

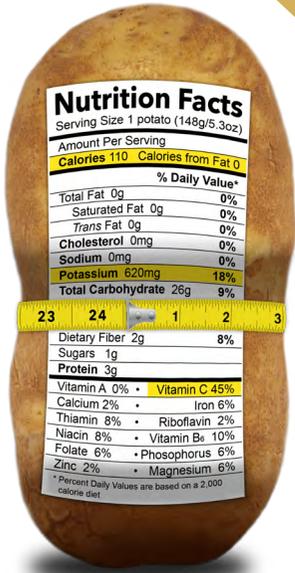
HARVEST & STORAGE

It will take about 90-150 days for potatoes to mature. When leaves begin to die off and turn yellow they are ready to harvest - usually between July to September.

Potatoes can be kept in the ground for several weeks but must be removed before the first frost.

After digging potatoes up, clean off dirt and allow them to dry fully. Place them in a dark, cool, well ventilated place (around 5-6 degrees) away from onions, as they produce gasses that will cause them both to go bad. Do not store in fridge. It will cause them to turn gray and become sweet.

Enjoy your potatoes!!!



CONTACT US



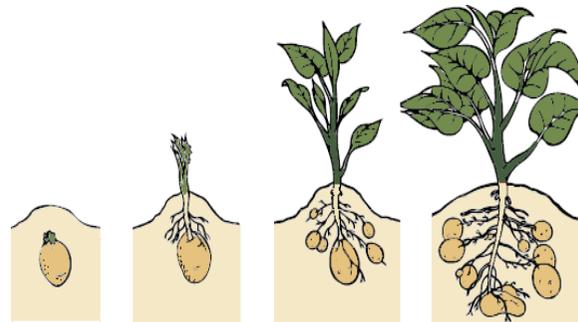
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GROWING POTATOES IN YOUR GARDEN



Growing Healthy Potatoes Together!

GROWING TIPS

One of the most important things you can do to ensure your potato growing success, is to plant "Certified seed". It has been inspected by the Canadian Food Inspection Agency and will produce the best crop of potatoes. Do not plant potatoes you purchase for consumption as they are not seed and will not produce a good crop.

Choose a full sun location with well draining loose soil. Be sure to choose a location for your plants where potatoes, tomatoes and peppers have not been planted for at least two years. Soil temperature should be at least 10°C is ideal. It is also very important that the temperature of the seed is similar to the soil.

Fertilize soil and dig deep to loosen and remove lumps and weeds. Dig a hole about 4-6" deep and place seed potato in with sprouts facing up. Cover with loose dirt and water lightly. The tubers require plenty of room to grow, so plant them about 12" apart within the rows and around 24-36" of space between each row. Inspect the plant throughout the growing cycle for insects or other problems that may occur.

When plants are between 4-6" tall, hoe up to 4-6" of soil around the plant to create hills, avoiding covering leaves. This helps to give space for your tubers to grow.

Ensure that plant has enough moisture, but do not keep it drenched.

BUY CERTIFIED ALBERTA SEED POTATOES

Certified Seed Potatoes are available from many garden centers throughout Alberta and directly from the following licensed seed growers:

Halma's Vegetable Farm

c/o Jack Halma
Cranford, AB
403.223.4284

Eagle Creek Seed Potatoes

c/o Stan Mills
Bowden, AB
403.224.3993

J.D. Spuds

c/o Cliff Doerksen
Site 6, comp 48, R.R.#7
Chestermere, AB
403.590.2984

Phoenix Farms

c/o John Mans
Nobleford, AB
403.308.9323



POTATO FACTS

While potatoes are relatively easy to grow, they offer an abundance of nutrients!

▶ 0 Fat

One medium baked potato has zero fat and only 100 calories. They are packed with "complex carbohydrates" that fuel your muscles and brain!

▶ Loaded with Vitamin C

There is more vitamin C in one baked potato than three apples

▶ Packed with Potassium

One potato contains more potassium than found in two bananas

▶ Full of Fibre

A baked potato with skin on contains more fibre than three pieces of whole grain bread