

Transportation Easy Access Competitive Rates

Seed potatoes leave Prince Edward Island via truck, container and ocean vessel. They can be shipped in bulk or packaged to meet the customer's needs. Our dealers and exporters work with transportation professionals and can provide you with competitive quotes to get PEI seed potatoes to your destination. The opening of the Confederation Bridge in 1997 has made access to and from the Island more convenient than ever and we are in close proximity to global shipping routes.



“Quality Seed From Quality Growers”



www.peipotato.org
(902) 892-6551

Our Strengths Are Yours

Quality potato production begins with quality seed. Customers can choose PEI seed with confidence. Visit our website or contact us for a full dealer and exporter listing.

PRINCE EDWARD ISLAND POTATO BOARD

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Prince Edward Island Seed Potatoes



From Our Fields To Yours

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Modern Production & Tradition

Potatoes have been grown in Prince Edward Island for markets around the world since 1790. A formal seed potato certification program was put in place in 1914. Our northern location with cold winters to break up disease cycles, coupled with modern production and disease testing techniques, provides an ideal environment for growing clean seed. Today, Island growers, with knowledge accumulated over generations, continue the proud tradition of quality seed potato production.



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National Standards Backed By Provincial Regulations

Canadian seed potatoes are produced using a flush-through system. Originating from disease tested tissue culture plantlets, seed is grown for a maximum of seven field generations. It is inspected at every stage by Canadian Food Inspection Agency (CFIA) inspectors and all Elite 2, 3, 4 and Foundation class seed lots are laboratory tested for Bacterial Ring Rot before sale. Provincial regulations for post harvest testing and minimum planting standards exceed and further reinforce national standards.



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Varieties To Fill Worldwide Markets

Over 30 different potato varieties, from old standards to the newest releases, are grown in commercial quantities in P.E.I. Many more are grown for evaluation and niche markets. Growers serve diverse tastes by growing varieties that are suited for French fry and chip processing as well as fresh pack markets. Variety trials are conducted at the local Agriculture & Agri-Food Canada Research station, and by private breeders, to keep growers abreast of new variety developments.



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Prince Edward Island Potatoes are recognized for their excellent taste and quality. This publication is a guide to buying, handling, storing and preparing potatoes so that you can enjoy PEI Potatoes at their best.

Prince Edward Island Potatoes are packaged to Canadian Food Inspection Agency standards. Grades are based on size, shape, maturity, freedom from dirt, blemishes and disease. Only a small percentage of defects are allowed. Potatoes are **not** graded for cooking quality. Grades and sizes are as follows:

POTATO GRADES AND SIZES

	LONG TYPE POTATO	ROUND TYPE POTATO
Canada No.1	51-89 mm (2" - 3 1/2")*	57-89 mm (2 1/4" - 3 1/2")
Canada No.1 Small	38-51 mm (1 1/2" - 2")	38-57 mm (1 1/2" - 2 1/4")
Canada No.1 Creamer	19-41 mm (3/4" - 1 5/8")	19-41 mm (3/4" - 1 5/8")
Canada No.1 Chef	70-114 mm (2 3/4" - 4 1/2")	70-114 mm (2 3/4" - 4 1/2")
Canada No.1 Large	76-114 mm (3" - 4 1/2")	76-114 mm (3" - 4 1/2")
Canada No.2**	44-114 mm (1 3/4" - 4 1/2")	44-114 mm (1 3/4" - 4 1/2")

* provided 60% have a minimum diameter of 57 mm (2 1/4")

** provided 75% have a minimum diameter of 51 mm (2")

New round type potatoes may have a minimum size of 48 mm (1 7/8") if they are sold on or before September 30th.

PEI POTATO VARIETIES

Name varieties

Type	Variety	Characteristics	Bake	Boil	Mash	Fries	Microcook
Long	Russet Burbank,	Russeted skin,	*	*	*	*	*
	Goldrush,	white flesh. Russet	*	*	*	*	*
	Coastal Russet	Burbank has a dry	*	*	*	*	*
	Russet Norkotah	mealy, fluffy, flesh.	*	*	*	*	*
	Shepody	White skin; white flesh	*	*	*	*	
Round White	Superior	Buff skin, white skin		*	*	*	*
	Kennebec	Smooth, white skin	*	*	*	*	*
Red	Chieftain	Smooth, red skin; white flesh	*	*	*		
	Norland	Smooth, bright red skin; white flesh	*	*	*		
Yellow	Yukon Gold	Yellow skin; yellow flesh	*	*	*	*	*

PEI POTATO COOKING

Prince Edward Island Potatoes are a convenient food and can be prepared in many ways.

