

# **RONNIGER**

## **Potato Farm LLC**



### **2010 Catalog & Growers Guide**

Offering the largest selection of certified disease free seed potatoes to home gardeners, small farmers, enthusiasts, and hobbyists.

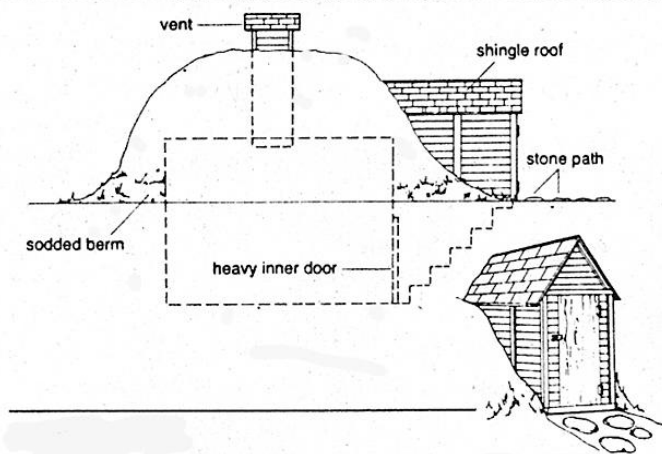




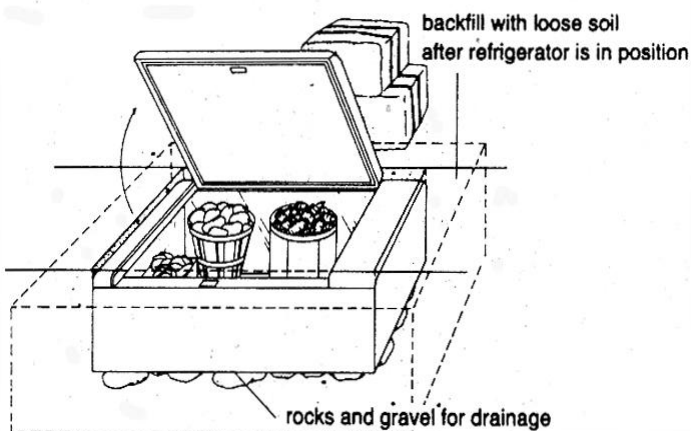
# Potato Garden



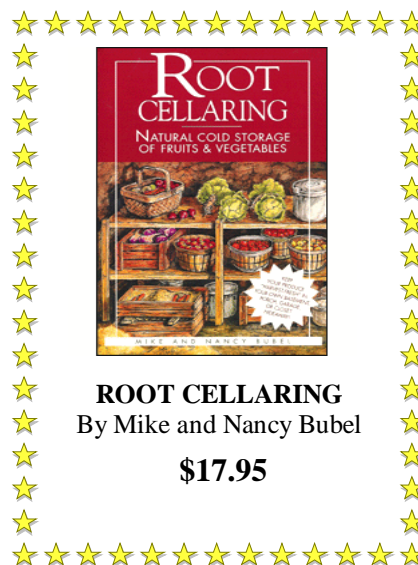
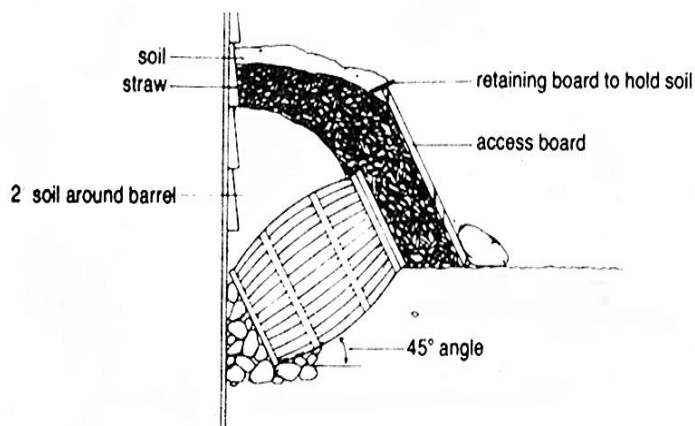
## Heides' Root Cellar



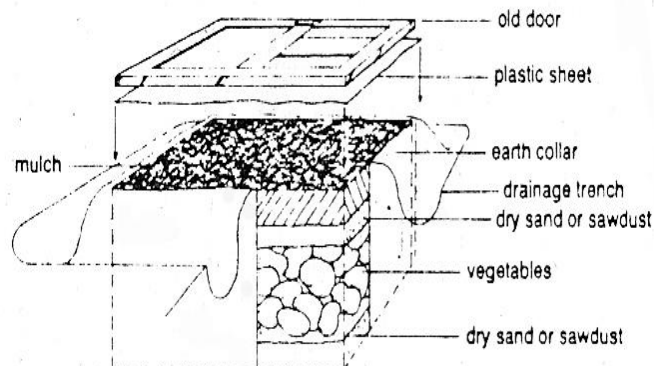
## Buried Refrigerator



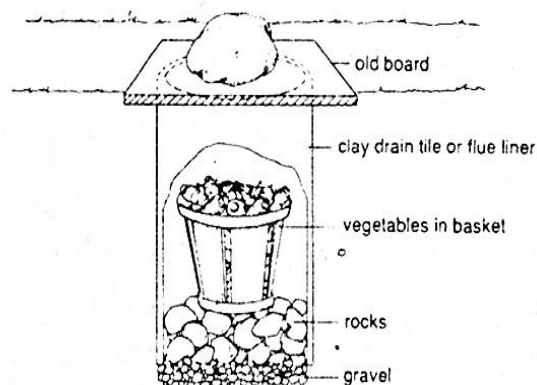
## Storage Barrel



## Earth Pit



## Drain Tile Storage





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## EXPLANATION OF SYMBOLS:

**CS** = Certified Seed Potatoes. Mainly Colorado Certified Seed Potatoes and some from other states such as Idaho.

**NC** = Non-Certified Seed Potatoes. These were grown from Certified Seed Potatoes but not entered for certification this year. They are produced mainly for garden seed.

**O** = Certified Organic

**N** = Naturally Grown. These are grown the same way as our certified organic potatoes, however, to save on time and costs, they were not entered for organic certification.

**C** = Conventional. Pesticides may have been used on these during the growing season. These are purchased from other farms for resale.

**LM** = Limited, less than 800 lbs available for sale. These have a higher limited price.

**CO-PVP** = Plant Variety Protected— These are varieties that are protected under the Federal Plant Variety Protection Act and are owned and controlled by the Colorado Certified Potato Growers Association (CCPGA). At this time CCPGA allows you to buy small quantities of PVP seed from us for your own garden use and also allows you to sell as food through CSA's, at farmers markets, to restaurants, etc. Larger commercial ventures will need to pay a royalty. You are not allowed to grow these PVP varieties for seed stock unless you first get full written consent from CCPGA. Give us a call if you need to grow seed stock and we can help you set it up.



## OUR GUARANTEE

We will be responsible for your seed potatoes arriving safely and in good condition, and our seed potatoes will be 100% satisfactory. If anything purchased from us proves otherwise for any reason, we will either replace it, or refund the purchase price, whichever you wish. We cannot, however, be responsible for the resulting crop.

## WE WANT TO HEAR FROM YOU

Please include a note with your order . . . we like comments, constructive criticism and especially down-home humor! We can better serve you and improve our catalog selections with your comments and suggestions.



# Potato Growers Guide



## Handling Your Seed Potatoes

Open all boxes upon arrival and leave open for air circulation. You may plant them right away or leave them at room temperature for a month or two. Find a cool place if longer and avoid drying conditions.

Here in a 40 degree cellar, your potatoes have been peacefully hibernating. Once taken out and shipped, they will warm up, break out of dormancy, and start growing. If your potatoes arrive with sprouts, handle them carefully when cutting and planting, leaving the sprouts on. But don't worry if they break off because they will grow back. They just emerge faster when planted with sprouts in tact. If your potatoes arrive without sprouts, you can either pre-sprout them or plant right away in warm soil, 50 degrees or more.



## Pre-sprouting Seed Potatoes

The practice of greening and pre-sprouting seed potatoes before planting, encourages early growth and hastens the development of marketable tubers. It is a method commonly used by growers of early potatoes in European countries but little used by American growers.

The method is simple: Spread the tubers in open-top crates, boxes or flats. The tubers are placed in the flats with the seed end uppermost, with usually only one layer to a flat. Bring the flats into a warm living space (70 degrees Fahrenheit) and to a location where the light levels are medium in intensity. The warmth tends to stimulate the development of strong sprouts from the bud eye clusters, which, in the presence of light, remain short and stubby and are not easily broken off.

Usually seed potatoes are exposed to light and warmth a week or two before planting. The benefits derived from greening and germinating the seed before planting are not limited to merely gaining a better stand and quicker maturity of the tubers, but it is claimed that a heavier yield is also likely.

## Soil Preparation

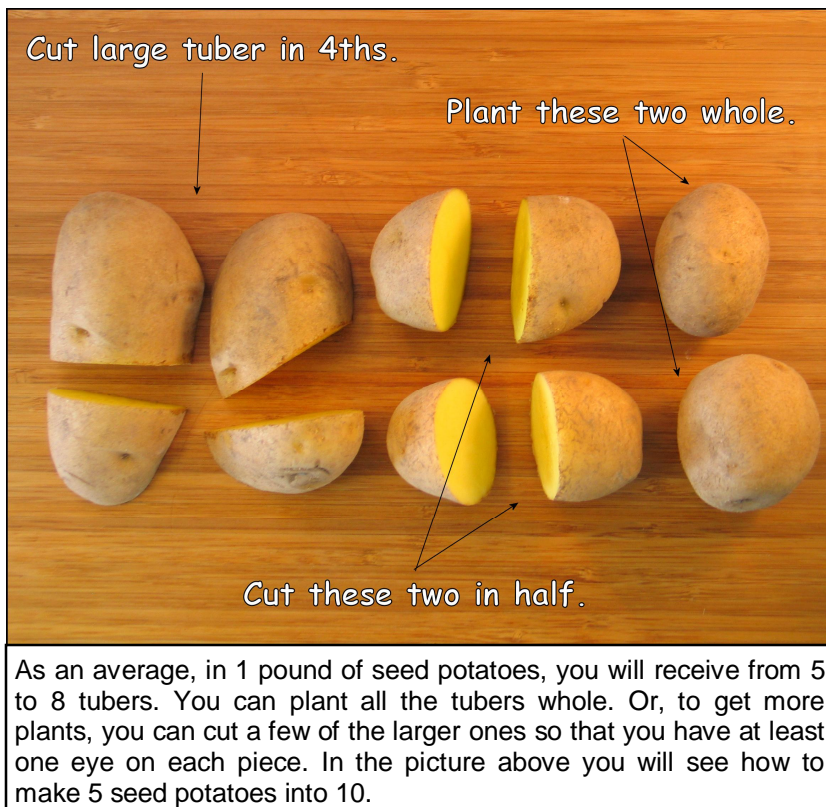
Good potato soil will be well drained and, at the same time, able to retain moisture. Sandy loam is ideal. Other soils can be improved by incorporating organic matter which tends to lighten heavy soil and enrich sandy soil. Potatoes grow best in a soil pH of 5.0 - 7.5. Optimum soil temperature for beginning growth ranges from 50 degrees to 70 degrees Fahrenheit.

If your soil is compacted, you'll want to loosen it up with a shovel, fork, or rototiller. With a shovel, don't completely turn the soil over, simply dig a spot, with the shovel buried 8 to 12 inches and toss it back in. If you are incorporating compost, you can turn the soil a little more so that the compost is mixed in 6 to 8 inches. The idea is not to destroy too many of the beneficial soil microbes. However, for soils that are highly compacted, it is better to get the soil loosened up to a depth of 8 to 12 inches incorporating compost. The compost will be the start of another batch of beneficial microbes. If using a rototiller, you'll want to work it in as deep as it goes. The long term goal for potato soil is to have a loose living soil full of beneficial microbes.





# Potato Growers Guide



## Cutting Seed Potatoes

All tubers the size of a hen's egg (1-3 oz.) may be planted whole. For larger tubers, cut the potato using a clean, sharp knife so that each piece will contain 1 or more eyes. Pieces should be cut with plenty of flesh around the eyes, since the plant will utilize this stored food during the first 2 or 3 weeks of growth. If the variety has many eyes, try for two or more eyes on each piece. This provides opportunity for more vines to grow and thus yield more potatoes.

