

Potato

Suggested varieties: *Colleen, Orla (early); Golden Wonder, Cara (maincrop)*

Vegetable

PLANT



Buy disease-free 'seed' potatoes. Plant 15cm deep. Space 'earlies' 30x50cm apart after six weeks in a cool light place to grow shoots ('chitting'). Plant 'maincrops' at 35x70cm

GROW



Protect shoots from frost with horticultural fleece. Pull soil around stems ('earth-up') when 15cm tall (leave top leaves showing). Water if dry. Mulch to conserve moisture

EAT



Carefully dig up earlies as needed once plants flower; maincrops three weeks after leaves yellow (leave tubers to dry for two hours before storing). Remove all tubers

Growing guide

Give it a go...

Average time to harvest

10 weeks (early); 20 (maincrop)

Equipment needed

Horticultural fleece; mulch

Germination time

Seed potatoes sprout in two weeks

Average plant size

70cm tall and wide

Family group to grow with

Solanaceae: aubergine, tomato

Seed saving group

5 - Specialist or not applicable

Key nutritional content

Vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
		■	■								
						■	■	■			

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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