

Vitamin C in potato

A detailed sampling plan based on area shares for the major potato varieties grown in different regions of the country was developed for an analytical potato study in 1992-95. For each potato variety within a farming region subsamples were collected from five different farmers. These were subsequently pooled into composite samples for the region variety.

The samples were washed, peeled, homogenized, frozen and analysed according to detailed procedures.

The results showed that the content of vitamin C varied between 7 and 20 mg per 100 g raw potato. The lowest value was found for storage potatoes kept until May next year, while spring harvested potatoes grown in the South East had the highest value. The table values for content of vitamin C in spring potatoes, autumn potatoes and storage potatoes were calculated as weighted means according to area shares for the various varieties and farming regions.

A detailed description is published in a scientific journal (1).

Reference

1. Nordbotten A, Løken EB and Rimestad AH. Sampling of Potatoes to Determine Representative Values for Nutrient Content in a National Food Composition Table. *J Food Comp Anal* 13:369-377, 2000.