Seeds may be planted immediately after cutting if you have good control of soil moisture. If there's a chance the soil may be too wet for a long period of time, you'll want to allow the cut pieces to dry out prior to planting. Spread them out on a table in the shade or one layer deep in shallow boxes for drying. Avoid shriveling which may weaken the seed piece. Also recommended for wet soil conditions is the application of sulfur or Fir bark dust to the freshly cut pieces. Place 1 or more tablespoons in a large paper bag, and toss the pieces around to cover them with dust. This may guard against threat of infection by bacteria and fungus in wetter soil. If you are able to plant cut seed successfully, then there's no reason to go through the extra steps of drying and dusting.

**Everything that slows us down and forces patience, everything that sets us back into the slow cycle of nature, is a help. Gardening is an instrument of grace.**  
-May Sarton

## Planting

The rule of thumb to follow, for the earliest planting time, is to plant 2 weeks before your last spring frost. Then of course, you can plant anytime after that, giving yourself at least 3 months growing season before a major fall frost. Some growers plant later than this for better growing temperatures. Check with the locals. A good beginning soil temperature to plant in is 50 degrees Fahrenheit.

The width between rows is determined by the size of your garden and method of cultivation. Farmers need 30" -36" between rows, while gardeners can get by with 20" -26". You might adjust your spacing to suit adverse conditions. Wider spacing can help alleviate stress due to drought or poor soil. Tighter spacing may give you a uniform canopy of foliage to cool the soil in summer.

Dig a shallow trench about 6" - 8" deep. Plant your seed potatoes about 12" apart. Using a rake, cover the seed pieces immediately after planting. Do not cover too deep, 4" maximum, and leave the remaining soil for later.

## Hilling

In approximately two weeks, depending on soil temperature, green leaves will emerge. When the plants have grown to about 8" high, gently hill with soil brought up from both sides of the plant using a dull hoe. Bring the soil up about 3" inches leaving 4" - 6" of the plant exposed. Hilling cools the soil and creates space for tuber development. All tubers will form at the same depth of the seed piece and higher. Another hilling of 1 to 2" is beneficial 2 - 3 weeks later. Keep the blade of your hoe well away from the plants so you do not damage the roots. If you see potatoes poking out of the hills, add more soil to cover them.





# Potato Growers Guide



Hilling is crucial to establishing your crop. By gradually building an ever-larger hill of soil around the plant, you are building the site for your potatoes to develop. Give them plenty of room between rows and build your hills wide and ample to produce your bumper crop.

## **Raised Bed Method**

Make your raised bed at least 12" deep and fill with soil. Plant seed potatoes 6" deep and cover to the top. If you are crowded, space them 8" - 10" apart in rows 20" apart. If you have room, plant 12" apart in rows 24" - 30" apart. Cover to the top. If you live in a wet climate, only cover to 4" deep so that the potatoes can get a quicker start. Then cover to the top later when the plants are tall enough.

## **Mulch Alternative Method**

The Mulch Method is a good alternative if your soil is shallow, rocky or compact; if you're planting in the heat of summer, or have problems with scab in your soil. The best mulch to use is loose, seed-free hay or straw. Leaves and dried grass clippings can be used. It is important to have plenty on hand.

Prepare your seed bed. Plant the seed pieces. They can be placed on the surface or lightly trenched, spaced as usual. Loosely shake mulch over the bed, 6" - 10" deep. As the plants grow, continue to add more loose straw, as if hilling. Be sure you keep the tubers well covered so that sunlight doesn't get to them and turn them green. The mulching method provides excellent weed and moisture control and reduces stress due to heat. At harvest, pull back mulch. Your nest of potatoes will be clean, uniform and easy to harvest.

## **Cage Method Alternative**

Grow potatoes in vertical boxes, cribs, barrels or wire cages. Set your cage on prepared soil. Plant strong seed pieces 6" - 8" apart and cover lightly with 4" of soil. When the plant emerges and grows, begin adding mellow compost, mulch or soil always leaving at least 6 inches of plant exposed. Continue this process until the plants stop their upward progress and/or blossom. Then let them finish out their growing season providing them with plenty of water. As the plant stems lengthen, so do the length and number of underground stolons, which are what produce the potato tubers. More potatoes form in less space and the yield is increased 2 or 3 times. This is a great way to grow a lot of potatoes with limited garden space.

## **Weeding and Cultivating**

Weeding is essential during this early part of the season. Using a hoe in a cultivating manner is a good way to check weeds when they are seedlings. Later, potato plants can canopy the soil and weed problems are slight. Pull out the ones that pop out. After hills are formed, mulch may be applied to retain moisture and suppress further weed growth.

## **Watering**

Potatoes can be dry-land farmed where moisture retention and natural rainfall are adequate. However, if your summer is long and dry, your soil is sandy, or you would like to increase yields, you'll want to water.

Potatoes need about 1" - 2" of water per week. Keep the soil evenly moist, but not too wet, from the time of emergence until then end of the season. Try not to let the soil completely dry out as this will cause sudden re-growth when watered, giving your tubers ears and noses, splits, or hollow heart. Each time you water, let it soak down 8" to 12". A few thorough waterings, along with your efforts at hilling or mulching will be an adequate program to conserve soil moisture. Come up with a schedule, every three days or so, to check the soil moisture down at the roots.

Stop or slow down watering at the end of the growing season when plants turn yellow and begin dying. But make sure the soil does not completely dry out. You want some soil moisture but not as much as you had while the vines were drinking it up. Harvesting in drier soil is easier and potatoes are better cured and ready for storage.

## **Fertilizing**

Other than green manures, the best organic fertilizer for potatoes is good compost mixed into the soil the fall before planting. You may also mix in some compost before planting, however make sure it is done composting. Fresh manure will cause scab in the potatoes. Try to use compost that is 2 years old or more. The older the better. Adding compost to the soil is a good start for beneficial soil microbes.

The sugar in molasses is a good way to enhance the health of potatoes and the soil by feeding and multiplying the beneficial soil microbes. Fill a 5 gallon bucket with water and add one cup of molasses to soak for a day and night. Place the bucket in a hall or pathway so that you can stir it when you walk by several times that day. Apply the liquid molasses so that it soaks into the root zone of the potatoes. You can do this 1 to 4 times during the growing season.

Another benefit to increasing the population of beneficial microbes in your soil is that they will compete against the harmful soil fungus that causes scab. Amazing results!

## **Gophers**

Gophers can literally undermine your best potato crop. They are best kept in line by a strong patrol of hunting cats or dogs. Lacking that, trapping is effective. Good gopher traps can be bought at local feed stores. Several Jerusalem Artichoke growers have reported that the gophers prefer the Jerusalem Artichokes and will leave the potatoes alone.

## **Pest Control**

The Colorado potato beetle is the most widespread and destructive potato pest. Both adults and larvae feed on the leaves and stems, sometimes defoliating entire plants. Hand picking is a fine control, if the problem is small and you catch it early. Pick into containers, then smash them all at once. Beetles overwinter in the soil, especially at the edges of the garden. Rotating your potato crop is essential!

Plan a trap: as early in the spring as you can manage, set out eggplants near last year's potato patch. Beetles love eggplants, and over-wintering bugs will find your trap directly. Pick and destroy, and plant your potatoes later, in a new location.



# Potato Growers Guide

## Digging New Potatoes

In approximately 40 - 60 days after planting, the early potatoes may have blossomed. This is your sign that new potatoes may be ready, so carefully poke into the potato hill by hand to see what you can find. You may either "rob" from several plants, or simply harvest an entire plant from the end of your row. "Rob" gently to avoid injuring remaining roots and stressing the plant. They are delectable fresh treats creamed with new peas!



## Harvesting the Main Crop

For later varieties used for winter storage, the plants should be mature, the vines dead. Heavy frost will kill the vines, or, if your tubers are up to size and there's no frost in sight, you can mow them or cut them by hand with a sickle. Drier soil is definitely an advantage of harvesting potatoes.

When the vines are dead, leave the tubers in the ground for two weeks. The skins will "cure" or toughen, protecting them from scuffing and bruising during harvest. This will help prolong storage life. Minor injuries can heal if allowed to dry.

Harvest potatoes in the morning hours while it is still cool or warm - not hot. Or, if your soil is freezing at night, wait until the sun takes the frost out of the soil and then harvest. If hand digging, place your shovel outside the hill at first to avoid stabbing a good potato. If the soil is wet, let them air dry on the surface before gathering them. You can take the time to "field grade" your potatoes by sorting and discarding blemished, scabby, misshapen or injured tubers. Share a portion of your best potatoes with family, friends, and your local Food Bank, who will thank you for your generosity!

**As soon as a farmer can afford to do so, he moves to the city, and then, as soon as he can afford it, he gets himself a country place.**

**Unknown**

**God Almighty first planted a garden. And indeed, it is purest of all human pleasures.**

**-Francis Bacon**

## Potato Storage

For long term storage, potatoes keep best at 40 degrees Fahrenheit. Under good storage conditions, potatoes will keep for up to six months. Keep them dark. Light, as well as warmth, promotes sprouting and will also turn the potatoes green. We recommend burlap sacks, netted sacks, slotted crates or baskets for storing potatoes over winter.

Potatoes stored at 33 to 40 degrees Fahrenheit will likely convert their starch to sugars. These usually taste slightly sweeter but with their potato taste still intact. When these potatoes are fried, they tend to turn brown sooner. You can take the potatoes out of storage and keep them in the warmth, but out of the light, for a day or two and they will get some of their starch back. Storing potatoes at 50 degrees Fahrenheit will keep the starches intact. This will be the ideal temperature if you are going to fry the potatoes, make potato chips, or you prefer the starchier potato taste. However, they won't last as long in storage as the ones kept at 40 degrees.

Heaping them in piles is common in root cellars. But it is important to pile potatoes in several small piles rather than in one big heap. The bottom potatoes may be bruised by the weight of those on top. Large amounts tend to heat when ventilation can't reach the center of the pile, lowering quality and shortening storage life. Or set up shelving where containers can be "stacked" and still allow for good air circulation.

Humidity should be high (80 - 90%). Although potatoes lose moisture through respiration, low humidity is the main cause of shriveling in storage. We are always asked about refrigerator storage. It works well if you use the vegetable crisper and avoid dehydration. For the most part, refrigerators work hard at keeping the humidity low.

We understand not many of our customers actually have a working root cellar, yet they still want to keep their potatoes. Partially heated garages, sheds, closets, porches or back rooms are excellent sites for storage. Keep the area as cool as you can, protect from freezing, insulate in some way from your heated living space, and you can probably keep them a good while. Sometimes the crawl space is a good place to test out for storage. Just don't forget they are down there! They will either grow and find a crack to break out to the sunlight, or they will rot and smell up the place.

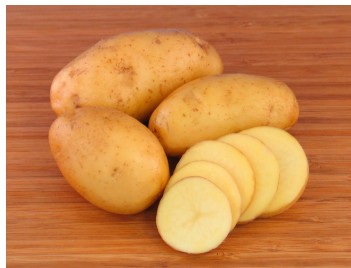
Most experts recommend keeping stored apples and potatoes separate, because apples give off ethylene gas, which promotes sprouting in potatoes. It's not always possible or practical to segregate potatoes from apples. We find ventilation is the answer. In a well-ventilated root cellar, the ethylene gas fumes are carried off by air currents instead of settling down around the potatoes. We've also found that storing apples with potatoes will tend to give the apples a potato taste. This is because the apples are "breathing" the same air. Bringing your apples out and leaving them on the kitchen table for a few days will eliminate the potato taste.





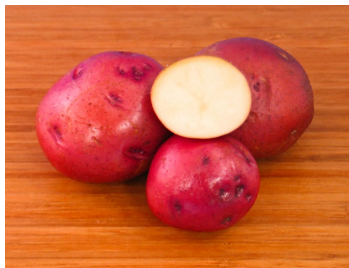
# Early Potatoes

Short Season Maturing 60 - 80 Days



## ADORA (NC, N) - Low Carb

Here's a good potato for those watching carbohydrates. Tests showed that a 5.2oz Adora potato contained 87 calories while the equivalent Russet Burbank, contained 117 calories. Originally bred by A.D. Mulder in the Netherlands. High yielder with nice tuber uniformity. Great for boiling and baking. Good keeper.



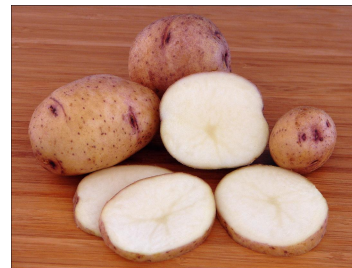
## BISON (NC, N)

This great all-around, white-fleshed, red-skinned potato bakes, boils, and fries with minimum shrinkage while retaining smoother firm texture. Be careful if you "rob" the plant for creamed peas and new potatoes...you may end up eating all the new potatoes, leaving none to mature. A nice round potato with bright red skin.



## BLISS TRIUMPH a.k.a. RED BLISS (NC, N)

An heirloom variety known throughout the northern areas and into Canada. Light pink, thinned skinned large tubers with high yields make this heirloom variety a real treasure. Bliss Triumph is treasured by many for early creamers and steamers because of its divine flavor. Early Rose cross.



