

Did you know?



Marie Antoinette pinned potato flowers in her curls, emulated by noble ladies all across Europe.



Did you know?

Potatoes should be kept in a cool,
dark area at 50-65°F or 10 to 18°C



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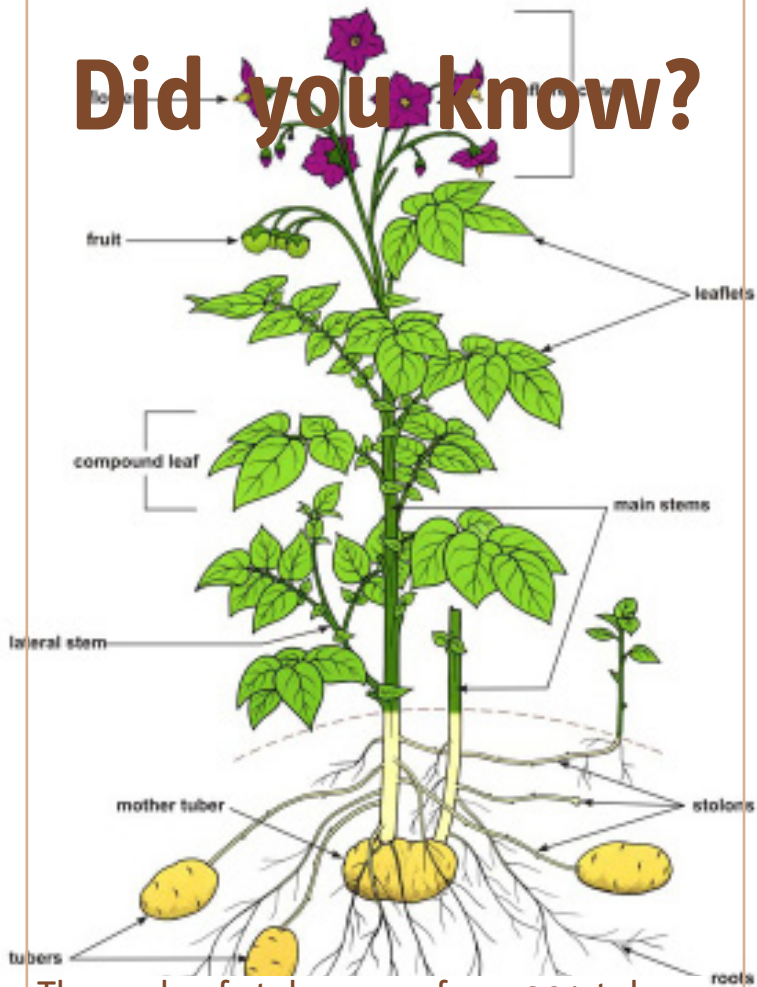
Wild potatoes are laced with solanine and tomatine, believed to defend the plants against fungi, bacteria and humans

Did you know?

A photograph of a market stall displaying various potato varieties. In the foreground, several large, brown-skinned potatoes are arranged on small green plates. Behind them, there are more potatoes of different colors, including red and purple. A small white sign with blue text is visible in the background. The background is slightly blurred, showing a person wearing a blue face mask.

Potatoes' skin color varies from brownish white to deep purple.

Did you know?



The ends of stolons can form 20+ tubers weighing up to 300 grams (10 oz.)

Nutrition Facts

Fat	0%
Calcium	0%
Vitamin A	0%
Vitamin D	0%
Fiber	32%
Potassium	44%
Vitamin B1 (thiamin)	20%
Vitamin B3 (niacin)	19%
Vitamin B6	11%
Vitamin C	121%

Potatoes are easy in digesting carbohydrates.

Potatoes provide an essential component of the diet, starch.

**Learn More on
ROOTS' website**

