



Potato

History: The first potatoes grew in the Peruvian Andes 10,000 feet up alongside Quinoa and were extremely small by today's standards! The term "spud" is an old Scottish term for a 3 pronged fork used to lift the potato out of the ground in the past.

Nutrition: Chlorogenic Acid is a major anti-oxidant, valued for its cancer preventative capacity found in highest concentration in Russet varieties of potatoes (e.g. Golden Wonder, Derek, Record, Russet Burbank, etc.). Chlorogenic is also found in high concentrations in sunflower seeds, blueberry and coriander leaves. Lower amounts in apples, pears, cherries, plums, tomatoes and peaches. Minerals (iron, potassium) and fibre are mainly in skin or just below. B vitamins including folic acid, vitamin C also present.

Handling: NEVER BUY OR EAT GREEN POTATOES — This shows the presence of a toxic glyco-alkaloid called solanine. If there is only a small amount of green this should be cut out before use. Never store in a fridge but keep in a cool dark (to prevent sprouting or greening) place. All root vegetables in fact keep best with the soil still on it. Buy small amounts fresh for use.

Glycemic Index (GI): This is a measure of how quickly a carbohydrate becomes pure sugar in the body (the index of pure sugar and refined products like white bread being 100). Unfortunately potatoes especially Maincrop or "Old" baked and more so mashed have a high GI value, as they are full of starch. However new waxy potatoes have a lower GI and the sugary glycaemic effect on body blood sugar balance can be reduced by eating skins (fibre) or other fibrous filling, protein and or essential fat products alongside (e.g. egg, tahini, hummus, tuna etc.) watching the level of high index foods in the diet is especially relevant for diabetics, those with PCOs, Candida sufferers and even those with high cholesterol levels, who often have accompanying high triglyceride ("sugar fats") levels, which are also a cardiovascular risk factor. The bonus is that Early and New Potatoes (June-August) not only have a lower glycaemic index than Old and Main Crop potatoes but also a higher vitamin C (use fresh within 48 hours and lightly boiled, in skins, which will lessen the vitamin C loss, e.g. 50%-20%).

Organic: BEWARE use of copper sulphate (Bordeaux Mixture) as fungicide in organic potato production (withdrawn March 2002). Copper is often raised in hair mineral analysis in those suffering from female hormone problems, those taking the pill, suffering from mental health issues, fungal infections etc. Copper can then be found in wrong ratio to zinc, causing a variety of problems. Fresh local produced potatoes are often easier to get



hold of than, especially in Scotland¹, than organic imports from Austria, Israeli, Egypt, Italy and Holland. In 1985 EU grew < 0.1% organic and in 2000 >2%. Between years ending 2000 and 2001 organic potato growing area doubled in UK.

Chips: 28% Northerners cook chips every week. 61% Southerners never eat chips. Fish & Chips was the only food not to be rationed in the 2nd World War! Fish & chips is still more popular than curry and Chinese, as a takeaway meal and surprisingly, although still not recommended by nutritionists (for obvious reasons!!), have half the fat and calories of both and more vitamin C than an apple! 85% of chippies use fresh British potatoes, at least 98% Maris Piper. Chippies, as we know them today, developed in the 1880s to provide a hot, calorific, ready meal for those working hard in industry all day, i.e. not sitting at computer all day after a 2 hour sedentary commute! The concurrent development of railways at that time enabled this fish food culture to travel to inland towns for the first time. Twaz' the Vikings who brought cod fish habit to UK but the preferred accompaniment in days of old was healthier quercetin rich onions and glucosinolate cabbage. The chip accompaniment habit in fact came from cardiovascular super heros France a lot later (mid 19th century) and the first fried fish in Dickensian England was in fact eaten with bread.

Locally: At Knowes Farm Shop (see contact details on Healthy Protein list).