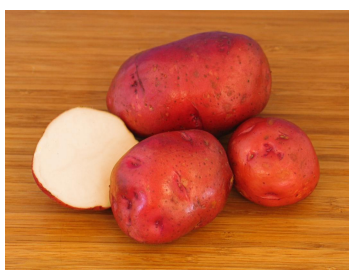
## CARIBE (CS, O, N)

An increasingly popular bluish-purple skinned potato with snow-white flesh that boils, steams and makes the lightest and fluffiest mashed potatoes one can only imagine. Excellent yielder of uniform tubers over 4 lbs. per hill, and reports of as high as 11. Adaptable anywhere in the U.S.



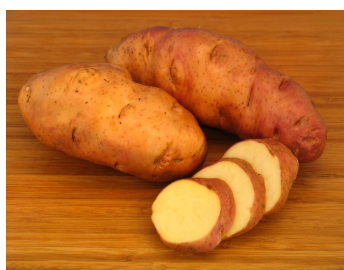
## DAKOTA ROSE (NC, N)

A new release from North Dakota showing high yields and an attractive appearance. Deep red color, smooth, round, to oblong potatoes with shallow eyes. Good storage potato as it keeps its skin color without fading. Actual season is Early to Mid, 70-90 days.



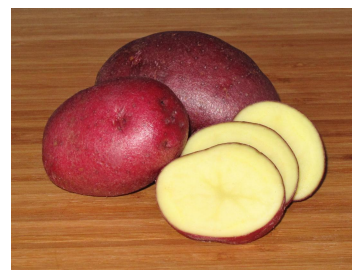
## DAZOC (NC, N)

A 1953 release from Nebraska that has long since disappeared from commercial markets but kept going by those who love this potato and who can store them until the next crop comes in. Round red deep eyes, excellent flavor, delicious baked and great hash browns. Stores well.



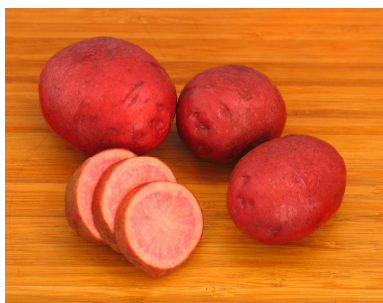
## EARLY ROSE (NC, N)

A true vintage potato from the 1860's that has stood the test of time and loved and enjoyed by gardeners for over a century. Early Rose has smooth pinkish skin and delicious white flesh streaked with red. Selected from self pollinated seedlings of Garnet Chili by Vermont farmer Albert Bresee. The parent to the now world famous Russet Burbank.



## ROTE ERSTLING (CS, N)

A Swedish potato grown in Alaska, the Rote Erstling puts on a nice, sometimes crackled red skin with delicious yellow flesh. It has the toughness to grow in a harsher climate, yet a delicate simplicity on the inside. A good general purpose potato with an excellent taste.



## MOUNTAIN ROSE (CS, O, N, CO-PVP)

A brand new bright red inside and out potato from Colorado, bred and raised here by Dr. Holm. Verlin Rockey had asked Dr. Holm to come up with a good red flesh potato that could be fried without turning brown, and here's the result. Excellent as potato chips and French fries. It's also great for baking, mashing, and Fourth of July potato salads. Enjoy these as oven fries with any meal, or a snack all by themselves. High in antioxidants! Actual season is Early to Mid.

**Watching something grow is good for moral. It helps you believe in life. - Myron S. Kaufman**



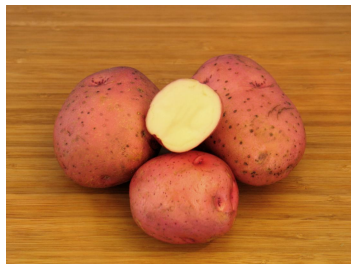
## PURPLE MAJESTY (CS,O,N, CO-PVP)

Another new potato variety from Dr. Holm in Colorado along with Mountain Rose. This one is a purple inside and out potato, also bred to be a fry type potato and tastes great baked or boiled. Very nice uniformity and yield. Purple Majesty™ potatoes are loaded with 235 milligrams of anthocyanidins per 148 gram serving (approximately 1.5 potatoes), nearly twice the amount found in any other produce item at a fraction of the cost. Anthocyanidins are a subclass of high-potency antioxidants shown to reduce the risk of cancer and heart disease, lower cholesterol, strengthen the immune system and decrease age-related memory loss. Actual season is Early to Mid.



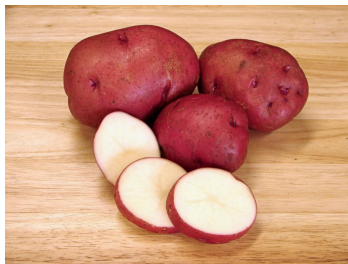
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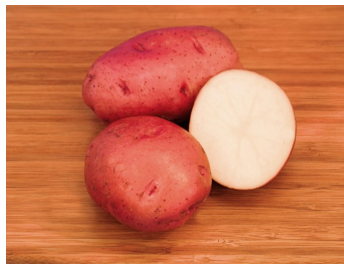
## REDDALE (NC, N)

Large, round-flat tubers with white flesh. A uniform and prolific producer of consistently shaped taters. Great eating qualities, especially good for baking. Every year or two we have a customer send in a picture of their giant sized Red Dales, so with the right growing conditions, this one can get big. Resistant to scab and stores well.



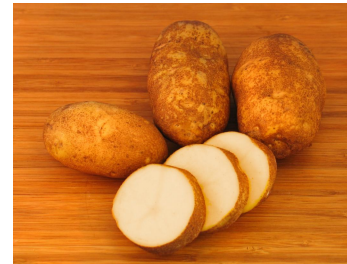
## RED NORLAND (CS, N, C)

Anxious for the first red potatoes from your garden? This is the one you want. Very smooth skin, white flesh, good yielder of medium to large sized consistent tubers. Excellent boiled and in salads. Not many red skin varieties work well for frying, but this one will do the trick. Very popular in the potato belt.



## RED PONTIAC (CS, N, C)

Most likely the easiest and most adaptable red potato there is to grow, not to mention the consistent flavor! Attractive deep red skin and eyes, white flesh. The tuber of choice for new potatoes or fresh eating. Red Pontiac came from Florida in 1945 so it grows well in both the South and the North.



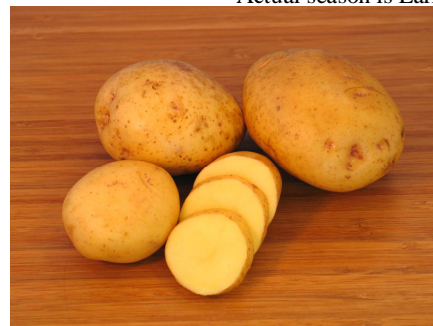
## RUSSET NORKOTAH (CS, C, CO-PVP)

Released in 1987 by Dr. Robert Johansen of North Dakota, and widely accepted by the potato industry because of its excellent baking, boiling, French frying, chipping and scalloping qualities. This uniform yielder is a good choice as a single potato crop for gardeners with limited space. Scab resistant. Actual season is Early to Mid.



## PURPLE VIKING (CS, O, N)

When we give Purple Viking to someone, they always come back for more. Of those who try it, most will fall in love with the taste no matter what kind of dish it is prepared for. Purple Viking excels as mashed potatoes, giving them a unique texture and taste that pleases with every bite. Also great in salads or as a baked potato. Purple Viking has all the characteristics of its parent Viking Red, but it has a true purple skin with pink-red splashes. Perhaps its most remarkable attribute is its snow white flesh with a very smooth texture. Drought resistant and a yielder of large tubers. Its unique taste is loved by many and will get sweeter in long term storage.



## YUKON GOLD (CS, O, N)

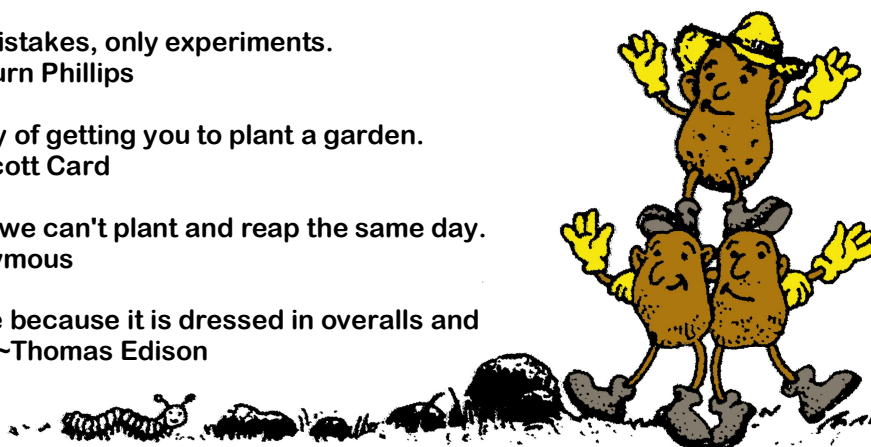
Our best seller and an excellent keeper. Attractive, smooth, thin yellow skin, shallow eyes, yellow flesh and uniform yields. Lends itself well to any method of potato preparation. Immensely popular since its 1981 release from Canada. If you like your fried potatoes golden brown, Yukon Gold will almost turn that color by themselves. Yukon Gold is also favored by top chefs for making traditional mashed potatoes, the ones that are made from the all American Russet potato. However, with Yukon Gold, your mashed potatoes are golden and beautiful to both the eye and the taste. When first harvested, Yukon Gold shows unique pink eyes not seen in other yellow varieties. They are at their best when home grown.

There are no gardening mistakes, only experiments.  
Janet Kilburn Phillips

Unemployment is capitalism's way of getting you to plant a garden.  
Orson Scott Card

Like gardeners, we need to learn that we can't plant and reap the same day.  
Anonymous

Opportunity is missed by most people because it is dressed in overalls and looks like work. ~Thomas Edison

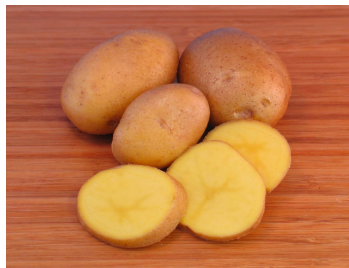






# Main Potatoes

Mid-Season Maturing 80-100 Days



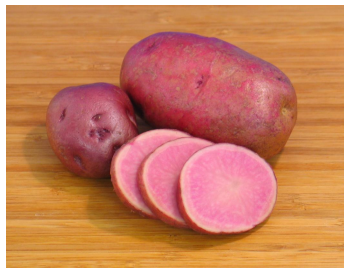
## AGRIA - Alby's Gold (NC, N)

A Dutch delight from Holland with thinner, smooth yellow skin, shallow eyes and deep yellow flesh, Agria is excellent anyway you prepare it. High yields with round to oval tubers. One of our best potatoes for long term storage. Slightly bigger than the equivalent potato German Butterball with the same great taste.



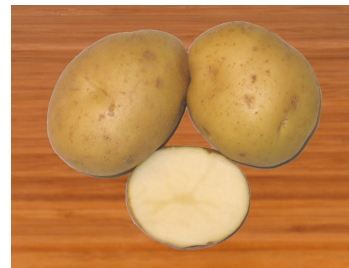
## ALL BLUE (CS, O)

With deep blue skin and flesh that almost appears purple, here is another potato to brighten your table and your favorite potato salad. A family favorite for making awesome French Fries or Oven Fries. Abundant yields of medium sized oblong tubers.



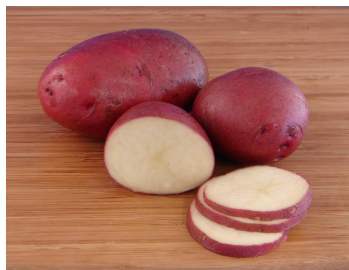
## ALL RED (CS, O)

Robert Lobitz released his All Red variety through Seed Savers Exchange in 1984. It was bred from a potato named Bison and can grow well in drought conditions. Many use this in their potato salads. Rich, earthy flavor.



## ATLANTIC (CS, N)

High yielding Atlantic is widely grown for making potato chips. It produces attractive, medium sized, white tubers and works best if grown in Northern climates. Released in 1976 and considered by some to be a russet. It is a dry type potato that is good for frying, boiling and baking. Shows resistance to common scab.



## COLORADO ROSE (CS, O, N, CO-PVP)

Developed by Dr. Holm to replace the Sangre's deep eyes. Colorado Rose is a beautiful red skin potato that holds its color in storage and is bigger than the Bison. Easy to peel and excellent mashed. Works great in all the traditional red potato dishes.



