

Planting Potatoes

March is the month when you will see farmers in Pembrokeshire busy in their fields preparing the land and planting potatoes



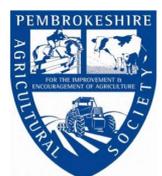
Potatoes are Carbohydrates
We need to eat carbohydrates every day because they are part of our daily nutrition and important for our health.

Potatoes are more energy-packed than any other popular vegetable. Potatoes are also fat-free, gluten-free, plant-based, affordable and a quality carbohydrate.



Potatoes come in multiple varieties to keep your meals interesting

No Farmers = No Potatoes





Pembrokeshire is famous for its potatoes, especially the Pembrokeshire early potatoes.

Growing and harvesting Pembrokeshire Early potatoes has been taking place in the Welsh county since the 1700s, using special methods honed after centuries of experience.

Potatoes are frost-averse, making the Pembrokeshire coast – warmed by the Gulf Stream and benefiting from rich, fertile soil – the perfect climate for their growth.

In 2014 the European Commission recognised Pembrokeshire Earlies as an outstanding regional product, awarding Protected Geographical Indication (PGI) status.



No Farmers = No Potatoes



The story of potatoes in Pembrokeshire



The farmer ploughs the field to prepare the land for planting. Ploughing churns the soil up so that the good nutrients come to the top.



Stone separators take out any big stones as well as break up big clumps of soil. Harvesters do not know the difference between stones and potatoes.



The growing crop is sprayed to keep it protected from harmful diseases and for it to continue growing healthily.



The potatoes are taken back to the farm where they are graded by their different sizes. They are then put into boxes ready to go to storage.



The farmer ridges the soil up in to beds, this helps water to drain and to ensure the soil has plenty of air in it. It can also help the temperature in cold soil to rise, which helps the potatoes to grow faster.



Potato seeds are planted in the soil. The machine drops the seed tubers at regular intervals in furrows and covers them with the help of two discs.

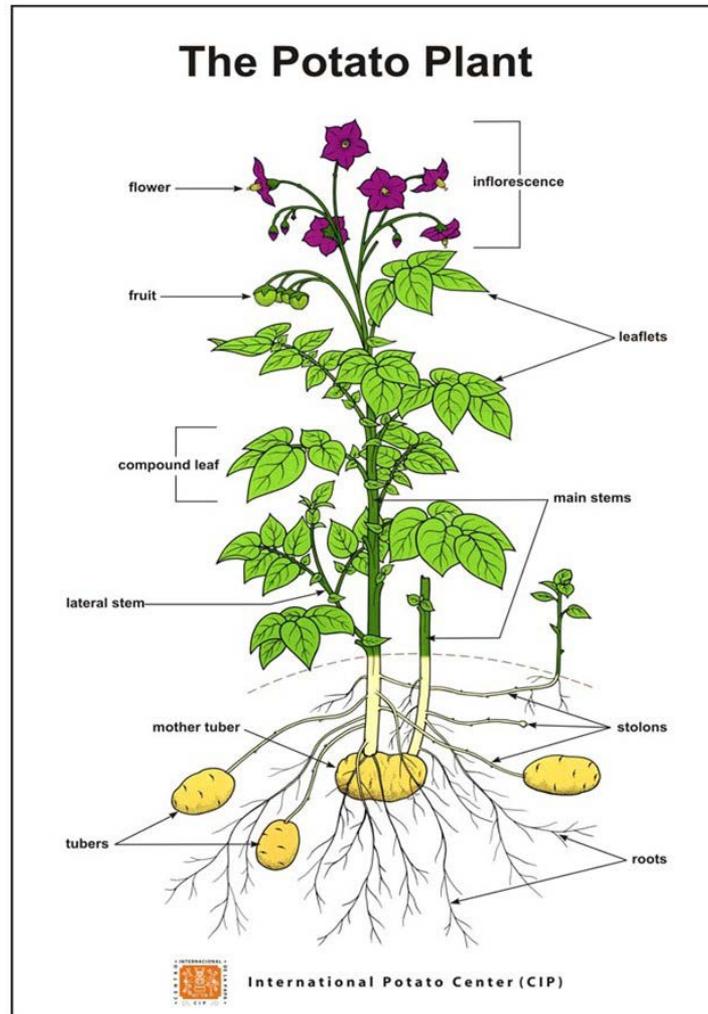


The potato harvester 'lifts' the potatoes out of the ground. It pushes them through the harvester on a belt shaking them as they go to shake any soil off. It then drops them into a trailer.



Potatoes are kept cool, before they are bagged and sent to the shops. In Pembrokeshire we have many small farm shops that sell potatoes too.

Can you learn the parts of the potato plant?



COMPETITION TIME

Design a poster to promote Pembrokeshire potatoes here are some ideas...



- * A poster showing the different foods that can be produced using Pembrokeshire potatoes.
- * A poster showing the different varieties of Pembrokeshire potatoes.
- * A poster showing the nutritional value of a potato, making it an attractive food for people to eat.
- * A poster showing the map of Pembrokeshire and pinpointing as many potato farms as you can find.

The winner and highly commended will be displayed at the Pembrokeshire County Show in August.

Email your labelled picture to: foodstory@pembsshow.org or post it to: The Food Story, Show Office, County Showground, Withybush, Haverfordwest, Pembrokeshire, SA62 4BW
Deadline for entries is: 31st March 2023 and the winning entry will win a Family Pass (2 adults and 3 children) to the Pembrokeshire County Show for both days (16th & 17th August 2023)