosphorus	6%
Magnesium	6%

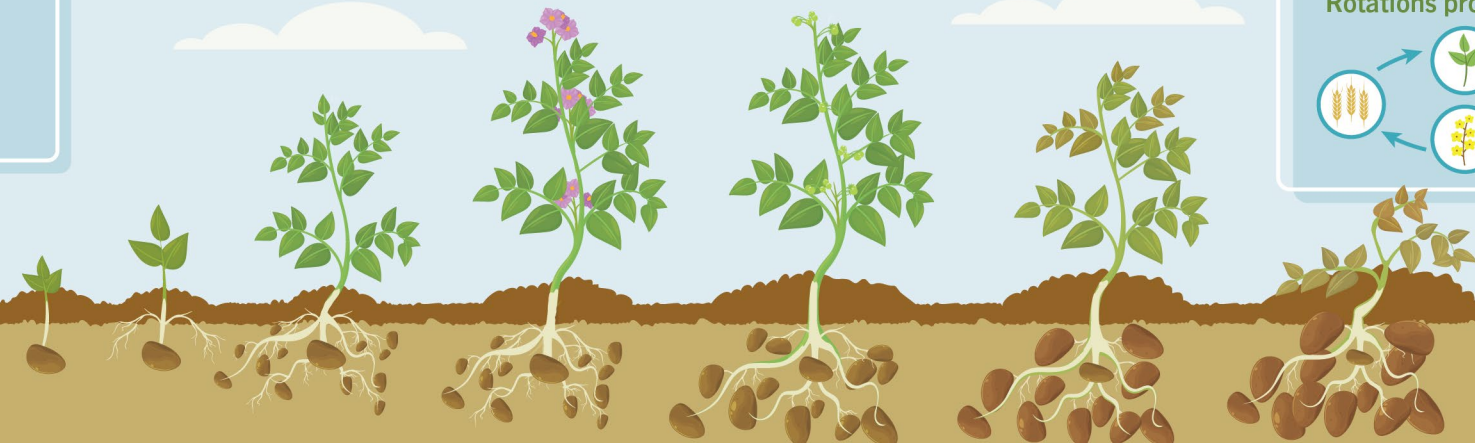
*Percent Daily Values are based on a 2,000 calorie diet

The North Region is the ideal climate to grow the best disease-free, low virus, high-quality seed. It has long WINTERS and COOL summer nights!



Southern Alberta is ideal for PROCESSING due to WARM DAYS and access of IRRIGATION

Potato Production Cycle



15–30 DAYS
 Sprouting begins and shoots emerge after planting

15–30 DAYS AFTER EMERGENCE
 Tubers begin forming

45–90 DAYS AFTER EMERGENCE
 Tubers begin filling out. Plant grows flowers during this stage (white, purple, or pink)

90–120 DAYS AFTER EMERGENCE
 Maturity is reached and potatoes are ready to harvest

Soil Health
 Cover Crops and Crop Rotations protect our soil