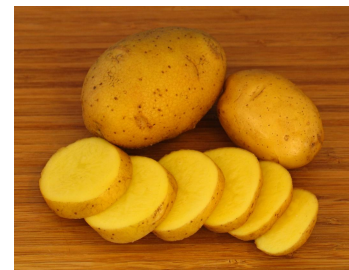
## DESIREE (CS, O, N)

The most popular "red" potato in Europe. Round to oblong tubers, satin-like pinkish/red skin and gourmet quality creamy-yellow flesh. Prolific yields of excellent all-around cooking potatoes. Very resistant to common diseases. An easy and very reliable gourmet potato to grow.



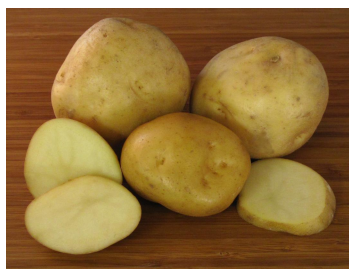
## DURANGO (CS, N)

Durango Red keeps its color well in storage. It is an all-purpose red skin white flesh potato that sets about 9 tubers per hill. Good for boiling, mashing, baking, or frying. This one has a slightly thicker skin so that it doesn't peel as bad during harvest.



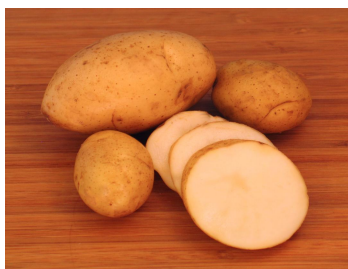
## CRACKLED BUTTERBALL (NC, N)

A 2008 German Butterball x Agria cross by Verlin Rockey. This is a great way to get the German Butterball taste in a larger potato. With a unique characteristic of a crackled skin, it is easily washed with a vegetable brush.



## IRISH COBBLER (NC, N)

A well-respected heirloom and a popular favorite since its release in 1876. Round to oblong shaped tubers with white skin, flesh, and deep eyes, Irish Cobbler is deliciously mealy and makes the greatest mashed potatoes. Reported to have a strong potato flavor and a nutty aroma to the skin. Nicknamed "Old Reliable" because of its consistent yields year after year.



## KENNEBEC (CS, N, C)

One of the top ten potatoes grown in Maine and there is no question why! High yields of large, white skin, white fleshed tubers that grow well under harsh conditions. Kennebecs are superb boiled, mashed, fried, hashed or baked. Good jacket potato - smoother in sour cream, cheese, chives and bacon. It's absolutely perfect.



## KEUKA GOLD (NC, N)

Relatively new round to oval released in 1999 from Cornell University Experimental Station. Similar texture to Yukon Gold, with slightly thicker skin and crisp golden color. Its strongest characteristics are high yields, yellow flesh and few external defects. A good choice if you've experienced scab problems or want higher yields than Yukon Gold.



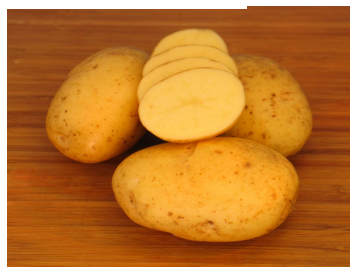
## KRANTZ (NC, N)

A great Russet that likes to grow large potatoes. It is excellent for boiling, baking and French frying and is known in the industry as a better than average French fry potato. Shows resistance to Late Blight and is highly resistant to scab.



# Main Potatoes

Mid-Season Maturing 80-100 Days



## MARIS PIPER (CS, N)

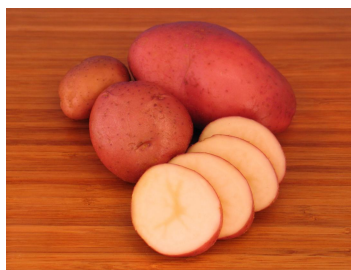
This favorite from the British Isles never disappoints! Producing high yields of large, cream skinned, cream fleshed oblong tubers, Maris Piper makes awesome French fries and mashed potatoes that are out of this world. It's very similar in taste and texture to the Kerr's Pink and Yukon Gold potatoes with higher yields. It is regarded as a white potato although technically, its skin is more yellow in color. Good for mashed potatoes, baking, wedges, French fries, chips, or general frying.

## Maris Piper Garlic Fries

- 3 large Maris Piper potatoes
- 1/2 teaspoon salt
- 3 Cloves of Garlic, Minced
- 1 tablespoon parsley - finely chopped
- 2 tablespoons oil

Use any variety but you must try Maris Piper. Once you do, you'll see why.

Preheat oven to 400 degrees. Heat the garlic and oil in a small saucepan over medium heat for about 2 minutes. Strain the garlic from the oil and set both aside. Cut the potatoes into 1/4 inch sticks. In a large bowl, toss the potatoes, salt and oil. Spray a cookie sheet with cooking spray and spread the potatoes in a single layer. Bake until golden and crisp, about 35 minutes. Remove potatoes with a spatula from cookie sheet, toss with parsley and reserved garlic. Add additional salt to taste. - Recipe from Michelle Lehman



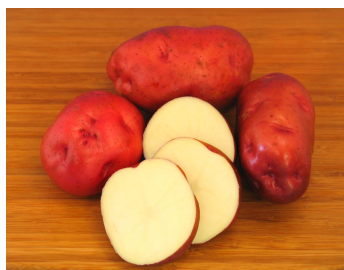
## PINK PEARL (NC, N)

Lovely pink skin with white flesh. These oblong tubers grow on vigorous plants with high tuber set and high yields. Boil, steam, bake, fry, or roast. Always tastes good. Resistant to late blight, good keeper. A 1962 release bred in Canada and loved in Newfoundland.



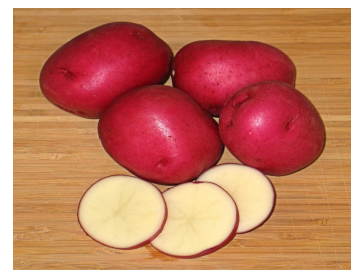
## RED GOLD (CS, O, N)

Medium sized tubers, light red skin wrapped around a delicate yellow flesh that has the texture and flavor no other potato has. Semi-moist, high yielder and shows some resistance to scab. Excellent steamed, boiled, baked, fried, mashed, roasted or scalloped. Named after the Red River, which runs between North Dakota and Minnesota. Good eating for 3 to 4 month storage.



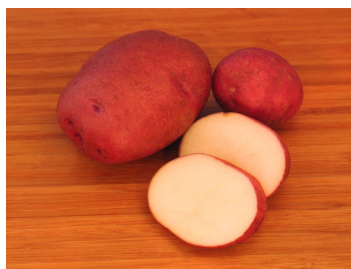
## RED LA SODA (CS, NC, N, C)

If you have ever bought red potatoes in the store, chances are you have eaten these delicious potatoes. They are adaptable to a wide variety of climates and soil conditions. A great choice for the South as they are resistant to wind and heat. Round tuber, smooth skin and distinct eyes. Good keeper. Moderate resistance to early blight. Bliss Triumph x Katahdin cross.



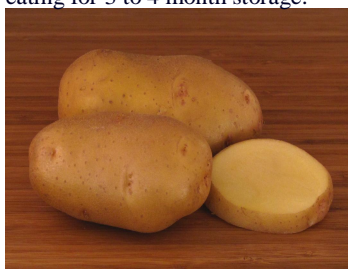
## RIO COLORADO (N, CO-PVP)

This is the potato to get if your goal is to harvest many creamer sized delectable tubers. Beautiful red skin and delicious white inside. Great for restaurants looking for the smaller size to roast. You'll need to kill the vines early for the smaller size if you let this one grow to maturity, there will be many medium sized tubers for an abundant harvest.



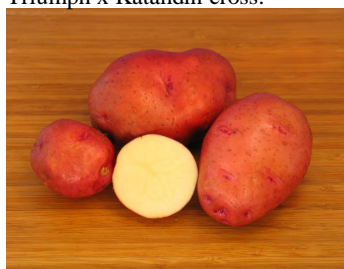
## SANGRE (CS, NC, O, N)

One of the better tasting red skin cultivars. Dug early for an abundance of small red tubers, used in restaurants cooked whole on the plate, with olive oil and a few flakes of parsley...Yummm! Let grow full season for normal sized delicious Reds. Best if grown in dryer irrigated climates similar to Colorado and Idaho, not so well in wet or hot climates.



## SIEGLINDE (NC, N)

A good waxy type potato from Austria and Germany, Sieglinde is great for making beautiful potato salads with rich, buttery flavor. Preferred in European cuisine due to its thin skin. Very easy to grow and is an abundant producer. Roast, boil, or steam.



## VIKING (CS, C)

Bright red skin, holds well in storage. Full bodied flavor for baking and boiling that is extraordinary. Grows great in Texas and hot climates as it has ability to withstand heat. Rapid sizing, can grow from golf ball to baseball size overnight.



## YELLOW FINN (CS, O, N)

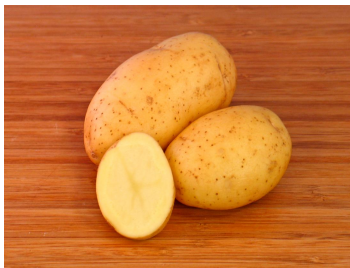
Yellow Finn's buttery sweet flavor distinguishes it from any other potato. Produces excellent yields of flat, round, sometimes pear-shaped tubers. Performs best with a lush, long growing season. Moist, mashable texture and an excellent keeper. One of our favorites.





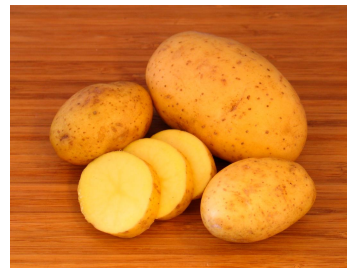
# Storage Potatoes

Late-Season Maturing 100-130 Days



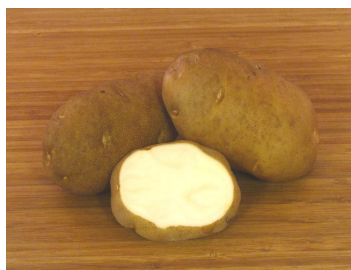
## **BINTJE (CS, O, N)**

Developed in 1905 by Dutch schoolmaster, K.L. de Vries. The result of a classroom genetics demonstration and named after a star pupil, this variety has stood the test of time. Because of the high yields, the variety was for a time, called by a different name - Rijkmaker (Richmaker). At first it wasn't popular for human consumption because it wasn't mealy enough. However, in time, new markets were found and in Paris, they discovered that it made excellent French fries. High yielder of medium sized smooth skinned tubers and excellent storage qualities, with a flavor that is outstanding anyway you prepare them. This is the top potato variety grown in the world.



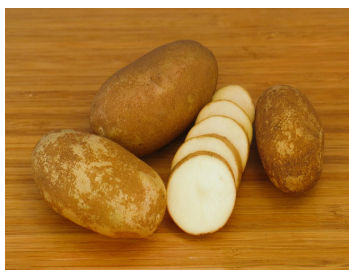
## **CAROLA aka Carole (CS, O, N)**

This yellow from Germany is heralded by potato lovers as one of the best. Produces an abundant basket of tubers under each hill. Oblong to round tubers with smooth yellow skin and flesh that has the texture, moisture and taste of a new potato even after months of storage in the root cellar. Boils, bakes, mashes and hashes that are out of this world as well as makes some of the best scalloped potatoes around. Shows some scab and disease resistance, also excellent storage qualities.



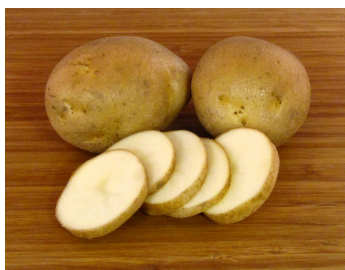
## **BUTTE (NC, N)**

Butte has a very light tan brown russet skin and produces very high yields. It has up to 20% more protein than any other potato. Good as a general purpose potato including mashed potatoes and great as a baked potato. Shows resistance to late blight and common scab.



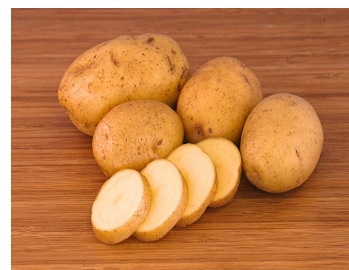
## **CANELA (CS, O, CO-PVP)**

A new beautiful looking russet, Canela yields large uniform potatoes that look like the picture perfect baked potato. Set this next to a steak and you'll have a meal to remember. A good potato for storage as it has a long period of dormancy. It prefers to be planted in April or May.