- Pink Fir Apple (1850): late main crop, knobbly waxy, nutty old fashioned boiling variety for salads.
- Charlotte (1981): second early, waxy, all purpose except baking, modern variety.
- Claret (1996): main crop, red, all purpose but floury, modern (1998).
- Saxon (1992): main crop, all purpose but long cook, good flavour.
- Maris Piper (1964): main crop, white, a bit floury, all purpose but super chipper.
- Ratte (1872): early main crop, salad boiler with chestnutty flavour. Like Fir apple without the knobbles + earlier!
- Golden Wonder (1906): late maincrop, russet, rough skin, late season, dry: bake, chip or roast. Tastes better after Xmas.
- Dunbar Standard(1936) : late maincrop, bake, chip,roast as dry
- Estima (1973): first crop, good moist baker, second early all purpose. Stores Well.

¹ Somerfield stock a range of Scottish produced spuds: Nicola (1973), Maris Piper (1964), Desiree-red waxy (1962) as part of their buy local food initiative. M and S stock Just Bake (of lowish fat and salt) and Maris Piper (oven chips).



- Edzell Blue(1915): second early, blue or purple skinned variety, “blue eyes” made. Famous by Nigella Lawson, originated in Angus. Bakes, mashes, roasts and steams well.

Self Grow Microplants:

- Yetholm Gypsy (late c 19th): main crop, purple, recently re-discovered, floury good flavour. Gypsies lived in Yetholm, “the Palace” in the village being home to the last Gypsy Queen.
- Witch Hill (1881): second early, floury white, first wart resistant strain.
- Shetland Black (late c19th): second early, dark blue/purple skin with purple ring inside.
- Kepplestone Early (1920): early main crop, blue/purple skin form Aberdeenshire.
- Highland Burgundy Red (pre1936): main crop red skin + flesh, white ring inside.
- Champion (mid c19th) :maincrop, deep eyed white, good flavour, Arbroath.

Other Earlies: Wilja (boil), Arran Comet (boil, salads), Home Guard (boil, salads), Maris Peer (boil, salads, roast, chip, sauté), Pentland Javelin (boil, salads), Ulster Sceptre (boil, salads, chip, sauté).

Other Local: Maincrop Pentlands: Crown (bake), Dell (bake, chip, sauté), Hawk (boil, mash, bake), Ivory (boil, mash, bake, chip, sauté), Squire (boil, mash).

RECIPES

Roasted Herbed Potatoes and Tomatoes

6 Waxy potatoes*, boiled in skins; 4 plum tomatoes; 6 sprigs rosemary; 6 sprigs thyme; sea salt + pepper; olive oil.

Mix Together.

* Charlotte (1981), Linzer Delikatess (1976), Pomfine (1990), Serafina (1995), Samba (1989), Nicola (1973), Ratte(1872) and Pink Fir Apple (1850).



Bircher Potatoes

8 Medium potatoes, unpeeled; 1 tbsp olive oil; 1 tsp caraway or dill seeds; 1 tsp salt.

Scrub + half lengthwise. Cover with oil, seed + salt. Bake at 180°C for 40 mins.

Green Mashed Potatoes

4 large potatoes; 100g butter; 1 tsp salt; 150-200ml yoghurt; 1 tbsp parsley; 2 tbsp Watercress; 2 Tbsp Basil.

Bake steam or boil potatoes in skins. Peel and place in blender with rest ingredients. Serve when homogenous green.

Potato Skin Soup

Peelings (not too thin) from 900g washed potatoes; 1 onion, chopped; chopped walnuts or chopped parsley or chive to garnish; 100g butter; 800ml Kallo yeast free stock.

Cook onion and skins until tender, in butter. Add stock, boil, remove + blend at high speed. Reheat. Garnish.

Cornish Treasure

675g new potatoes, boil + dice; 225g shrimps, peeled + deveined; 50 g butter; 2-3 stalks celery; 4 grated carrots; 100ml yoghurt; 1 tbsp soyanaise, watercress to garnish.

Cook shrimp in butter until curled and pink. Add pots, celery and carrot. Stir in mayo and yoghurt (don't boil). Pile into casserole Dish (ungreased) and brown under grill (with grated cheese if required).

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