For best cooking results and to conserve nutrition, follow these tips:

- Before cooking, wash potatoes gently with a vegetable brush under cool running water.
- The most nutrients are preserved when potatoes are cooked and eaten with their skins on. If peeling, use a vegetable peeler or sharp paring knife and keep the peeling very thin since many of the nutrients are found close to the skin.
- Cook whole or in large pieces for the shortest time necessary for tenderness.
- Use low heat and a small amount of water.
- Save leftover cooking liquid to add to gravy, soups, stews or baked goods.
- If peeling potatoes in advance, cover with cold water, add a little vinegar or lemon juice to prevent browning.
- Drain well and pat dry if roasting or frying.



- ONE MEDIUM RAW POTATO =**
- about 150g (5 ounce)
 - 250 mL (1 cup) sliced or diced
 - 175 mL (3/4 cup) mashed, grated or shredded potatoes.



TO BOIL: In a heavy saucepan with a tight fitting lid, cover potatoes with about 2.5 cm (1") of cold water. Bring to boil. Reduce heat, cover and simmer for about 20 minutes or until fork tender. Uncover the saucepan and drain immediately to prevent soggy potatoes. Cooking at a rapid boil causes potatoes to cook quickly on the outside and become mushy before the inside is cooked.





YOU'VE BEEN ASKING...

WHAT CAUSES POTATOES TO TURN GREEN?

Greening is a natural process for potatoes that have been over exposed to light on the farm, in the supermarket or in the home storage. It is not normally found in potatoes that have been grown and stored under proper conditions.

The bitter taste in green potatoes is due to glycoalkaloids which can be found in the skin or in the tissue under the skin. Glycoalkaloids are not destroyed by cooking and may cause burning sensations in the mouth, stomach upset or headaches.

If greening has occurred, the potato may be consumed after cutting away and discarding the green portion before cooking. If the greening is severe, discard the whole potato.

WHAT CAUSES POTATOES TO HAVE BROWN CENTRES OR A HOLE INSIDE?

"Hollowheart" is a discoloured cavity in the centre of an otherwise healthy potato. It can be caused by rapid growth or possibly by sudden temperature changes early in the growing season. This condition doesn't affect taste or nutritional value of potatoes. These potatoes can be eaten but the hollow piece should be cut out.

WHY DO POTATOES DARKEN WHEN COOKED?

There are three possibilities:

- 1) "After cooking darkening" occurs in some potatoes and is the result of an imbalance of naturally occurring acids. Chologenic acid combines with the iron in the potato to produce the grey or dark appearance. Adding lemon juice during cooking prevents this reaction and eliminates the problem.
- 2) Darkening may also be caused by a natural reaction with the iron in the potato. To prevent add a little lemon juice or vinegar to the cooking water.
- 3) When potatoes are stored at refrigerator temperatures the starch changes to sugar. When cooked, this sugar "caramelizes" or darkens. Store potatoes at cool, not cold temperatures.

WHAT CAUSES BLACK SPOTS IN A POTATO?

Black spots are usually bruises which are caused by rough handling. One type of bruising happens when the skin is broken. The potato forms a thicker layer of skin to protect and heal the wound.

The second type of bruising shows up just under the skin or deeper inside the potato as a blackspot. This happens when potatoes are moved at cold temperatures or dropped more than six inches. Remove any blackspots before cooking.

WHY ISN'T THE POTATO VARIETY PRINTED ON THE POTATO BAG?

There are no regulations requiring potato variety names to be placed on bags, however, the flesh colour and shape should be shown, i.e. Yellow Flesh Potatoes.

To help consumers make purchasing choices, many producers now label by variety.

WHY DO FRENCH FRIES SOMETIMES GO DARK?

If potatoes are stored at cold temperatures part of the starch in the potato changes to sugar. The high temperature needed for frying causes the sugars on the surface to darken before completely cooking inside.


Blanching potatoes in hot water 90°C (170°F) for several minutes removes most of the sugars from the surface of the fries allowing them to brown more evenly. Warming potatoes to 16°C (60°F) for a number of days before frying reduces the sugar level.

HOW CAN I MAKE GOOD MASHED POTATOES?

Some varieties are better suited to boiling and mashing than others. For a fluffy, mashed potato choose a Russet variety because of its drier, fluffier texture. Soggy, mashed potatoes can result from over-cooking, i.e. too rapid a boil or too long a cooking time. Sticky, gluey or gummy mashed potatoes can be caused by over-whipping.

