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Info compiled by the Nechako Valley Food Network 

Here is a quick guide for buying or growing the right potatoes for your favourite cooking methods. If you plan to grow your own potatoes and you live in Vanderhoof, plant them anytime between Mothers Day and Victoria Day.

| | Russet | Red | White | Yellow | Blue/Purple | Fingerling |
|---------------------------------|---|---|---|--|---|---|
| Boil | |  |  |  |  |  |
| Bake |  | | |  |  |  |
| Stream | |  |  | |  |  |
| Mash |  | | |  | | |
| Roast |  |  | | | |  |
| French Fry |  | |  |  | | |
| Soups/ Salads | |  | | |  |  |
| Scalloped/ Au Gratin |  | |  |  | | |

Russet: Russet potatoes are characterized by a brown net-like skin that covers the white flesh. They are oval-shaped with many shallow eyes. They become soft and fluffy or flossy when cooked. Russet potatoes are high in starch. They usually reach a length of 10 to 15cm.

Red: Red potatoes are round-shaped, and can be distinguished by their rosy red, or reddish-brown skin. Flesh is usually white, though sometimes it can be yellow and even red. Red potatoes are low in starch. Varieties of red potatoes are, **Red Norland**, **Red LaSoda** and **Red Pontiac**.

White: (Round) These potatoes are round-shaped; starch level is medium; flesh is white or creamy, while the skin is smooth and light brown in colour. Popular varieties of round white potatoes include **Atlantic**, **Kennebec** and **Superior**. (Long) This oval-shaped potato has light white or pale brown coloured skin. They are generally medium in starch content. Some varieties of long white potatoes are low in starch; contain only 25% carbohydrates and mineral salts, the remaining 75% being water. They are easily digestible and facilitate intestinal functions. Because of their low starch level, they are suitable even for obese and diabetic patients. They are often known as the **white rose** or **California long whites**.

Yellow: Round, or slightly oval-shaped and flat. The flesh is yellow, and covered by thin yellowish or light brown skin. The yellow colour is due to the presence of a chemical called anthoxanthins, that has antioxidant property. They contain medium level of starch. Most popular is the Yukon Gold. Other varieties are **Yellow Finn**, **Michigold**, **Carola**, etc.

Blue/Purple: Blue or purple skin and flesh, which remain intact to a great extent even after cooking. The colour is imparted by a blue pigmented antioxidant, anthocyanin. These potatoes are native to South America and are low in starch. The common varieties include **All Blue**, **Purple Peruvian** and **Purple Viking**.

Fingerling: Fingerlings are smaller in size than most of the conventional potatoes and grow to a length of about 7cm. They are slightly elongated with knobs, which give them the shape of fingers. Flesh is usually yellow, while the skin is thin and hence, can be cooked without peeling it. They are low in starch. There are many varieties of fingerling potatoes ranging from creamy-white to purple. The common varieties include, **Purple Peruvian**, **Russian Banana**, **Ruby Crescent** and **long white** fingerlings.