## **CALWHITE (CS, NC, N, C)**

CalWhite is a medium to large oblong potato with rough to netted buff skin and white flesh. Will perform well in hotter climates and tends to be a good producer. Stores well. Excellent for baking or French frying. Some suggest spacing fairly close to avoid oversized tubers. Extremely popular in Bakersfield, CA.



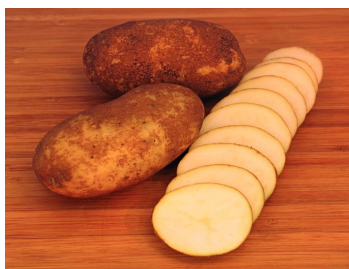
## **GERMAN BUTTERBALL (CS, O, N)**

To say that this potato is excellent, might be considered by some, an insult. After just one bite of this mouth watering creamy yellow flesh potato you'll know why it won first place in Rodale's Organic Gardening "Taste Off". Introduced by David Ronniger in 1988 from a handful of potatoes which he then increased.



## **INCA GOLD (NC, N)**

Beautiful golden skin with purple splashes and yellow flesh. A firm, round dumpling type potato, somewhat nutty taste, lends itself well to about any dish or style of cooking. Great for roasting, baking, boiling and mashing. Heavy stolons hold this potato to this incredibly vigorous root system. Long keeper.



## **LEMHI RUSSET (CS, N, LM)**

Classic in taste and look with that dark russet skin, this potato is sure to complete any meal. Makes golden French fries and stores well. Favored commercially over the Russet Burbank because of the higher yields and uniformity.



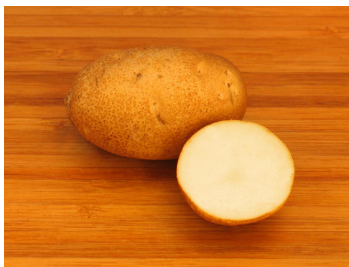
## **NICOLA (CS, O, N)**

The deepest darkest yellow potato in the world. Hails from Holland. Good all purpose potato, cooks great anyway! Doesn't need the extra condiments! Nicola is a beautiful golden yellow inside and out potato that works well for boiling, mashing, and roasting along with a unique nutty potato taste. This is a waxy type potato that makes it great for salads too. When baked, this potato's excellent taste can stand alone without adding the extra condiments and is becoming one of our favorites. Shows resistance to scab and to drought conditions.



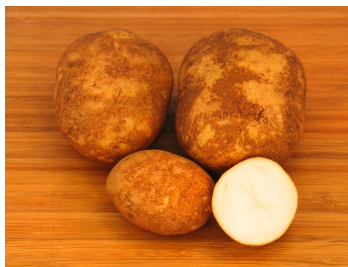
# Storage Potatoes

Late-Season Maturing 100-130 Days



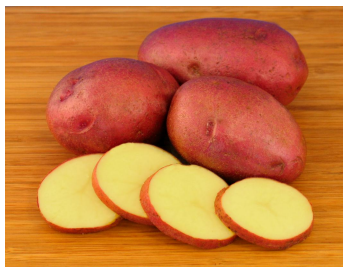
## RIO GRANDE RUSSET (CS, N, CO-PVP)

Here's a russet bred and grown from the waters of the Rio Grande River. You'll be amazed at how nice and uniform this one looks at harvest. Light russet skin and white flesh. Great as a baked potato or fixed anyway you like them. High yield potential and resistant to common scab.



## SIERRA RUSSET (NC, N)

One of our favorite Russets, due to the consistency and uniform size, also excellent eating qualities. Released in California. Heavy netted Russet-type, long-to-oblong, medium-to-large size. Vines show good vigor, tubers resistant to scab and hollow heart, excellent storing potato.



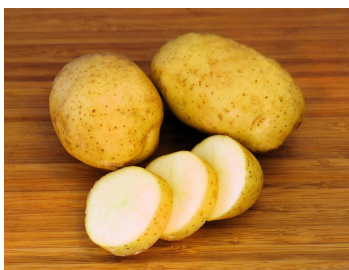
## ROMANZE (CS, N, PVP)

Pronounced the same as "romance". We were amazed at how great this one tasted when we first tried it. Romanze has beautiful light red skin and golden flesh on the inside. Very similar to Red Gold except it has a solid color skin that's better for display. Will produce a nice yield of medium to large tubers.



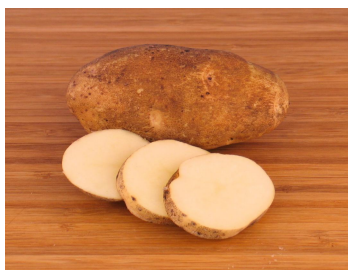
## SNOWDEN (NC, N)

If you've ever eaten potato chips, this was quite possibly the variety. Snowden has excellent chipping quality from the field and from storage, also great for boiling and baking. Plant these 12 to 15 inches apart and use lots of water to get a good size. A closer spacing will produce smaller tubers. Shows moderate resistance to scab.



## SNOW WHITE (NC, N, LM)

Try this one for awesome snowy white mashed potatoes. Dad says these have a "fabulous" taste and that you can eat the soft white skins, the skins having the same look as a russet. Snow White will grow to a nice and long oval shape.



## RUSSET BURBANK (CS, C)

*The Idaho Potato* that Idaho built its reputation on. Also known as the "Idaho Netted Gem" or simply "The Russet". It is the most widely grown potato in the U.S. We have eaten literally thousands of them baked, and the last one tasted just as good as the first. Dr. Burbank even admitted he was fortunate to have bred this cultivar.



## Saving Your Own Seed Potatoes

1. During the growing season, pull out any sickly or diseased plants and the tubers.
2. Diseases can spread from tomatoes to potatoes; don't plant them in the same area.
3. Select seed from only the healthiest plants and healthiest potatoes.
4. Choose medium size tubers, (the size of a hen or goose egg), that are well-shaped, uniform and typical of the variety you planted.
5. Select seed potatoes that are free from scab, cuts, bruises or blemishes.
6. Carefully exclude very large, overgrown tubers and those that are ill-shaped.
7. Store them in a good cellar with constant 40° Fahrenheit and high humidity.
8. If your potatoes begin to "run out", that is, your yields decrease from one year to the next, you'll want to start over again with Certified Seed Potatoes from Colorado or other states with an excellent program. The reason a seed stock will run out or lose yields is because a disease has been vectored in by a pest or other means.





# Fingerling Potatoes

Early, Mid, and Late



**AUSTRIAN CRESCENT**  
(CS, O, N)

Yellowish-tan smooth skin and light yellow flesh. Prolific yields of fingerlings to 10" weighing 3-7 ounces. Aside from excellent salad qualities, they are delicious simply boiled, steamed, or roasted. A high yielding fingerling, mid-season variety.



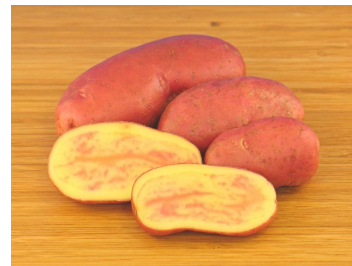
**RUSSIAN BANANA** (CS, O, N)

The superstar of the fingerlings and the easiest to grow. Developed in the Baltic Region of Europe/Asia and heralded as excellent for salads, it is a favorite among chefs and gourmet markets. Yellow, banana-shaped, waxy-type tubers with firm texture that have wonderful flavor baked, boiled and steamed. Late-season variety.



**BLOSSOM** (NC, N)

Bring a splash of color to your kitchen or farmers market with this unusual fingerling. With pinkish red flesh and red skin, this potato works well in roasting dishes. Produces larger tubers that also fit on the grill well. Mid-Season.



**FRENCH FINGERLING**  
(CS, O, N)

A gourmet quality fingerling with satin red skin and yellow flesh with an interior ring of red when cut across. Produces good-quality, medium sized tubers which are a great addition to any plate. It is said that this fingerling arrived in this country during the 1800's in a horse's feedbag. Mid-Season.



**KIPFEL** (NC, N)

One of the highest producers of the fingerlings, Kipfel has a more vigorous vine than the La Ratte or Banana, and the same great taste. Kipfel is a first choice fingerling if you have a clay soil and a hotter growing season. This is a good one for roasting in the oven. Mid-season variety.



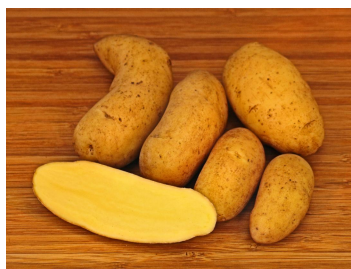
**LA RATTE** (CS, O, N)

Discovered in the Swiss Alps by French Farmer Jean Pierre Clot, the La Ratte fingerling has a rich and chest-nutty flavor and has long been a favorite of fine chefs. Wonderfully smooth and creamy when pureed yet maintains a firm texture when cooked. Mid to late season variety.



**OZETTE** (NC, N)

Originally, potatoes were taken from South America to Europe before they made their way to the Americas. However, it is believed that the Ozette was brought directly from South America to Neah Bay Washington by Spanish Explorers in 1791. They planted them in a garden that was later abandoned when the Spanish left. Discovered by the Makah people, they began to grow them in their own gardens and named them after one of their villages. Introduced to the market by David Ronniger in the late 1980's, the Ozette is one of the tastiest of all fingerlings. Classic in appearance with pale gold skin and creamy yellow flesh. The slightly earthy, nutty flavor comes through beautifully when lightly steamed or sautéed. A Slow Food USA, Arch of Taste selection. Late variety.



**PEANUT** (CS, O, N)

These crescent teardrop finger potatoes are bursting with goodness from their nutty tasting yellow flesh and are wrapped in a light-russet skin. Very firm when cooked, holding well in salads or even better when lightly steamed or boiled and then sautéed with other veggies. Early variety.



**PURPLE PERUVIAN** (NC, N)

Purple through and through, small to medium tubers with many eyes. A true Peruvian variety that produces well in this northern hemisphere. A great conversation piece and a sure fired market potato. Mealiest of the fingerlings, delicious when fried and awesome when roasted. Late variety.



**RED THUMB** (CS, O)

The Red Thumb is a relatively new fingerling and with its one of a kind brilliant red skin and unusual red flesh, it cries out for a place in a gourmet setting. The uniformity of this particular potato makes it a favorite among chefs. Early variety.



**ROSE FINN APPLE** (CS, O)

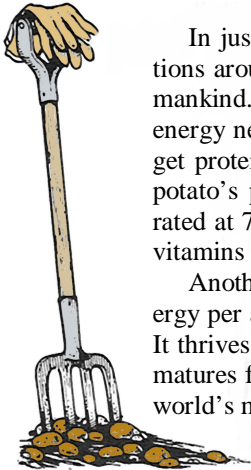
A rosy colored skin with deep yellow flesh and a waxy, firm texture. A great roasting potato, very popular and fun to grow. Delectable flavor and a fine keeper with vigorous vines. Many chefs are finding that these potatoes cooked and pureed lend themselves well as a soup thickener for sauces and gravies. A fine keeper with vigorous upright vines. Mid-Season.



# Potato Garden



**“There is no species of human food that can be consumed in a greater variety of modes than the potato.”**  
**Sir John Sinclair, 1828**



In just 400 years, the potato has replaced grain as a basic source of nutrition in many nations around the world, because the potato is the best all-round bundle of nutrition known to mankind. Its ratio of carbohydrate to protein is ideal — eat enough potatoes to satisfy your energy needs and you will automatically get much of the protein you need. Furthermore, you get protein of the type that you can readily use for body growth and maintenance. 73% of a potato’s protein is easily utilized by humans. Only eggs rank higher, at 96%. Soybeans are rated at 72%, corn at 54% and wheat at 53%. The potato also provides significant amounts of vitamins and minerals, especially Vitamin C, iron, thiamin, phosphorus and niacin.

Another virtue of the potato is exceptional productivity. No other crop produces more energy per acre than potatoes. The potato grows well at elevations from sea level to 14,000 feet.

It thrives in a wider variety of soils and under a wider range of climatic conditions than any other staple food. It also matures faster, yielding edible tubers in just 50 days, and reaching maturity in 60 to 120 days. Overall, the potato is the world’s most efficient means of converting plant, land, water and labor into a palatable and nutritious food.



## Certified Seed Potatoes



**Potatoes In Vitro**



**Mini-tubers From the Greenhouse**

Colorado’s certified seed potato program insures quality seed and prevents the spread of potato diseases. Without such programs in place, farmers would struggle with their seed stocks running out. Running out describes the process where diseases spread and multiply year after year and yields continually drop. The certification program also helps prevent certain diseases that can wipe out whole fields of potatoes in a single year.

