

# Facts and figures about the potato



The International Potato Center (known by its Spanish acronym CIP) is a research-for-development organization with a focus on potato, sweetpotato, and Andean roots and tubers. CIP is dedicated to delivering sustainable science-based solutions to the pressing world issues of hunger, poverty, gender equity, climate change and the preservation of our Earth's fragile biodiversity and natural resources.

[www.cipotato.org](http://www.cipotato.org)

CIP is a member of CGIAR. CGIAR is a global agriculture research partnership for a food secure future. Its science is carried out by the 15 research centers who are members of the CGIAR Consortium in collaboration with hundreds of partner organizations.

[www.cgiar.org](http://www.cgiar.org)

**The potato (*Solanum tuberosum*)** belongs to the solanaceae family of flowering plants. It originated and was first domesticated in the Andes mountains of South America, approximately 8000 years ago.

Spanish explorers brought the plant to Europe in the late 16th century as a botanical curiosity. By the 19th century the potato had spread throughout Europe and elsewhere, providing a **cheap and abundant source of food**.

There are **2500 landraces of potato native to Peru, and 4500 landraces in total**. A landrace is a local variety of a domesticated plant species, which has developed largely by natural processes, by adaptation to the natural and cultural environment in which it lives.

The potato is the **third most important crop in the world** after rice and wheat in terms of human consumption. More than a billion people worldwide eat potato, and global total crop production exceeds **300 million metric tons**.

**There are more than 4,000 varieties of native potatoes**, mostly found in the Andes. They come in many sizes and shapes. There are also over **180 wild potato species**. Though they are too bitter to eat, their important biodiversity includes natural resistances to pests, diseases, and climatic conditions.

Potato is **vegetatively propagated**, meaning that a new plant can be grown from a potato or piece of potato, called "seed". The new plant can produce 5 to 20 new tubers, which will be genetic clones of the mother seed plant. Potato plants also produce flowers and berries that contain 100-400 botanical seeds. These can be planted to produce new tubers, which will be genetically different from the mother plant.

Potatoes can grow from sea level up to **4700 meters above sea level**, from southern Chile to Greenland.

**One hectare of potato** can yield two to four times the food quantity of grain crops. Potatoes produce more food per unit of water than any other major crop and are up to seven times more efficient in using water than cereals. They are produced in over 100 countries worldwide.

Since the early 1960s, the growth in the potato production area has rapidly overtaken that of all other food crops in developing countries. It is a fundamental element in the **food security for millions of people** across South America, Africa, and Asia, including Central Asia.

At present, more than half of the **global potato production** takes place in developing countries.

Potatoes are an excellent, low-fat source of carbohydrates, with **one-fourth the calories** of bread. Boiled, they have more protein than maize and nearly twice the calcium. An average serving of potatoes with the skin on provides about **10 percent of the recommended daily intake of fiber**.

When boiled, a single medium sized potato contains about **half the daily adult requirement of vitamin C**, as well as significant amounts of iron, potassium and zinc. Potato also contains substantial amounts of vitamin B and valuable supplies of essential manganese, chromium, selenium and molybdenum trace elements. The high vitamin C content enhances iron absorption.

Potatoes can have **white, yellow, pink, red, purple, or even a blue** color of flesh. Yellow is primarily due to the presence of carotenoids concentrations, and anthocyanin is responsible for the red, purple, and blue colors. Both are antioxidants and believed to play an important role in preventing cancer and diseases related to ageing.

Potatoes have toxic components known as **glycoalkaloids** in leaves, sprouts, and stems, which protect the plant against fungi and insects. Peeling and cutting away the green areas can remove them.

The **sweetpotato** (*Ipomoea batatas*) belongs to the family *Convolvulaceae* and is not related to the potato.

Pests and diseases create major stresses for high yield production in potatoes. A disease called **late blight** is one of the most destructive diseases in potatoes.

**The International Potato Center** maintains the largest collection of potato in the world, including more than **7000 accessions of native, wild, and improved varieties**. CIP's genebank ensures that they are securely conserved for the long-term and also available for use by farmers, breeders, and researchers.

