

POTATOES

for the Home Garden and Grower



VARIETIES	HARVEST	YIELD	SIZE	BOILING	BAKING	FRENCH FRYING	CHIPPING	STORING	GI	COMMENTS
RED SKIN										
Chieftain	Mid - Nugget	High	Medium	Good		Excellent	Good	Good		High yielding variety, attractive appearance, widely adapted.
Cristina	Early	Very High	Medium	Good	Good	Excellent	Good	Good		High yielding variety of attractive appearance
Norland	Early	High	Large	Good	Fair	Good	Good	Good		High yielding, widely adapted. Sensitive to drought, susceptible to skinning and bruising if harvested before maturity; washes well at maturity.
Red Viking	Early	High	Large	Excellent	Excellent			Good		High yielding variety, tubers size early. Recommend spacing 16-20 cm in the row.
Sangre	Mid	High	Large	Excellent	Excellent			Good		Ranks high in taste tests; no after cooking discoloration, high levels of Vitamin C.
RUSSET SKIN										
Pacific Russet	Early	Very High	Medium	Excellent	Excellent	Excellent		Good		High yielding variety of attractive appearance; good resistance to defects.
Russet Burbank	Late	High	Large	Good	Excellent	Excellent		Excellent	85	Requires a uniform moisture supply and long growing season to produce maximum quality tubers and to prevent knobiness and second growth.
WHITE SKIN										
Jennifer	Early-Mid	High	Medium	Good	Excellent	Good	Good	Good		High yielding variety, good disease resistance.
Kennebec	Mid-Late	High	Very Large	Good	Good	Good	Good	Excellent		High yielding fast growing variety, widely adapted.
Warba	Early - Nugget	Very High	Large	Good	Good			Good		High yielding variety; low specific gravity.
YELLOW SKIN										
Bintje	Late	High	Medium	Excellent	Excellent	Excellent	Good	Good		High yielding, widely adapted, recommended spacing in the row are 40 to 45 cm.
Colomba Yellow	Early	High	Large	Excellent	Excellent	Good	Good	Good		Excellent taste.
Satina	Mid-Late	Very High	Medium	Good				Good		Highly tolerant to drought. Well adapted to sandy soils.
Yukon Gold	Mid - Nugget	High	Medium	Excellent	Excellent	Excellent		Excellent		Large tubers are slightly susceptible to hollow heart.
PURPLE SKIN										
Caribe	Very Early	High	Very Large	Good	Fair		Excellent	Good		High yielding variety; attractive appearance.
GOURMET										
Alaska Bloom	Early	High	Medium	Excellent	Excellent	Good	Good	Good		High yielding variety; attractive appearance. Fresh market specialty potato.
AmaRosa	Mid	High	Fingerling	Excellent	Excellent	Good	Good	Good		Sweet and creamy taste.
Banana	Late	High	Fingerling	Good	Good	Good	Good	Good		Fresh market specialty potato. Yellow fleshed, produces of 15 to 20 tubers per plant.
Bellanita Fingerling	Early	Very High	Fingerling	Excellent	Good					Excellent flavour; excellent salad potato.
Cecile	Mid-Late	High	Fingerling	Excellent	Excellent			Good		Red skinned, excellent for salad potato.
French Fingerling	Late	Good	Fingerling	Excellent	Good	Good		Good		Red skinned fresh market specialty potato, excellent salad potato.
Innovator	Mid	Very High	Medium	Excellent	Excellent	Excellent	Excellent	Good		Russet skin with creamy yellow flesh, premium for baking and frying.
Prince of Orange	Late	High	Medium	Excellent	Excellent	Excellent	Excellent	Good		Buttery tasting with orange yellow flesh. Outstanding culinary qualities.
Russian Blue	Late	High	Medium	Good	Excellent	Good	Good	Good		Heritage variety with blue skin and flesh, very unique with a rich nutty taste.
Sieglinde	Early	Very High	Medium	Excellent	Good			Excellent		Preferred variety in European cuisine.
Violet Queen	Late	High	Fingerling	Good	Good			Good		Deep purple skin and flesh. High in antioxidants.
ORGANIC										
Chieftain	Mid - Nugget	High	Medium	Good		Excellent	Good	Good		High yielding variety, attractive appearance, widely adapted.
Gem Russet	Mid-Late	Very High	Medium	Excellent	Excellent	Excellent	Good	Good		High yielding variety.
Warba White	Early - Nugget	Very High	Large	Good	Good			Good		High yielding variety; low specific gravity.
Yukon Gold Yellow	Mid-Late	Good	Medium	Excellent	Excellent	Excellent		Excellent		Large tubers are slightly susceptible to hollow heart.

GI Index ranks carbohydrates according to their effect on blood glucose levels. Low GI foods produce only small fluctuations in blood glucose and insulin levels. Most potatoes have a high GI rating between 71 and 100.