

Fun Facts about Potato



- The potato is the most important non-cereal crop in the world
- The potato is considered as the fourth most important crop behind the corn, wheat, and rice.
- Potatoes contain a good amount of carbs and fiber, as well as vitamin C, vitamin B6, potassium and manganese. Their nutrient contents can vary depending on the type of potato and cooking method
- The potato originated in the region of southern Peru where it was first domesticated between 3000 BC and 2000 BC
- In 1995, potato plants were taken into space with the space shuttle Columbia. This marked the first time any food was ever grown in space.
- The world's largest potato producing country is China.
- Potatoes are among most environmentally friendly vegetables. They are easy to grow, and don't require massive amounts of fertilizer and chemical additives to thrive like many other vegetables do.
- Unlike that plucked carrot or bunch of dead grapes, a potato is still living when you harvest it, in a dormant state. Warmth and moisture can cause the spuds to start sprouting, which is why you are supposed to keep them cool and dry.
- Potatoes are also used to brew alcoholic beverages such as vodka, potcheen, or akvavit.
- No two-potato cultivars are alike. Every type of potato or cultivar has been bred for a particular purpose. Boiling potatoes don't necessarily fry well and baking potatoes don't necessarily boil well.
- Though you may only see a few varieties in the grocery store — mainly Russet, Yukon Gold and Red Bliss — there are hundreds of potatoes grown around the world, and new ones are being created all the time.
- The best variety for frying are Yukon Gold or Russets. If you use Russets, you may want to soak them in water before frying.
- A sweet potato isn't actually the same as potato. They come from different families, with the potato coming from the nightshade and the sweet potato from the morning glory family. A sweet potato is not a Yam either.
- There is a National Potato Day. Aside from celebrating National Potato Day (or days) every August 19 and October 27, the United Nations even declared 2008 as the official Year of the Potato. All hail potatoes!