For perfect results: Choose a Russet variety of potato, and add a small amount of water. Cook on Medium High just until fork tender. Drain well and mash.





TO STEAM: Place wire rack or steamer in a large saucepan. Add water and bring to boil, add potatoes and cook, tightly covered, for 30-40 minutes or until fork tender. (This takes a little longer, but is an excellent way to preserve nutrients.)

TO MASH: Drain and peel (if necessary) boiled or steamed potatoes. Mash using a potato masher or ricer (an electric mixer or food processor can make potatoes "gluey"). Gradually mash in heated milk until fluffy and smooth. The amount of milk required will depend on the texture and moistness of the potatoes. Add butter, salt, pepper and other seasonings to taste.



TO BAKE: Choose uniform sized potatoes for even baking. Pierce the skins of washed potatoes several times with a fork to allow steam to escape. Do not wrap in foil, since this produces steamed, not baked potatoes. Bake potatoes directly on the oven rack or baking sheet until fork tender. Remove from the oven, make an "X" on one side by perforating with a fork or a sharp knife. Fluff the potato flesh with a fork or "blossom" the potato by squeezing the ends toward the centre.

Potatoes can be baked at different oven temperature to accommodate other dishes in the meal. Use these times and temperatures as guidelines:

- 220°C (425°F) for 40-50 minutes
- 190°C (375°F) for 50-60 minutes
- 160°C (325°F) for 75-85 minutes

Baking time can be decreased by inserting heated metal skewers or prongs through each potato.



TO MICROBAKE: Choose uniform sized potatoes. Pierce skins; place potatoes on paper towel or microwave rack in oven. For 2 or more potatoes, arrange like spokes of a wheel with the small ends toward the center. Turn potatoes half way through cooking. Cook on High (100%) for:

- 4 to 6 minutes - 1 medium potato
- 6 to 8 minutes - 2 medium potatoes
- 8 to 12 minutes - 3 medium potatoes



Let stand for 5 minutes. Check to ensure they are fork tender. If not, return to microwave for 1 to 2 minutes. Let stand.

TO PAN ROAST: Place small whole or pieces of potatoes in shallow pan; brush with melted butter, vegetable or olive oil. Season with salt, pepper, herbs or spices such as: dried mint, basil, rosemary, tarragon, chili powder, minced garlic or paprika. Roast, uncovered, in 200°C (400°F) oven for 45 minutes to 1 hour, turning and basting occasionally, until fork tender.



If roasting with meat, arrange halved or quartered potatoes around meat in roasting pan about 1 1/2 hours before serving at 160°C (325°F). Turn and baste occasionally with pan drippings.

TO FRENCH FRY: Peel and cut raw potatoes into desired size strips. Place strips in cold water to keep them crisp and white. Drain and dry well. Heat 10 cm (4") clean vegetable oil to 190°C (375°F) in deep fat fryer or heavy pot. Place dried potato strips in wire basket, immerse in hot oil. Fry for 5 to 7 minutes for 5 mm (1/4") thick strips or until golden brown. Remove from oil; shake carefully to drain and place on paper towel-lined tray. Salt lightly if desired. Serve immediately or keep warm in 150°C (300°F) oven for up to 10 minutes for best texture. Ensure oil is heated back up to 190°C (375°F) before frying each batch.





TO DOUBLE FRY: This gives a more crisp and fluffy fry. Prepare potatoes as for regular fries. Heat oil to 180°C (350°F); fry strips for 3 to 5 minutes or until limp but not browned. Drain well and place on paper towel-lined tray. Cool for at least 5 minutes (for best results, refrigerate until well-chilled). Just before serving, heat oil to 190°C (375°F); immerse chilled fries and fry for 2 to 3 minutes or until golden brown and crisp. Drain and place on clean paper towel-lined tray. Salt and serve immediately. Ensure oil is heated back up to 190°C (375°F) before frying each batch.



TO OVEN FRY: Cut potatoes into strips or wedges. Toss with vegetable or olive oil. Sprinkle with salt, pepper and herbs or spices, if desired. Spread in a single layer on a rimmed baking sheet and bake in 220°C (425°F) oven for 20 to 30 minutes, turning halfway, until golden brown and tender.



TO BARBEQUE: Cut potatoes into 1 cm (1/2 inch) thick slices; brush with olive or vegetable oil and season with salt and pepper. Grill, covered, over medium heat, for about 20 minutes, turning once. Cook until golden brown and tender. Small potatoes or pieces can be thread onto skewers and grilled as slices, turning often.