We use a technique called micro-propagation or tissue culture. The process starts at the eye of a potato where new cell growth is harvested and planted in test tubes that contain a growing medium of minerals and sugars. The hope is that the new cells haven’t been infected with any diseases yet. These new plants are tested for diseases and only the clean ones are kept. The plants in the clean test tubes can be divided between each leaf node and replanted in jars in the same growing medium. This division, or micro-propagation is how we multiply the numbers of disease free plants.

Next, we take the plantlets grown from the micro-propagation process and plant them in green houses to produce

mini-tubers called “nuclear” seed. The Certification Service inspects the plants visually and conducts disease testing on the leaves and the mini-tubers produced. The lots that pass inspection and disease testing are kept in storage for the following year.

The mini-tubers are then planted outside in the field to produce regular sized seed potatoes. These plants are also visually inspected and disease testing is conducted on the leaves and the tubers. A “winter” test is also conducted by planting a sample from each lot in a warmer climate like Texas or Florida with the same visual inspections and leaf and tuber tests conducted. The first year planting in the field produces Generation 1 (G1) seed. The second year planting and testing produces G2, the third G3 and so on until 6 years have been reached. The lots are no longer certified after 6 years since the impact of pests makes it impractical to continue. However, tissue culture, nuclear seed, and G1—G6 seed are continually produced each year to make sure there is no gap. The seed potatoes in this catalog are Generations 4 and 5.





# Onions and Shallots



## SHALLOT SETS

### YELLOW POTATO ONIONS

Potato onions are in the multiplier onion family, and once commanded an important and well-loved position in home gardens and commercial farms in the early 1900's. The Potato Onion produces a medium-sized bulb 1" - 2" in diameter, which resembles a common storage onion, yet its long-term storage ability far exceeds any onion that we have seen. During the growing season, the sets you plant divide underground to form clusters or "nests" of as many as 5-9 onions. Some will be large for table and storage use and the small ones are your sets for next year! If you fall plant a number of the larger bulbs, you can enjoy the nicest early spring green onions the following year. We have planted both spring and fall with good results. Expect to harvest by mid-July. They store until your new crop!



### OLD GERMAN SHALLOTS (Red)

This non-hybrid heirloom is a standard in Europe cuisine, although botanically very closely allied to the cultivated onion, the shallot, in its manner of growth, differs from it completely. It is a plant which seldom produces seed but has a profusion of leaves. When the bulbs are planted in the spring, they speedily divide into a great number of cloves, which remain attached to a common disc, and in a few months become as strong as the parent bulb. Native of Palestine, it has been in cultivation from a very remote period and there are now several rather distinct forms in existence. Small roundish pointed shallots with a rich brown skin and satisfying flavor.



### DUTCH RED SHALLOTS

This variety also stores well with a red skin and a red to purple inside. It has a nice raw taste and cooks to a delicious light flavor. Larger than Old German Shallots.

The onion and its satin wrappings is among the most beautiful of vegetables and is the only one that represents the essence of things. It can be said to have a soul.  
Charles Dudley Warner, *'My Summer in a Garden'* (1871)



## ONION SEEDS



### CIPOLLINI ONIONS

These flattened little onions are sought after for their distinct sweet taste, for bunching, braiding, or loose bagged. Small size (1 1/2"-3" diameter by 1" depth). A good onion for colder climates. Stores well, and fills the gap between winter-stored onions and the early new ones.

**Bianca Di Maggio—White Cipollini Onion**  
**Gold Coin—Yellow Cipollini Onion**  
**Red Marble—Red Cipollini Onion**

**Seed Packet (200+ seeds) - \$2.25 each**  
**Seed Packet (200+ seeds) - \$2.25 each**  
**Seed Packet (200+ seeds) - \$2.25 each**



### EVERGREEN SPRING BUNCH ONIONS

We discovered this hardy onion in a local's garden! Its attractive starburst seed head throws out many seeds which pop up in early spring around the mother plant. This non-bulbing allium is used for scallions in the spring when over-wintered, or in the summer if planted in the spring. We like these low maintenance beauties because they are easily divisible after plants are established. A little seed goes a long way with these!

**Evergreen Hardy White - Seed packet (200+ seeds) - \$2.25 each**



### PURPLETTE MINI ONIONS

Petite, beautiful little classy rich burgundy onion. For the specialty plate or gardener who loves something tasty and different. Reach half-dollar size at maturity yet can be harvested at nickel size, matures early at 60 days, mild and sweet, eat with peas and new potatoes.

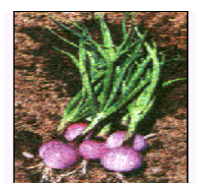
**Purplette—Early purple-red-skinned mini bunching onions with purple pearl ends**  
**Seed packet (200+ seeds) - \$2.25**



### SUPER STAR

Big, mild, white onion that's great fresh or fried. Can be an early green onion for your table or used later when the bulb sizes up. Leave the green tops on for a nice display at the farmers' market. Super Star is day-length neutral, which makes it widely adaptable.

**Super Star—Seed packet (200+ seeds) - \$2.25**



### RED LONG OF TROPEA

A unique red onion from Tropea Italy. It has a mild sweet taste that is enhanced with the right soil. We enjoyed harvesting and taste testing these for the first time. With the lowest lacrimal factor, the Tropea onion does not make you cry, well, almost.

**Red Long of Tropea—Seed packet (200+ seeds) - \$2.25**



# Onion Culture

& Real Salt



**Onion Culture:** Onions like full sun, fertile and well drained soils. The finest onions are grown in humus rich, sandy loam soils and will thrive with high organic matter. Seed onions are usually of better quality and quantity than set-grown onions.

**Planting:** Direct seed in April / May or as soon as the soil can be prepared in the Spring. Sow 1 - 2 seeds per inch, 1/4" - 1/2" deep rows 10" - 20" apart . . . thin to 3" - 4" for large onions. Potato onions and shallot sets require about the same care as onions, yet sets can be planted 4" - 6" apart in rows with rows 12" - 18" apart.

**Watering:** Onions are big feeders of water, compost manure, green cover crops worked into the soil before planting. Onions like about 1" of rain or irrigation per week. They like a pH of 6.8 - 7.0 and the most important thing with onions is to encourage them to grow tops early in the season. Fertilize early on and close to the bulb, or foliar feed, as onions have a coarse, small root system. There is no need to fertilize after bulbing begins, because the bulb size is determined by the size of the top.

**Harvesting:** When the tops die back, turn yellow and drop over, it is time to harvest. One short cut would be to roll the tops or break them all to expedite the process and make harvesting even. Onions can lay in the sun for a few days as long as the weather is arid through the nights. If not, they should be hung or placed on screens in a covered area.

**Storage:** When dry, clip off the tops and store in mesh onion bags and/or well ventilated boxes in a dry cool environment. High and dry—optimum temperature is 35 to 50 degrees.

“Happy is said to be the family which can eat onions together. They are, for the time being, separate, from the world, and have a harmony of aspiration.”

Charles Dudley Warner,  
*‘My Summer in a Garden’* (1871)



**REAL SALT** comes from a natural mineral rock salt deposit deep in the earth. A long time ago, when the mountains were being formed, near what is now known as the town of Redmond, Utah, there existed a super-saturated body of sea water. It congealed to form a great body of rock salt and captured within the crystallization a number of wholesome minerals. Light pink blocks of mineralized rock salt are hand selected from this ancient deposit, crushed, screened and then packaged under U.S.D.A. approved conditions, assuring you the finest natural mineral salt available today.

Item	Price	Shipping
9 oz. Real Salt Shaker	\$4.25	Use 1 lb rate
26 oz. Real Salt Pouch	\$7.25	Use 2 lb rate
10 lb. Real Salt Bucket	\$35.00	Use 10 lb rate
25 lb. Real Salt Bulk	\$75.00	Use 25 lb rate
8.25 oz Organic Garlic Salt	\$7.95	Use 1 lb rate

We are firmly convinced that **REAL SALT** meets and exceeds the nutritional needs of a healthy body as well as providing natural flavor for food enhancement. Our customers say the flavor is nature's best, you need only try it to like it.

**REAL SALT** is made from rock salt and is in it's truly natural state of pure sodium chloride and valuable minerals necessary for good health.

“I can't have salt or I really swell. Last year, I bought one pound of your Real Salt and could have all I wanted without a problem . . . It's great!

— L. Paecard







# Garlic

Garlic for Fall Planting - Shipping September - December



## HARDNECK GARLIC



### BROWN TEMPEST (Marbled Purple Stripe)

The brown cloves will carry a tempest to your mouth when eaten raw. And this raw power is what makes Brown Tempest a great garlic for seasoning as the garlic flavors come through nicely when cooked.



### CHESNOK RED (Purple Stripe)

This hard neck produces large bulbs with purple striped wrappers. The variety may have originated in Shevlisi, Republic of Georgia. It is superb for cooking, holding its flavor and shape and offers a distinctive, lingering taste. You get 9 to 10 easy to peel, large cloves per bulb.



### FRENCH ROSE (Rocambole)

This pretty variety produces a large bulb with 5 to 10 large cloves. The wrapper is clean, firm and white in color and the clove covers are pink. The flavor is relatively mild, even when eaten raw. It is a good storing bulb for a hardneck.



### ITALIAN PURPLE (Rocambole)

The basic Italian hard neck, also called Gambino and "Easy Peel." It produces large bulbs with easy to peel cloves that do wonders for Mediterranean cooking. Widely grown in the Ohio valley and Northeast and makes its way into a lot of home-cooked Italian suppers.



### KILLARNEY RED (Rocambole)

These cloves are easy to peel and this variety tolerates wet climates well. Nice sized bulbs with pretty pink skinned cloves, often about 8-10. Reported to be among the best tasting of the hardneck cultivars. Short storage life. Does better in the cooler climates. (North)



### PURPLE GLAZER (Glazed Purple Stripe)

A nice, easy-to-peel and easy-to-like purple stripe variety. It comes originally from the Republic of Georgia. It has pretty wrappers around a tan skinned clove. The flavor is pleasant with some heat that is not overbearing.



### ROMANIAN RED (Porcelain)

This variety is a long storing porcelain hard neck that was brought to British Columbia from Romania. The bulbs have very large, easy to peel cloves. The taste is hot and pungent with a considerable bite. Usually it produces 4 to 5 cloves per bulb and stores very well.



### RUSSIAN GIANT (Porcelain)

Six to eight giant, easy to peel cloves. This one can grow pretty large if the soil and conditions are right, and is fun to harvest and cook with.



### RUSSIAN RED (Rocambole)

This large hard neck has an easy-to-peel bulb. It is an old heirloom variety brought to the Northwest by Russian immigrants in the early 1900s. This variety is one of our favorites for great flavor that tends to be very hot. It grows well in cold climates.



**SIBERIAN (Marbled Purple Stripe)** A popular garlic with 5-7 large plump cloves. It has the most beautiful purple striped wrapper seen and is a good producer in the North. It also does well in the South where it is harder to grow hard necks. Alaskan fishermen obtained Siberian when trading leafy vegetables with Eastern Siberian farmers who only grew root crops.

## SOFTNECK GARLIC



### CALIFORNIA EARLY (Artichoke)

The mainstay of the Gilroy garlic industry, California Early is mainly grown for processing into powders and seasonings. It grows well in Northern and Southern climates and has a nice mild taste.



### CHET'S ITALIAN (Artichoke)

This prized softneck was found growing in an abandoned garden in the state of Washington during the 1960s and has become very popular ever since. It is relatively mild, though cold winters tend to ramp up the fire in the taste.



### EARLY RED ITALIAN (Artichoke)

A beautiful variety from southern Italy ready to season your favorite dishes. Selected by Telowa Farms in southern Oregon for its early maturing qualities.



### INCHELIUM RED (Artichoke)

This is just about everyone's favorite among the soft necks. Its relatively spicy but prolonged taste won the 1990 garlic-tasting test at Rodale Kitchens. Originally found growing in the Colville Indian Reservation. The bulbs can grow to 3 inches across. The flavor becomes more pronounced over time.



### KETTLE RIVER GIANT (Artichoke)

This artichoke soft neck can grow quite large, up to four inches at a time. It has been a long time heirloom garlic grown in the Pacific Northwest. Cold winters are not a problem. It also stores quite well. It has a medium heat and a rich taste, not unlike some hard necks.



### LORZ ITALIAN (Artichoke)

Lorz Italian Garlic was brought to Washington State from Italy by the Lorz family sometime before 1900. It is a Northwest heirloom with a zesty flavor. Stores well for six to eight months.



### RED TOCH (Artichoke)

This variety was collected in Tochliavari, Republic of Georgia. This is a rare collector's bulb. The bulb can be rather large, and the cloves can be red streaked. It does well in warm climates and tends to mature a bit earlier than most soft necks.



