

Storing for success

GET POTATO STORAGE TIPS from an Ag Expert.

Benoit Bizimungu is a researcher of potatoes at Agriculture and Agri-Food Canada. For more than three decades he has studied what keeps potatoes delicious and nutritious while in storage.



Perfect potatoes



Potatoes are also living, breathing things that just happen to be delicious mashed, baked and fried. A little love goes a long way to keep potatoes in their prime while in storage. Your potatoes prefer a cool climate and successful storage of potatoes comes down to slowing their metabolism.

Tip! Potatoes stored at 4 degrees Celsius take longer to sprout and are less likely to be affected by storage-related diseases.

Future French fries require special treatment

Potatoes stored at the recommended 4 degrees Celsius that are destined for the fryer require some preplanning for maximum enjoyment.

Tip! Potatoes in cool storage develop sugars that are not suitable for frying. These sugars cause burnt-looking fries—not so appealing! Bring potatoes out of cool storage two weeks before frying as a solution.

Greening warning

Potatoes are actually stems that are grown underground. That's why they turn green when exposed to light. Light also causes glycoalkaloids in potatoes, which make them toxic to humans.

Tip! Find a dark spot to store potatoes. If your potatoes are turning green, be sure to peel the affected areas before eating.

Not all potatoes are equal when it comes to storage

Gardeners can make the most of their potato crop by choosing to grow certain potato varieties that can be stored for long periods and still taste great when eaten months after being harvested.

Tip! Plant Kennebec, Yukon Gold and Chieftain potato varieties because they store well.

