

Potato is hot the world over

Mashed into a side dish or fried into fast food, the potato is easy to underestimate.

But potatoes are actually the world's bread and butter, according to the International Potato Center in Lima, Peru. Potatoes yield more nutritious food more quickly on less land and in harsher climates than any other major food crop.



An Irish lad carries recently harvested potatoes home for his family's dinner. Valued worldwide for nutrition and versatility, spuds grow in more countries than any crop except corn.

This amazing vegetable is a South American native brought back to Europe from Peru by 16th-century conquistadors. Its own world conquest now complete, King Potato grows in more countries than any crop except corn.

Robert E. Rhoades of the International Potato Center writes in the May issue of *National Geographic*: "The average annual crop (291 million tons) could cover a four-lane superhighway circling the world six times."

More protein per acre
Produced in 130 of the world's 167 independent countries, one year's crop is worth \$106 billion at consumer prices, Rhoades reports.

Potatoes are fourth, after wheat, corn, and rice, in world production, but because of multiple harvests, yield the most protein and food energy per acre.

They are remarkably adaptable; potatoes grow from below sea level behind Dutch dikes to almost 14,000 feet up in the chilly Andes and Himalayas, from the Arctic Circle to the Strait of Magellan, and in the scorching deserts of Australia and Africa.

Brimming with vitamin C, many of the B vitamins, and iron, the potato is so nutritious that a man in Scandinavia lived healthily for 300 days on only spuds dressed with a bit of margarine. And eating a potato without rich toppings is no more fattening than eating a pear — the potato is 99.9 percent fat free.

Without potatoes, meat production would slump and meat prices skyrocket; nearly half the world's crop is fed to livestock.

Potatoes are also distilled into vodka and aquavit, processed into starch, paste, and dye, and converted to fuel. Researchers have shown that one acre of potatoes in one year's time can yield 1,200 gallons of ethyl alcohol, or potato gasohol, for cars.

Rhoades notes that tomatoes, tobacco, and eggplants are related to the potato, but the sweet potato is not — even though its Indian name, batata, became the English word potato.

Thousands of varieties

The familiar brown oval spud belongs to the species *Solanum tuberosum*, one of eight cultivated throughout the world. Most of the world's crop and all potatoes grown in the United States belong to this species.

In the Andes, however, farmers

cultivate all eight species, embracing as many as 3,000 of the 5,000 or more potato varieties.

Rhoades describes the varieties: "The colors of the rainbow and more, many looked like miniature pineapples, some like coral snakes, and others like bright red cherries or purple gumdrops."

When Europe's potato crops fell victim to late blight in the mid-19th century, a million people died in Ireland, where potatoes were the chief food. Now scientists believe that genetic engineering of potatoes holds promise for a 21st-century solution to the world food crisis.

The International Potato Center's goal is to make the potato available and inexpensive to everyone by the year 2000. They are crossing wild and native varieties with modern

high-yielding ones, attempting to manipulate the potato's built-in thermostat to stretch its natural adaptability to both cold highlands and steaming tropics.

The wild and native varieties contain genes resistant to many of the 265 diseases and pests known to plague the potato. The center breeds for this genetic material and distributes seed for worldwide testing, generally in developing countries.

Potatoes and tomatoes

In West Germany, genetic engineers have fused two botanical cousins, the potato and tomato, to produce potatoes and tomatoes. These hybrids, they hope, will someday produce food above and below ground, and share their best qualities.

In Asia and South America scientists are pioneering the commercial growing of potatoes by "true seed," the tiny seeds produced in the potato plant's berry. By this method potatoes can be grown much like grains.

Only a 100-pound sack of seed is needed to sow 1,000 acres, much less than the 1,000 tons of potato tubers needed to seed the same amount of land conventionally.

The potato remains a rich man's food in many poor nations. A common expression in the Dominican Republic, "estar en las papas" (to be in the potatoes), means a person is successful enough to afford more than a banana diet. And in the Philippines, housewives might top off their shopping carts with a few potatoes for the status they imply.



If your cakes tend to fall a lot it could be because the eggs you use are too big. Medium to large eggs are best. Extra large may be too much for your recipe.

SCISSORS HAIRDESIGN STUDIO

DESIGNER — JOYCE BENBO — SCULPTURED NAILS

Progressive hair design for women and men • Haircutting • Perms • Curls

2733 N.E. Broadway • 288-5438

Northwest Products Sale!

From The Imperial Valley

Cantaloupes

Sweet, Ripe & Fresh

25¢ Lb. **SUPER SAVER**

Panty Hose Safeway All-In-One Per Pair **69¢**

Revlon Flex Shampoo Or Cond. 15-Oz. Btl. **\$1.79**

Bing Cherries Northwest Grown **79¢**

Mushrooms Fancy Fresh 8-Oz. Cup **99¢**

Tomatoes Vine Ripe Bulk Lb. **49¢**

Cheddar Cheese Lucerne Medium 2 Pound Loaf **\$3.99** **SUPER SAVER**

Hot Dog Buns Mrs Wright's 8-Pak Package **2 For 97¢** **SUPER SAVER**

Flav-R-Pak Corn Or Green Peas, Chopped Broccoli & Mixed Vegetables 20 Oz. Frozen Bags **78¢** **SUPER SAVER**

Ice Cream Scotch Buy Vanilla Half Gallon **\$1.09** **SUPER SAVER**

6-Pack Pepsi Cola Diet Pepsi, Pepsi Free Or Mt. Dew, 12-Oz. Cans **\$1.79** **SUPER SAVER**

Paper Towels Scotch Buy 1-Ply, 120 Ct. **2 For \$1** **SUPER SAVER**

Lucerne Sour Cream Pint **79¢**

Centennial Flour 10 Lb. Bag **\$1.98**

Corn Muffin Mix Betty Crocker 14-Oz. Pkg. **2 For \$1**

Juice Drinks Ocean Spray Three Pkgs. **3 For 99¢**

Orange Juice **\$1.39**

Lemonade SunKist Frozen Concentrate, 6-Oz. **5 For \$1**

Reg. Ground Beef Lean \$1.39 Lb.

SUPER SAVER **99¢ Lb.** Not To Exceed 23% Fat Content

Appx. 5-Pound Pkg. First 5-Lb. Pkg. (Additional Or Smaller Pak \$1.09)

Turkey Hindquarters U.S.A. Grade A Lb. **49¢**

Ocean Fresh Red Snapper Low In Calories Lb. **\$1.89**

Sales Limited To Retail Quantities. Prices Effective 6/22 Thru 6/28/83 At Safeway In The Portland Area.

SAFEWAY