

AgBite

A series of commodity insights

Did you know?

Potatoes are grown in all 50 states and in approximately 125 countries.

Overview

- Potatoes are a starchy tuberous vegetable that is about 80% water and 20% solid.
- The word potato is derived from the Spanish word patata.
- An average of 110 pounds of potatoes are consumed in the US each year.
- August 13th is National Potato Day.
- There are approximately 5,000 varieties of potatoes worldwide.

Production

Potatoes were first cultivated by the Incas of Peru around 8000 BC to 5000 BC.

Potatoes can grow in the wild and be found in the southern U.S.

Potatoes are usually grown from “seed potatoes” and are the 4th most important food crop in the world and the top vegetable crop in the U.S.

Potatoes were the first vegetables to be grown in space in 1995.

Potato

Kingdom: *Plantae*

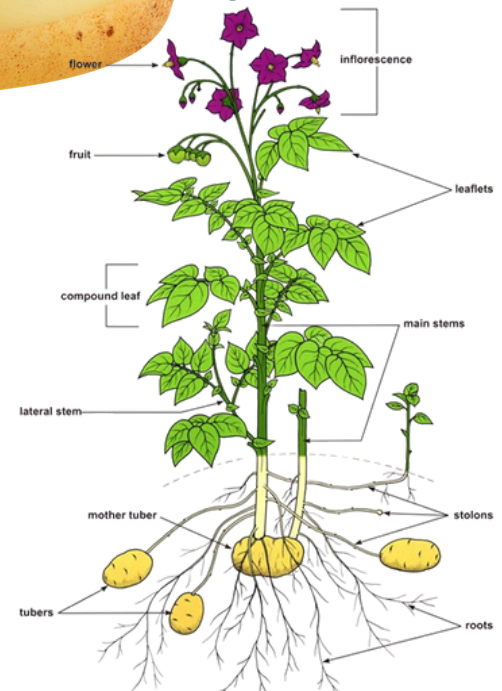
Order: *Solanum*

Family: *Solanaceae*

Genus: *Solanum*

Species: *S. tuberosum*

Potato Plant Anatomy



Nutritional Information 1 Large Potato

Protein: 7.9 (g)	Fat: .3 (g)
Carbs: 66.68 (g)	Calcium: 47.97 (mg)
Sugar: 2.29 (g)	Potassium: 1538.73 (mg)
Fiber: 4.8 (g)	Sodium 18.45 (mg)

1. <https://www.idahopotatomuseum.com/potato-facts/>
2. <https://www.montana.edu/extension/pspp/funspudfacts.html>
3. <https://www.nationalpotatocouncil.org/newsroom/statistics/>
4. <https://www.urmc.rochester.edu/encyclopedia/content?contenttypeid=76&contentid=11353-3>