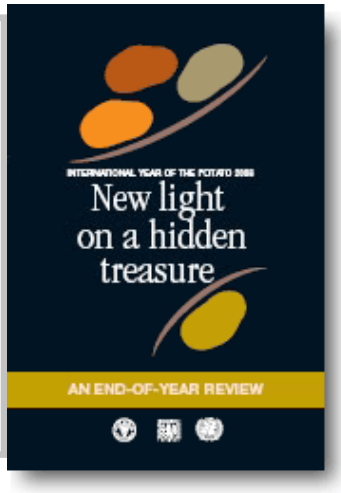
Cheap as Chips?

The humble spud: unsung hero of the vegetable world. Go beyond baked or mash to discover so much more about the mighty potato...



The potato (*Solanum tuberosum*) is an herbaceous annual that grows up to 100 cm (40 inches) tall and produces a tuber, also called potato - so rich in starch that it ranks as the world's fourth most important food crop, after maize, wheat and rice. The potato belongs to the Solanaceae - or "nightshade"- family of flowering plants, and shares the genus *Solanum* with at least 1,000 other species, including the tomato and eggplant.

Cosmic! In 1995, potatoes were the first vegetable to be grown in space and a lifesaver for Andy Weir's stranded "Martian".

Potatoes are the world's most popular vegetable and have been welcomed into the cuisines of countries around the globe. Potatoes are used in curries in India and in pasta in Italy, stewed with bananas in Costa Rica, baked with rice in Iran, stuffed with liver in Belarus, stir-fried with green beans in Ethiopia, and simmered with smoked haddock in winter soups in Finland.(Source FAO website)

Poetry in Potato Bags : a Maltese idea...

https://valletta2018.org/cultural-programme/poetry-in-potato-bags/



The Wonderful World of Potatoes

Following a resolution by the Food and Agriculture Organization (FAO) of the United Nations, 2008 was declared as International Year of the Potato.

The resulting website is packed with all the tattie facts you'll ever need....

http://www.fao.org/potato-2008/en/

To mark the year, the FAO also published a 144 page illustrated book, "New Light on a Hidden Treasure" which can also be downloaded free from the FAO website.

Mash-up! A selection of recipe books.

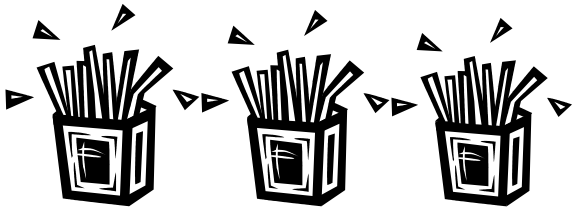
All titles are available from libraries.

The Potato Cookbook: fabulous recipes for a favourite ingredient Nicola Hill, 1994.

Contains details of the many varieties and practical advice on how to grow and harvest a crop of your own. Has over sixty recipes including, Potato and Hazelnut Bake, Potato & Cider Soup, Pan Haggerty and of course, Potato Bread.

Kitchen Garden Cookbook: Potatoes by Jane McMorland Hunter, National Trust, 2011.

This marvellous little guide is full of nostalgic images and quirky facts - did you know potatoes were thought to cause leprosy, once considered as unnatural and the food of the devil because they were grown underground! Appropriately it includes recipes for Hot Lightning, Jansson's Temptation soups (lots). Tuber-tastic!



The Lebanese Cookbook by Hussein Dekmak

Has a nice spicy potato recipe (Battata Harra).

The Great Allotment Cookbook, Gaia Books

Try griddled potatoes with Wasabi sauce.

Vegetarian Recipes From Around the World

Sue Townsend and Caroline Young: A children's cookbook gives clear instructions & a great recipe for the Irish dish, Colcannon (Heinemann, 2003).

Go all Maltese with your next plate of potatoes! http://www.amaltesemouthful.com/maltese-roast-potatoes-patata-fil-forn/

The Wartime Kitchen Garden by Jennifer Davies (BBC Books, 1993)

Re- discover Potato Pete, a cartoon character created by the Ministry of Food that resulted in a song / record* and recipe book featuring hundreds of interesting ways to best use the spud. This included a typical wartime dish "Sweet Potato Pudding" made with potatoes, an egg, honey and rhubarb or any fruit in season.

*Sung by Betty Driver (aka Betty Turpin of TV soap, Coronation Street)

More Spud recipes online here http://www.lovepotatoes.co.uk/ an

"Grow Your own Potatoes" is a project from the Potato Council aimed at and ncouraging primary aged children to find out more about growing and eating this versatile vegetable. http://www.gyop.potato.org.uk/

Did you know...

In the 19th Century, a group called *The Society for the Prevention of Unwholesome Diet"* tried to ban potatoes in Britain... (SPUD lol)

Got my Mojo working

On the Canary Islands, Papas Arrugadas are 'wrinkly' tatties boiled in sea water and served with either Mojo Verde or Mojo Rojo, a traditional Canarian Sauce made with Garlic and herbs or Paprika.

Finally, this Leigh band may *apeel t*o you https://youtu.be/f25UdqiUYEk

Simon Wallace, (Revised), January 2018