



# How To Grow Your Spuds

1. Roll down the sides of the burlap sack until it is about 6 inches tall.
2. Put 4-5 inches of potting soil in the bag and level it off.
3. Plant the potatoes in the potting soil, as evenly spaced as you can get them. Try to plant the side of the spud with the most "eyes" (those little shoots you can see) facing up, and make sure they are well covered with soil.
4. Take the bag outside to a location where it can get at least 6 hours of sun each day, but try to put it somewhere where the roots will be shaded (i.e. in long grass, or among potted plants).
5. Water the potting soil; check it daily - it should be moist but not soggy.
6. Watch them grow! As the potatoes grow you will need to add more potting soil to the bag and roll up the edges. Wait until all of your potatoes grow to about 6 inches tall before adding more potting soil around the stems.
7. As the potatoes continue to grow, keep adding soil around the stems until only the leaves are above the soil (this is called "hilling"). You can add more soil or compost from your garden, or buy extra in bags.
8. The burlap bag allows water to drain adequately but you can over water, so be careful not to get the soil too soggy.
9. Once the potato plants have reached maturity they will begin to turn yellow and die. When this happens (3-4 months after planting), stop watering the plants and let them die completely (don't worry, this is all part of the process).
10. Now empty the bag and have fun finding your spuds!
11. Let the potatoes dry for a day or so, then brush off any remaining dried soil and store in a cool dry place. Yum, home-grown, roasted spuds!

**BONUS ACTIVITY:** Look carefully at your burlap sack before you plant - what did it used to contain? Where did it come from? Can you figure out how many kms that sack travelled from its place of origin to Powell River? These are called "food miles" and you can find out more about how far food usually travels to get to your plate here: <https://www.devp.org/en/sharelent/solidarity-calendar/food-transportation>.

**Potato growing info. from:** <http://www.farmtopreschool.org/>  
**Seed potatoes generously donated by Mother Nature Pet and Garden Supply and Landed Learning volunteer, Tracey Hudson. Burlap sacks kindly donated by River City Coffee and 32 Lakes Coffee.**

**For more info and fun activities,** check out the Food Literacy Program website at [www.sd47foodliteracy.com](http://www.sd47foodliteracy.com). If you have questions or would like more resources for home gardening, email Vanessa Sparrow, Food Literacy Coordinator, at [vanessa.sparrow@sd47.bc.ca](mailto:vanessa.sparrow@sd47.bc.ca). We are here to support you and your children in their home-based learning.

