

## POTATO PACK 2022

### Sifra, Constance, Red la Soda, Prince of Orange (wax), Gold Rush (russet)

*The essentials to successfully grow your potatoes!*

#### POTATO CHEAT SHEET TAHOE Growing Potatoes in fabric containers & beds/gardens

##### CONTAINERS (fabric or buckets):

##### **FOLLOW THE SUN...**

**Prepare:** A whole or cut potato with at least 2 eyes each. If cut, allow to dry or callous for about 12-24 hours.

**Soil:** Fill container with 4-6" **native soil** mixed with **loose well draining** soil & amended with well-aged composted material.

**Plant:** 2-3 seed potatoes (**same variety**) per 5-gallon bag/container, water deeply & cover with 4- 6" soil. Plants will be fine if soil is at least 45 degrees at planting & can tolerate light frost if covered or mulched.

**Care:** When green sprouts & leaves are 6-8" add soil but don't cover completely, unless frost expected. Leaves need sun & air for growth. Hill bottom of stem about every 3 weeks until flowering. If you see spuds peeking at the surface add soil or mulch to cover. Fingerlings will do this.

**Water:** **Even** water until the leaves die/turn yellow, then **stop** watering for at least a week. Containers require a bit more water overall than beds. Seed potatoes have their own water for a bit! No soggy soil ever. **Deep at planting-Even-Taper-Stop**

**Harvest:** In a container dump it over and uncover the treasure. Save your (washed) container or bag for next year.

**Store:** Allow to dry for a day, brush soil off & store in a cool dry ventilated place (not fridge unless they mature in the soil)

##### BEDS (Raised or garden free-range):

**Prepare:** See containers.

**Plant:** Soil must be at min 45° loose, slightly acidic, well drained. Amend if necessary to have soil pH 5-6 is best but 5-7 is fine. Plant each seed potato 10" apart (fingerlings can be closer) & 4- 6" deep.

**Care & Water:** **Deep at planting-Even-Taper-Stop.**

**Harvest:** When plants are spent or yellowing, **gently** use a spade or kid hands (fun!) to carefully dig around 10-12".

**Store:** See containers.

**\*Remember potatoes grow horizontally & up as you "hill" from the mother (seed) potato, so no matter how deep you plant, remember you will be adding soil as you go. You can harvest potatoes near the surface & leave the deeper spuds to keep growing ... or one plant at a time, no need to pull up all the plants at the same time.**

#### SUNCHOKES (*Helianthus tuberosus*)

-Plant in spring after last hard frost when soil is >45 degrees

-Needs full sun and well drained soil

-Top with organic mulch; no need for fertilizer

-Plant in a dedicated bed or area, as can be invasive

-Plant 4-6" deep and 12" apart

-Place sunchokes with "eyes" **UP**, like potatoes

-Needs even water, keep soil lightly moist, not soggy

-Once established, water weekly

-Harvest in fall after first kill frost, loosen soil, pull up stem.

-Soak in water and rinse off dirt

-Store in a brown bag for up to 10 days in a cool dark place

\*Rhubarb is a great companion plant

#### CONTACT THE SPEAKER!

For questions, advice and to let us know how it is going...

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# Freezing White Potatoes

## New Potatoes (Whole)

Select smooth, new, small potatoes of the waxy type. It is best to freeze them as soon as they are harvested from the garden. Peel or scrape and wash. Cover peeled potatoes in a solution containing 1 teaspoon (3,000 milligrams) of ascorbic acid in 1 gallon of water to prevent darkening. Drain. Water blanch for 3 to 5 minutes, depending on the size. The potato must be heated throughout to prevent enzymatic reactions, which can cause the centers to become discolored. After blanching, cool, drain, and package whole or sectioned pieces, leaving about 1/2 inch of headspace to allow for expansion. Seal and freeze. For cooking, add the frozen potatoes to enough boiling water to cover and cook for about 15 minutes or until tender. Penn State University Extension, Code EE0205, 2018

## French Fried Potatoes

For best quality, use mature, high-starch potatoes, such as Idaho or russet types, that have been stored for at least 30 days. Do not use freshly harvested potatoes. Wash, peel, and cut into 3/8-inch strips. Rinse quickly in cold water to remove the surface starch. Dry thoroughly using a paper towel. Fry small amounts in deep, hot fat (360°F) for about 5 minutes until tender but not brown. Drain on a paper towel to cool. If desired, use a tray pack so that individual portions can be used; arrange fries in a single layer on a baking tray and freeze until solid. Package in zip-type bags or plastic freezer containers, seal, and freeze.

Another method of preparing the strips is to spread them in a single layer on a shallow pan and brush them with melted butter or oil. Bake in a preheated oven at 450°F until golden brown and tender. Turn occasionally. Cool in the refrigerator and then pack, seal, and freeze. At serving time, finish browning in a hot oven (475°F). French fries are best if used within 2 months. Penn State University Extension, Code EE0205, 2018



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