

All about B.C. Potatoes

Potatoes are commercially grown in the Fraser Valley, Delta, Vancouver Island, Okanagan, and Kootenay regions. In 2024, B.C. produced over **85 million kg** of potatoes!

Potato plants grow from **seed tubers**, the same part of the potato we eat. New shoots develop from the tuber's "**eyes**", the small dark spots on the skin. Under good growing conditions, one potato plant can yield about **5-7 pounds** of potatoes.



Did you know? Potatoes are **80% water** and contain both **starch** to keep you energized and **vitamin C** to help your immune system.

Ozette fingerling potatoes have been farmed for hundreds of years in B.C. by **coastal Indigenous peoples**. These potatoes are known for their small finger-like shape and their great **nutty and earthy taste**.



Did you know? Potatoes come in all shapes and sizes! In Canada, there are more than **49 different varieties** of fresh table potatoes grown each year. Some examples include Warba, Russet, and Yukon Gold.

Potatoes can be stored for many months after harvesting, as long as they're stored in a cool, dry place.



"I was working in a huge company and I felt a lack of **purpose**, so I was inspired to come back to farming.

I like the sowing and the reaping. Seeing our **hard work** turn into a harvest is my favourite part of the job. That, and **working together as a team** to all accomplish a goal and be successful."

-Tyler, potato farmer in Surrey B.C.



Farmer Tyler lives in Surrey, where the Tsawwassen, Katzie, Semiahmoo, Kwantlen, **WSÁNEĆ**, Cayuse, Umatilla, Walla Walla, and Stó:lō people speak **Hul'q'umi'num' / Halq'eméylem / hə́ŋqəmiŋə́m**.

The word for potato is **sqewth** (also spelt sqáwth and sqewθ).

Surrey rests upon the homelands and unceded territory of the s̓cəwaθənaʔ təməxʷ (Tsawwassen), s̓qəciyaʔ təməxʷ (Katzie), Semiahmoo, Kwantlen, ÁLENENEŁ ŁTE (WSÁNEĆ), Cayuse, Umatilla and Walla Walla, and S'ólh Téméxw (Stó:lō) people.