

PLPA-HG014-12

Purple Potato (*Solanum tuberosum*)

Purple potatoes are prominent in South America. They have a stunning purple color in addition to health benefits. They grow into an oblong shape and are dry and starchy with a nut-like flavor.



Origin

The cultivated purple potato originated in the Andes region of South America.

Food Production

In North America, the demand for small, colorful potatoes is growing. These odd shaped potatoes from the poor Andes region of South America are being sold as “gourmet potatoes” in the USA at about 1/3 higher the price than normal sized potatoes.

Nutritional Qualities

Potatoes help regulate blood pressure due to high potassium levels. Purple potatoes contain 4 times the antioxidants of Russet potatoes. Antioxidants strengthen your immune system.

Famous Dishes

Purple Potatoes can be used in most any potato recipe. They will keep their shape when baked but also blend well for mashed potatoes and soups.