

HERITAGE POTATOES FROM TENERIFE



MAIN VARIETIES



Azucena negra

Generally round in shape, with somewhat rough skin and a reddish-purple colour. Flesh is cream-colored.



Azucena blanca

Shape is predominantly round. Skin is light brown and dotted with purple-reddish spots. Flesh is cream-colored.



Bonita blanca

Light tan skin with a few purple-reddish spots and light yellow flesh.



Bonita negra

Skin is very dark purple-reddish colour. Flesh is light yellow.



Bonita colorada

Skin is reddish-purple and flesh is pale cream colour.



Bonita ojo de perdiz

Skin is a shade of light cinnamon, with purple-reddish spots and light yellow flesh.



Borralla o melonera

Light brown skin with slight orange tones and flecked with pink, especially in the eye area. Flesh is yellow.



Colorada de бага

Skin is pale reddish-purple, with a smattering of brown spots. Soft to the touch. Flesh is cream-colored.



Negra yema de huevo o negra

Very dark reddish-purple skin, almost black, with orange-brown spots. Flesh is an intense yellow colour.



Peluca blanca

Pink skin, dotted with orange and brown spots. Flesh is cream-colored.



Peluca negra

Somewhat reddish-purple skin with a dark purple secondary colour. Flesh is cream coloured.



ORIGIN



The potato in the Canary Islands

In the 16th century, the potato crossed the Atlantic Ocean and, through the Canary Islands, reached Europe. The first reference in our islands to this food dates to 1567 and was written by a notary who provided confirmation of the shipment of goods from Gran Canaria to Antwerp: '... And I also receive three medium-sized barrels that you say have potatoes and oranges and green lemons'. On Tenerife in 1574, there is a similar reference: "... Likewise, two barrels of potatoes and eight (...) full of brandy came from Tenerife'.



The Tenerife heritage potato in our archipelago

According to the Enlightenment-era poet José de Viera y Clavijo, the potato was introduced to the islands by Juan de Bethencourt y Castro in 1622. He had brought some potatoes from Peru and planted them in his holdings in Icod el Alto. In 2022, the 400th anniversary of the first potato crop of which there are references outside America was celebrated.



The heritage potato today

The heritage potatoes of the Canary Islands are at a crossroads over their continued existence as a crop, and by extension over their conservation and continued availability. In recent years, awareness-raising and preservation actions launched by the Island Council of Tenerife, groups such as the La Papa Bonita Association and various cooperatives and companies, have fostered greater knowledge and diversified the use of these potatoes.

CULTIVATION



Sowing

The heritage varieties of potatoes on the islands are sown at different times throughout the year. Planting can vary based on their characteristics and different locations and seasons.



Harvest

The main harvest of heritage potatoes happens between June-July, although there are also yields in May, December, January and February.



Growth

The growing cycle lasts between four and six months.



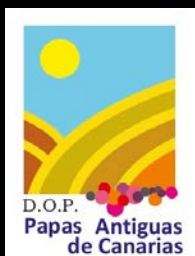
Irrigation

Heritage potatoes are usually grown in the so-called 'humid dry land' of the midlands, although in the south of the island it is common to use irrigation systems.



FEATURES AND PROPERTIES

The most visible characteristics of potato varieties in the Papas Antiguas de Canarias Protected Designation of Origin are their intense, beautiful colours. They can be dark or light. The potatoes also often have eyes of variable depths.



Protected Designation of Origin (DOP)

This European seal of identity and quality lets the consumer be certain of the product's origin and confirmed production process. This strengthens its value as a traditional product, and it can be used in many elegant recipes. However, the effect of pests, such as the Guatemalan moth, limits production and the amount available for sale. *dificulta su producción y comercialización.*

BENEFITS

The potato is a fairly balanced food providing the body with: proteins, vitamin C, minerals and other nutrients. Eating potatoes can be beneficial for health. They have anti-cancer properties mainly due to their phenolic compounds and properties that reduce glucose present in the blood.

In addition, the potato has a positive effect on cholesterol due to the antioxidant action (lipoproteins) produced by phenols, vitamin C and carotenoids. It also is high in fibres that help in digestive processes, preventing constipation.

Potatoes contain substances known as kukoamines that help lower blood pressure. These substances are present in many varieties of potatoes (including some Canarian heritage potatoes), especially if they are stewed, as cooked potatoes retain a higher content of kukoamines than chips or other fried potatoes.

Nutritional values

Water:
77.5% (fresh matter)
22.5% (dry matter)

Proteins:
2.0%

Lipids:
0.1%

Ash:
1.0%

Total carbohydrates (sugars):
19.4% (fresh matter)

Starch:
15.7% (fresh matter)
70% (dry matter)

Sucrose:
0.1-0.2% (fresh matter)
0.5-1.0% (dry matter)

Glucose, fructose:
0.07-0.45% (fresh matter)
0.5-2.0% (dry matter)

Crude fiber:
2.0-4.0% (dry matter)

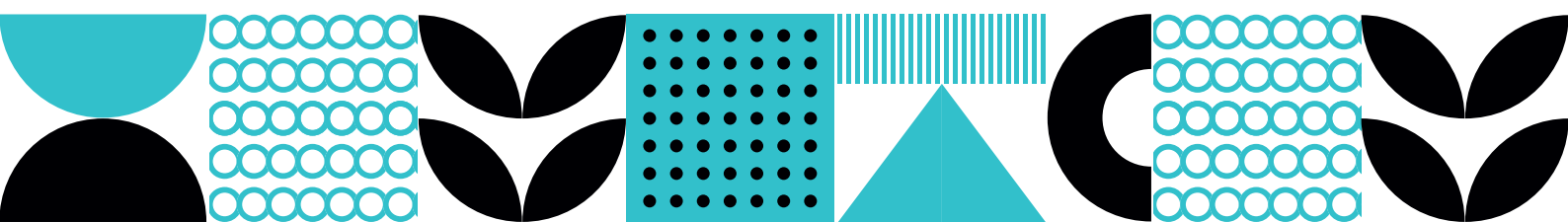
Pectins:
2.5% (dry matter)

Citric acid:
1.0% (dry matter)

Vitamins (per 100g fresh matter):
B1 (0.11 mg), B2 (0.04 mg), B3 (1.2 mg), B5 (0.3 mg), B6 (0.2 mg)

Ascorbic acid (Vitamin C):
New potato - 40 mg
After 3 months - 15 mg
After 6 months - 5 mg

Minerals (per 100g fresh matter):
Sulfur (29 mg), Calcium (14 mg), Chlorine (35 mg), Cobalt (0.01 mg), Copper (0.16 mg), Phosphorus (53 mg), Iron (0.8 mg), Iodine (0.03 mg), Magnesium (27 mg), Manganese (0.17 mg), Potassium (410 mg), Sodium (3 mg)



THE YEMA DE HUEVO POTATO: *The crown jewel of the kitchen*

According to experts from the International Potato Centre (CIP) one of the most valuable varieties of Tenerife's heritage potatoes is the Yema de Huevo potato. This variety is related to the kinds grown in the Americas, and it belongs to a species of potato that is only grown in the Canary Islands and South America. Heritage potatoes from Tenerife in any of their varieties are the star ingredient of many of our recipes, but without a doubt, **the black potatoes, the Bonita and Azucena varieties**, are the favourites for cooking the famous papas arrugadas wrinkled potatoes.

You can find more information about Tenerife heritage potatoes at the following website:

www.agrocabildo.org/publicaciones_detalle.asp?id=623