### SILVER ROSE (Artichoke)

A silver skinned wrapper that grows to a nice large size with beautiful rose covered cloves. Silver Rose is a very good keeper and has a moderate heat to the taste. Many plump cloves per bulb make this one a good choice.



### SIMONETTI (Artichoke)

These large white artichoke bulbs were uncovered in the Republic of Georgia by garlic researcher Dr. Phil Simon. Grows well in all climates. It has a pleasing taste with a mild heat. Good storage variety.

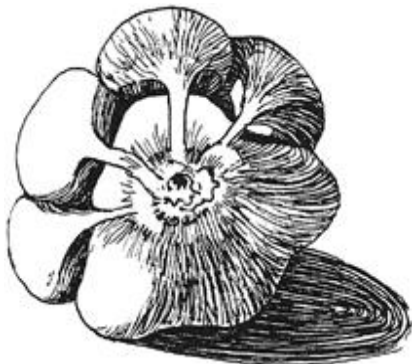


### SONORAN (Turban)

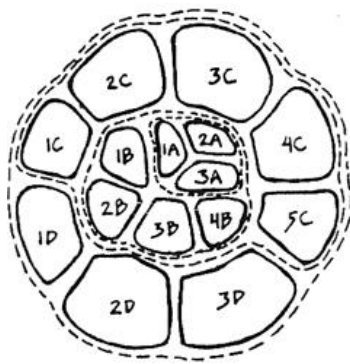
One of the most early maturing large sized varieties of garlic available that originates from Mexico. Sonoran prefers mild winters but has handled colder climates well. Grows large beige bulbs with occasional red streaks. May grow as a soft neck or hard neck.



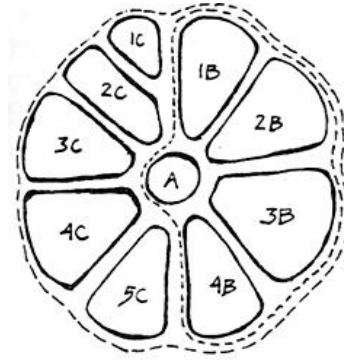
# Garlic Growers Guide



Softneck Bulb



Cross section Softneck



Cross section Hardneck

The world has become familiar with two main groups of garlic. They are commonly referred to as hardneck (ophioscorodon, bolting) and softneck (sativum, nonbolting).

The first category is hardneck (ophioscorodon) which produces a flower stalk much like wild garlic. These usually produce between 5 and 9 cloves per head. They grow in a circle around a woody stem and produce large cloves which typically have a more full-bodied flavor than their softneck counterparts. Most hardneck perform better in the northern regions with cold winters and do not store as long as the softnecks. They are easier to cook with because of being easier to peel and handle.

The second category is the softneck (sativum) which usually does not produce flower stalks. These usually produce between 6 and 18 cloves in multiple layers around a soft central stem. Softnecks have the longest storage qualities and are used for braiding purposes. If you have ever bought garlic from the supermarket, chances are it was a softneck.

**SOIL PREPARATION:** Deep till or spade beds, working in well-composted manure in the summer before planting. Rotate your crops and do not plan on planting garlic or any member of the onion family in the same areas three years in a row. Soil should be well-drained, fertile, loose ground. Garlic does not like wet feet, so if your soil tends to be wet in the winter, try planting garlic in raised beds.

**PLANTING:** The garlic we offer grows best when fall-planted. Dates vary from mid-September through November, depending on your climate. Usually plant one month before the real cold weather as this will allow time for initial root development and will strengthen the young plant for over-wintering. Water beds a few days before planting if the soil is very dry. This encourages early root growth before winter. Break open your garlic bulbs and loosen them into individual cloves. Select the firmest, largest, best looking cloves for planting. Discard any cloves with signs of decay, irregularities or damage. After deciding on the best spacing pattern for your garlic patch, plant the cloves, root-end down, one inch deep, (that is, to the first knuckle), by simply pressing the clove into the soil. Later, a light raking over the entire bed will cover the cloves. Where the wind blows, or it can get very cold, people do plant deeper, 2" - 4" inches is usually the recommended maximum depth.

**SPACING:** Garlic requires a minimum 4" to 8" spacing. In a 3 1/2 foot raised bed, we make three evenly spaced rows and plant the cloves 4" - 6" apart. Single rows may be planted with plants 4" apart and a minimum 8" - 10" between rows. Double rows can be created 3" apart with 6" between plants in a staggered or "triangulated" pattern. Leave 15" - 20" between double rows. Across the surface of a raised bed, you can create a "triangulated" pattern, leaving 6" between plants.

**MULCHING:** Loosely apply a good layer of hay, straw or grass mulch immediately after planting to protect the young plants through the winter. In the Spring, most of the plants will have no trouble growing up through the mulch, while a few may have to be "helped" by pulling the mulch back a bit.

**FERTILIZING AND WATERING:** In the Spring, water the garlic as you would any leafy green vegetable, keeping the soil moist but not too wet. The best fertilization for garlic is well-worked manure or cover crop residues in the soil prior to planting. However, early in the Spring, when the leaves are growing, green and supple, garlic responds to fish or seaweed emulsion every ten days or two weeks. By the time Summer heat arrives, the garlic stops actively growing leaves and begins bulbing.

**HARVESTING:** Harvest after the leaves have begun to brown but while there are still 5 - 6 leaves remaining on the plant. Pull a few plants to check for bulb division and that there is a good bulb wrapper around each clove. In good soil, the plants might be pulled by hand, but we recommend loosening the soil first with a spading fork. Brush off the soil lightly and loosen it completely from around the roots. Please do not try washing garlic bulbs with water. Drying is an essential part of the curing process. It is important to remove freshly dug garlic from the direct sunlight and it should be taken immediately to a curing shed.

**CURING :** Choose a shed, garage or open barn with good air circulation for curing the garlic. The stalks can be loosely tied in bundles of 8 - 12 and hung by nails from rafters, walls or loose partitions that you can build for this purpose. Spreading garlic out in single layers on screens, drying racks or slatted shelves is also good. Keep the bulbs exposed to the air. Garlic stores longer if it is cured with its stalk intact. Remember, good air circulation is absolutely essential for curing. Garlic should be cured for a minimum of three weeks and up to two months. If it is cool and humidity is high, you may want to use heaters and fans to keep the air circulating. After curing, you may trim the roots, cut off the stalks 1/2" - 1" from the bulb, and gently clean the bulbs a bit more with a bristle brush. Do not knock off the protective layers of papery skin.

**STORING :** Always store garlic loosely on netted sacks or hung in bunches with good air circulation. Avoid direct sunlight. Ideal conditions are 35 - 50 degrees Fahrenheit with a relative humidity of 60%. With good storage, garlic can keep well for six or eight months.





# Jerusalem Artichokes

## Sun Chokes



Native of North America, a type of sunflower whose tuberous roots have been eaten for millennia by Native Americans. The first recorded discovery of sunchokes in America apparently occurred in Native American gardens along the eastern coastline in the early 1600's. The Indians called them "sun roots".

A tall plant, with annual stems, but producing year after year underground shoots, which are swollen into genuine tubers. Tubers are red, white or yellow and form very late and should not be dug until the stems have nearly ceased growing. The inside has a delightfully sweet nutty flavor and is a little crunchy and watery when you bite into it. No starch, lots of iron, very earthy taste, has the food value of potatoes, so they are considered good food for anyone on a low-starch diet. Sunchokes may be an "adaptogen" — that is, something that can equalize acidity / alkalinity and blood sugar levels in the bloodstream. It can work very rapidly and very effectively.

Sunchokes are delicious eaten raw as they have a crisp, juicy texture like water chestnuts. We like to slice or grate them for a zesty addition to any fruit or vegetable salad. We have found that steaming or boiling is the best way to cook them, with a little butter and Real Salt.

**Plant, hill, culture and harvest sunchokes, similar to potatoes,** except space them at least 20-24" apart and 36" between rows. They can be planted early in the spring or in the fall, very drought tolerant, yet thrive with water, but don't over water, plant about 3-4" deep. Hilling encourages tuber growth. They are frost tolerant and store best right where they grow or dug and pitted in a hole in the ground covered with straw, some dirt, a tarp, and more straw and dug as needed fall, winter and spring. The sweet flavor escalates with the winter frost and cold. . . fresh dug in the spring, they are at their peak of flavor and enjoyment. If you miss a tuber when harvesting, you will surely have another crop in the same place.

## NUTRITION

A Jerusalem artichoke is not exactly a nutritional powerhouse, but it does have two important features. One is that it is low in calories, with only 35 per hundred grams, (about 3.5 ounces). That, and its sweet crunchiness makes the Jerusalem artichoke a good, low-fat snack for kids and adults alike.

For vegetarians, the good news is that Jerusalem artichokes are a good source of iron, with 3.4 mg per serving. That's more than lean ground beef and about 19% of the RDA for iron. A serving also contains 2.3 grams of protein, .1 grams of fat, 16.7grams of carbohydrates, .8 grams of dietary fiber and 6% of the RDA for vitamin C.

Jerusalem artichokes are extremely versatile because they can be used raw or cooked whole, diced, sliced or julienned. Try adding them too a roast as you would potatoes or carrots. Or just roast them as you would potatoes for a side dish. We find steaming to be one of the finest ways of preparation.



## STAMPEDE (O, N)

Roundish, knobby, 2"-4" tubers, these are the classic form of sunchokes enjoyed by generations of homesteaders and farmers. In our fields, stampede is first to flower and mature in late summer with its beautiful, robust bouquet of 3" sunflowers. Slightly shorter stocks, 6'-8' tall. Best yield.



## FUSEAU (O, N)

Much taller plants, 7'-9' tall and hold their green well into October, somewhat frost resistant with gorgeous flowers that bloom very late here. Long carrot-like tubers, white-fleshed with tan yellow skin.



# Prices

Prices in this catalog are subject to change without notice. Shipping costs are subject to change without notice.

**CASH DISCOUNTS:** If you are a senior citizen or master gardener, you are entitled to one 10% deduction from your order subtotal. Not valid for bulk orders 200 lbs. or more.

## HOW MANY POTATO POUNDS TO ORDER?

Figure 1 lb = 10 seed pieces or 10 row feet. 1 lb of Fingerlings = 15 to 20. You'll receive about 5 to 8 whole tubers, 10+ of fingerlings. Plant some whole and cut larger ones in half.

### Naturally Grown Seed Potatoes

Pounds Per Variety	Price Per Pound	Total Price
0.5	5.00	2.50
1	3.00	3.00
2	2.50	5.00
3	2.50	7.50
5	2.00	10.00
10	1.80	18.00
15	1.70	25.50
20	1.60	32.00
25	1.50	37.50
50	0.90	45.00
200	0.80	160.00
500	0.70	350.00

### Certified Organic Seed Potatoes

Pounds Per Variety	Price Per Pound	Total Price
0.5	5.50	2.75
1	3.50	3.50
2	3.00	6.00
3	3.00	9.00
5	2.40	12.00
10	2.20	22.00
15	2.10	31.50
20	2.00	40.00
25	1.90	47.50
50	1.10	55.00
200	1.00	200.00
500	.90	450.00

### Fingerlings Naturally Grown

Pounds Per Variety	Price Per Pound	Total Price
0.5	8.00	4.00
1	4.50	4.50
2	4.00	8.00
3	4.00	12.00
5	3.60	18.00
10	3.40	34.00
15	3.20	48.00
20	3.10	62.00
25	3.00	75.00
50	2.50	125.00
200	2.25	450.00
500	2.00	1000.00

### Fingerlings Certified Organic

Pounds Per Variety	Price Per Pound	Total Price
0.5	9.00	4.50
1	5.00	5.00
2	4.50	9.00
3	4.50	13.50
5	4.00	20.00
10	3.80	38.00
15	3.60	54.00
20	3.50	70.00
25	3.40	85.00
50	3.00	150.00
200	2.75	550.00
500	2.75	1375.00

### GARLIC Prices

Pounds	Price/Lb.	Total
0.5	16.00	8.00
1	12.00	12.00
2	12.00	24.00
5	11.50	57.50
10	10.00	100.00
Over 10	10.00	Call for availability

### Old German & Dutch Red

1 lb sets	\$5.00
5 lb sets	\$23.75
10 lb sets	\$45.00

### Yellow Potato Onions

1/2 lb sets	\$7.00
1 lb sets	\$9.00
5 lb sets	\$40.00

### Jerusalem Artichokes

Pounds	Price/Lb.	Total
1	6.00	6.00
2	5.50	11.00
4	5.00	20.00
8	4.50	36.00
16	4.00	64.00
35	3.00	105.00
70	2.80	196.00
105	2.60	273.00
140	2.40	336.00
175	2.20	385.00
200	2.00	400.00
500	1.75	875.00
1000	1.50	1500.00
2000		Call

# Shipping

Note: Call us on orders of **200 lbs.** or more. These qualify for **UPS Hundredweight service.** For orders from 1 to 199 lbs., use the charts below.