FREEZING: Can potatoes be frozen? Cooked potatoes such as mashed, baked, stuffed potatoes with milk, sour cream or cream cheese added freeze best. Potato patties and french fries also freeze well.

Raw or cooked, cubed potatoes in soups, stews or on their own do not freeze well. They tend to break down and fall apart when thawed and re-heated.



NUTRITION

Canadian and American food recommendations encourage variety and moderation in our food choices. Increased emphasis is placed on eating more fruits and vegetables. **Potatoes are a healthy choice.**

Nutrition Facts

Amount	% Daily Value
Serving Size 1 medium potato (148 g)	
Calories 100	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Potassium 720 mg	21 %
Carbohydrate 26 g	9 %
Fibre 4 g	16 %
Sugars 2 g	
Protein 4 g	
Vitamin A	0 %
Vitamin C	40 %
Calcium	2 %
Iron	10 %

A healthy diet low in saturated and trans fats may reduce the risk of heart disease. Potatoes are free of saturated and trans fats.

HANDLING AND STORING PEI POTATOES

Handle Prince Edward Island Potatoes gently. Potatoes are perishable and will bruise easily if dropped or if something heavy is placed on them. They do need special care for storing. If you purchase potatoes in a plastic bag, transfer them to a heavy paper bag to protect them from light and to let them breathe.

Potatoes should be kept in a cool place, but not in the refrigerator. The best place is a dark, well-ventilated area at temperatures between 7-10°C (45-50°F). A kitchen cupboard is often too warm causing the potatoes to sprout, shrivel, lose nutrients and moisture. Potatoes exposed to light turn green and will have a bitter flavour. Green spots should be removed before cooking or if the whole potato is green, discard.

An outside wall, dark closet or the basement are good for potato storage. If you have a "potato bin", make sure it too is in a cool place and avoid storing onions in the same bin – onions and potatoes stored together speed up the deterioration of both.

"New potatoes", the first pick of the season, can be stored in the refrigerator for a few days. Storing other potatoes in cold temperatures can result in dark lines or spots and an unpleasant, sweet flavour when cooked.

FOR QUESTIONS LEFT UNANSWERED OR DELICIOUS POTATO RECIPES, CONTACT:

Prince Edward Island Potato Board
West Royalty Business Park

90 Hillstrom Avenue
Charlottetown, PEI
Canada C1E 2C6



Telephone: 902-892-6551
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1-800-565-0280



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POTATOES

Potato Perfect 2007

POTATO perfect

YOUR GUIDE TO
STORING AND
PRINCE ED
ISLAND PO

From The Good Red Earth Questions:

Included in this kit:

- "Prince Edward Island Potatoes" large sized information sheet
- A smaller "Prince Edward Island Potatoes" nutrition fact sheet
- A "Prince Edward Island Seed Potatoes" green pamphlet
- A "Potato Perfect" tan colored pamphlet

Fill In the Blanks:

1. Potatoes have been grown in Prince Edward Island for markets around the world since _____.
2. Our Northern location is ideal for clean seeds because our winters break up _____.
3. Canadian seed potato production is inspected at every stage by _____.
4. Over _____ different potato varieties from old standards to the newest releases, are grown in commercial quantities in PEI.
5. The opening of the _____ in 1997 has made access to and from the Island more convenient than ever, useful when transporting our potatoes!
6. For best cooking results and to conserve nutrition, you should wash potatoes gently with a _____ under cool water.
7. Potatoes turn green when they have been over exposed to _____ on the farm.
8. French fries sometimes turn dark because potatoes that are stored at cold temperatures will sometimes turn part of the _____ in the potato to _____.
9. Black spots are usually _____ caused by rough handling.
10. Some varieties are better suited to boil and mash than others. For a fluffy mashed potato, choose a _____ variety because of its drier, fluffier texture.

The Following question will require you to search in the appropriate information sheet to find the answers.

1. From both the large information sheet and the smaller nutrition sheet, name a nutritional fact from each that you feel are the most beneficial and important.

2. Using the pamphlets, name five kinds of potatoes grown on PEI.

Answers to the fill in the blanks on opposite page:

1. 1790 2. Disease cycles 3. Canadian Food Inspection Agency (CFIA) 4. 30
5. Confederation Bridge 6. Vegetable brush 7. Light 8. Starch, sugar 9. Bruises 10. Russet