

# Grow Your Own... Potato Salad

## Potato salad

Serves: 15

Time: 20-30 minutes

Difficulty: Easy

### Ingredients

- 1.6kg new potatoes
- One handful of parsley
- One handful of chives
- 6 tbsp crème fraiche/plain yoghurt/sour cream
- Salt & pepper

### Equipment list

- Colander
- Kitchen knife
- Chopping board
- Large saucepan
- Tablespoon
- Serving bowl

### Method

1. Boil potatoes until cooked and allow to cool. Cut into roughly 1" chunks.
2. Wash and chop parsley & chives into small pieces and add to the potatoes in a large bowl.
3. Add crème fraiche and seasoning and mix well.
4. Keep refrigerated until ready to serve.

Tip: Instead of crème fraiche you could use yoghurt, sour cream or mayonnaise.

## Growing your potatoes

**When to start:** Mid-March to early April (to harvest end of June)

**Average time to harvest:** 10 weeks

**Amount:** 6 seed potatoes will yield 3kg+

### Plant

1. Buy disease-free 'seed' potatoes. Early varieties such as Colleen and Orla will crop in time for your picnic.
2. Plant potatoes 15cm deep in the ground or 10cm deep in containers filled with good quality soil and compost or manure, leaving around 30-50cm gap between plants. Seed potatoes should be planted with their chits (eyes which look like small shoots) facing upwards.

### Grow

3. Pull soil around stems ('earth-up') when plants are 15cm tall (leave top leaves showing). If growing in containers, add more compost around plant stems. This will encourage the plant to grow more potatoes. Water if dry, especially if growing in containers.

### Eat

4. Once plants flower, carefully dig up potatoes as needed.
5. Give potatoes a good scrub before cooking.



### Short on space?

Grow potatoes in containers!

Growing card (A12)  
[www.gardenorganic.org.uk/schools](http://www.gardenorganic.org.uk/schools)

## Growing your parsley

**When to start:** Mid March to early April (to harvest end of June)

**Average time to harvest:** 10 weeks

### Sow

1. Fill a container with moist compost and firm down gently.
2. Sprinkle seeds evenly over the surface of the soil and cover with a light layer of compost.
3. Place on an indoor windowsill. Water well.

### Grow

4. When seedlings are 5-10cm tall, transplant them to 15cm apart in rows outdoors or to larger pots. Choose deep fertile soil in sun or partial shade.
5. Protect from slugs. Keep well watered in dry weather.

### Eat

6. Pick leaves before the plant flowers; use fresh or freeze.



Tip: Parsley has a reputation for being difficult to germinate. To help this, pour hot water over the seeds and let them soak for 24 to 36 hours. The water softens parsley's tough seed coat to make germination easier.

## Suggested curriculum link - Maths:

Work out and compare the cost of the crop yield from a bag of seed potatoes compared to a bag of shop bought ready to eat potatoes.

For more potato curriculum resources see the Potato Council's Grow Your Own Potatoes project: <http://gyop.potato.org.uk>