## Step 1 - UPS Zone Chart

Find your zone by using the first 3 digits of your zip code.

ZIP CODE PREFIXES	UPS ZONE	ZIP CODE PREFIXES	UPS ZONE	ZIP CODE PREFIXES	UPS ZONE	ZIP CODE PREFIXES	UPS ZONE
004-005	7	350-374	6	598-599	5	821	4
010-067	8	375	5	600-609	6	822-823	3
068-089	7	376-379	6	610-616	5	824-828	4
100-118	7	380-381	5	617-619	6	829-831	3
119	8	382-385	6	620-623	5	832-834	4
120-128	7	386-387	5	624	6	835	5
129	8	388-399	6	625-668	5	836-837	4
130-199	7	400-438	6	669-672	4	838	5
200-241	7	439	7	673	5	840-847	3
242	6	440-443	6	674-679	4	850-858	4
243-249	7	444-447	7	680-682	5	859-860	3
250-253	6	448-499	6	683-693	4	863-864	4
254	7	500-528	5	700-705	6	865-873	3
255-257	6	530-537	6	706	5	874	2
258-260	7	538	5	707-709	6	875-878	3
261	6	539	6	710-729	5	879-883	4
262-286	7	540	5	730-732	4	884	3
287-289	6	541-545	6	733-734	5	885-893	4
290-299	7	546-548	5	735-739	4	894-897	5
300-303	6	549	6	740-745	5	898	4
304	7	550-574	5	746	4	900-921	5
305-307	6	575	4	747-762	5	922-925	4
308-309	7	576	5	763	4	926-934	5
310-312	6	577	4	764-789	5	935	4
313-316	7	580-588	5	790-799	4	936-961	5
317-319	6	590-591	4	800-803	3	970-978	5
320-323	7	592	5	804	2	979	4
324-325	6	593	4	805-807	3	980-994	5
326-339	7	594-596	5	808-816	2		
341-349	7	597	4	820	3		

## Step 2 - UPS Ground Chart

Find your shipping charge by the total weight of your order and your UPS Zone.

UPS GROUND SERVICE							
Zone	2	3	4	5	6	7	8
1-4 LBS	9.00	11.00	12.00	13.00	14.00	14.00	15.00
5-9 LBS	10.00	12.00	13.00	14.00	15.00	16.00	17.00
10-19 LBS	11.00	13.00	14.00	16.00	18.00	21.00	23.00
20-24 LBS	12.00	14.00	15.00	18.00	21.00	24.00	27.00
25-29 LBS	13.00	16.00	17.00	20.00	24.00	27.00	31.00
30-49 LBS	15.00	20.00	22.00	26.00	32.00	37.00	41.00
Each 50 LB Box	16.00	21.00	24.00	29.00	34.00	41.00	46.00

Please note: Shipping costs are subject to change without notice.



## 12101 2135 Rd ♦ Austin CO 81410

**Website: [www.ronnigers.com](http://www.ronnigers.com)**  
**E-mail: [info@ronnigers.com](mailto:info@ronnigers.com)**

(Please give us both your street address for UPS and your PO Box if you have one. This way we can ship smaller parcels through the mail and larger parcels through UPS. We will also have your address on hand to mail a catalog to next year.)

<b>Name</b>	
<b>Street Address (UPS)</b>	
<b>Mailing Address (PO Box)</b>	
<b>City, State, Zip</b>	
<b>Phone</b>	
<b>Fax</b>	
<b>E-mail</b>	

(If different from shipping address, Credit card customers: Please use the address that is on your credit card statement. This makes the transaction more secure.)

<b>Name</b>	
<b>Address</b>	
<b>Address</b>	
<b>City, State, Zip</b>	
<b>Phone</b>	
<b>Fax</b>	
<b>E-mail</b>	

(Recommended: 3 weeks before you plant.)

<b>Jan 4, 11, 19, 25</b>	<b>Feb 1, 8, 15, 22</b>	<b>March 1, 8, 15, 22, 29</b>
<b>April 5, 12, 19, 26</b>	<b>May 3, 10, 17, 24</b>	<b>June 1, 7, 14, 21, 28</b>
<b>July 5, 12, 19, 26</b>	<b>Aug 2, 9, 16, 23, 30</b>	<b>Sept 7, 13, 20, 27</b>
<b>Oct 4, 11, 18, 25</b>	<b>Nov 1, 8, 15, 22, 29</b>	<b>Dec 6, 13</b>

<b>Units</b> Pounds, Quantity, Packets, Sets, etc.	<b>Variety Name or Description</b> <small>Note: Varieties marked LM are limited this year and have a higher price.</small>	<b>Unit Price</b>	<b>Extended Price</b>
<b>Total pounds for calculating shipping charge.</b>			

If you will accept substitutes, please name varieties here, in order of preference:

[illegible]

☐ Personal Check, Money Order,  
Company Check welcome.

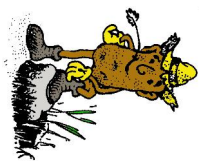


Card #:

Winter Shipping - \$5.00  
December - January

**GRAND TOTAL**

**Southern Winter Shipping:** Orders shipped from Colorado in December through February will freeze. Therefore, we take these orders in a heated van or truck to a UPS hub in Phoenix, AZ. From there they ship throughout the Southern States without freezing. The \$5.00 charge pays for this extra cost.



☐ Check here if you are a Certified Organic Farm.

# Potato Comparison Chart

Skin Color					Variety	Flesh Color				Scab		
Yellow	Red	White	Brown	Purple		Yellow	Red	White	Purple	Resistant	Season	Page
✓	•	•	•	•	Adora	✓	•	•	•	•	Early	8
✓	•	•	•	•	Agria	✓	•	•	•	•	Main	10
•	•	•	•	✓	All Blue	•	•	•	✓	•	Main	10
•	✓	•	•	•	All Red	•	✓	•	•	•	Main	10
•	•	✓	•	•	Atlantic	•	•	✓	•	•	Main	10
✓	•	•	•	•	Austrian Crescent	✓	•	•	•	•	Main	14
✓	•	•	•	•	Banana	✓	•	•	•	•	Main	14
✓	•	•	•	•	Bintje	✓	•	•	•	•	Storage	12
•	✓	•	•	•	Bison	•	•	✓	•	•	Early	8
•	✓	•	•	•	Bliss Triumph	•	•	✓	•	•	Early	8
•	✓	•	•	•	Blossom	•	✓	•	•	•	Main	14
•	•	•	✓	•	Butte	•	•	✓	•	✓	Storage	12
•	•	✓	•	•	CalWhite	•	•	✓	•	•	Storage	12
•	•	•	✓	•	Canela	•	•	✓	•	•	Storage	12
•	•	•	•	✓	Caribe	•	•	✓	•	•	Early	8
✓	•	•	•	•	Carola	✓	•	•	•	✓	Storage	12
•	✓	•	•	•	Colorado Rose	•	•	✓	•	•	Main	10
•	✓	•	•	•	Dakota Rose	•	•	✓	•	•	Main	8
•	✓	•	•	•	Dazoc	•	•	✓	•	•	Early	8
•	✓	•	•	•	Desiree	✓	•	•	•	•	Main	10
•	✓	•	•	•	Durango	•	•	✓	•	•	Main	10
•	✓	•	•	•	Early Rose	•	•	✓	•	•	Early	8
•	✓	•	•	•	French Fingerling	✓	✓	•	•	•	Main	14
✓	•	•	•	•	Crackled Butterball	✓	•	•	•	•	Main	10
✓	•	•	•	•	German Butterball	✓	•	•	•	•	Storage	12
✓	•	•	•	✓	Inca Gold	✓	•	•	•	•	Storage	12
•	•	✓	•	•	Irish Cobbler	•	•	✓	•	•	Main	10
•	•	✓	•	•	Kennebec	•	•	✓	•	•	Main	10
✓	•	•	•	•	Keuka Gold	✓	•	•	•	✓	Main	10
✓	•	•	•	•	Kipfel	✓	•	•	•	•	Main	14
•	•	•	✓	•	Krantz	•	•	✓	•	✓	Main	10
✓	•	•	•	•	LaRatte	✓	•	•	•	•	Main	14
•	•	•	✓	•	Lemhi Russet	•	•	✓	•	✓	Storage	12
✓	•	•	•	•	Maris Piper	✓	•	•	•	•	Main	11
•	✓	•	•	•	Mountain Rose	•	✓	•	•	•	Early	8
✓	•	•	•	•	Nicola	✓	•	•	•	•	Storage	12
✓	•	•	•	•	Ozette	✓	•	•	•	•	Storage	14
•	•	•	✓	•	Peanut	✓	•	•	•	•	Early	14
•	✓	•	•	•	Pink Pearl	✓	•	•	•	•	Main	11
•	•	•	•	✓	Purple Majesty	•	•	•	✓	•	Early	8
•	•	•	•	✓	Purple Peruvian	•	•	•	✓	•	Storage	14
•	✓	•	•	✓	Purple Viking	•	•	✓	•	•	Early	9
•	✓	•	•	•	Red Dale	•	•	✓	•	✓	Early	9
•	✓	•	•	•	Red Gold	✓	•	•	•	•	Main	11
•	✓	•	•	•	Red Lasoda	•	•	✓	•	•	Main	11
•	✓	•	•	•	Red Norland	•	•	✓	•	•	Early	9
•	✓	•	•	•	Red Pontiac	•	•	✓	•	•	Early	9
•	✓	•	•	•	Red Thumb	•	✓	•	•	•	Early	14
•	✓	•	•	•	Rio Colorado	•	•	✓	•	•	Main	11
•	•	•	✓	•	Rio Grande Russet	•	•	✓	•	•	Storage	13
•	✓	•	•	•	Romanze	✓	•	•	•	✓	Storage	13
•	✓	•	•	•	Rose Finn Apple	✓	•	•	•	•	Main	14
•	✓	•	•	•	Rote Erstling	•	•	✓	•	•	Early	8
•	•	•	✓	•	Russet Burbank	•	•	✓	•	✓	Storage	13
•	•	•	✓	•	Russet Norkotah	•	•	✓	•	✓	Early	9
•	✓	•	•	•	Sangre	•	•	✓	•	•	Main	11
•	•	•	✓	•	Sierra Russet	•	•	✓	•	✓	Storage	13
•	•	✓	•	•	Snow White	•	•	✓	•	•	Storage	13
•	•	✓	•	•	Snowden	•	•	✓	•	•	Storage	13
•	✓	•	•	•	Viking Red	•	•	✓	•	•	Main	11
✓	•	•	•	•	Yellow Finn	✓	•	•	•	•	Main	11
✓	•	•	•	•	Yukon Gold	✓	•	•	•	•	Early	9



# RONNIGER

## Potato Farm LLC

12101 2135 Rd ♦ Austin CO 81410

Toll Free: 877-204-8704

Fax Free: 877-204-8704

Website: [www.ronnigers.com](http://www.ronnigers.com)

E-mail: [info@ronnigers.com](mailto:info@ronnigers.com)

Nutrition Facts		
Serving Size 1 potato (148g/5.3oz)		
Amount Per Serving		
<b>Calories</b> 110	Calories from Fat 0	
	% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>	
Saturated Fat 0g	<b>0%</b>	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 0mg	<b>0%</b>	
<b>Potassium</b> 620mg	<b>18%</b>	
<b>Total Carbohydrate</b> 26g	<b>9%</b>	
Dietary Fiber 2g	<b>8%</b>	
Sugars 1g		
<b>Protein</b> 3g		
Vitamin A 0%	Vitamin C 45%	
Calcium 2%	Iron 6%	
Thiamin 8%	Riboflavin 2%	
Niacin 8%	Vitamin B <sub>6</sub> 10%	
Folate 6%	Phosphorous 6%	
Zinc 2%	Magnesium 6%	
Copper 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories:	2,000      2,500
Total Fat	Less than	65g      80g
Sat Fat	Less than	20g      25g
Cholesterol	Less than	300mg      300mg
Sodium	Less than	2,400mg      2,400mg
Potassium		3,500mg      3,500mg
Total Carbohydrate		300g      375g
Dietary Fiber		25g      30g

### One medium sized potato, eaten with the skin on:

- Is just 110 calories.
- Has nearly half of the Daily Value for vitamin C.
- Is one of the best sources of potassium and fiber.

### Comparing the Potato:

	Potassium mg/ % Daily Value	Vitamin C % Daily Value
<b>Potato</b>	620mg/18%	45%
<b>Banana</b>	400mg/11%	15%
<b>Onion</b>	240mg/7%	20%
<b>Apple</b>	170mg/5%	8%

