

### TAAT e-catalog for government

# **Purple Antioxidant Potatoes** Purple-fleshed sweet potato (high in antioxidants)

Sustain Your Health with Purple Potato

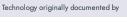
The Purple-fleshed sweet potatoes (PFSP) is a sweet potato variety with purplecolored flesh. These PFSP varieties are characterized by their high levels of anthocyanins, a type of flavonoid that imparts the purple color and contributes to their antioxidant properties.





International Potato Center (CIP)

Kwikiriza Norman



**ProPAS** 

Commodities

Sweet Potato

Sustainable Development Goals





### Categories

Production, Improved varieties, Quality improvement

#### Best used with

- Community-based multiplication of sweet potato vines and cuttings >
- Tent-style greenhouse for multiplication of sweet potato vines and cuttings >
- Raised beds for sweet potato production and weed management >
- Specialty blended fertilizers for root and tuber crops >
- Relay intercropping of sweet potato with legumes >
- Silage production from sweet potato vines and tubers >

### Tested/adopted in



## This technology is **TAAT1 validated**.





Gender assessment

these communities.

**Problem** 



· Vitamin deficiencies are widespread in

related to heart disease and cancer

subsistence farming and poor communities

• People in these communities face health risks

• There is a need to address dietary imbalances in

Climate impact

Solution

- · PFSP varieties have two to three times more antioxidant activity compared to white or yellow sweet potatoes.
- The high levels of antioxidants in PFSP contribute to the body's growth, immune system, and brain
- · Residues from PFSP, such as vines, peels, and deformed tubers, can be repurposed into silage, providing nutritious fodder for ruminants and
- PFSP varieties are rich in potassium, fiber, vitamin C, and vitamin B6

### Key points to design your project

The Purple-fleshed sweet potato (PFSP) technology offers a sustainable solution with significant impacts on nutrition. To integrate this technology into your project:

- Raise awareness among farmers and food processors about the nutritional benefits of PFSP.
- · Estimate the quantity of vines needed based on cost and seed requirements. Acquire improved PFSP varieties.
- Develop communication materials to promote PFSP adoption.
- · Collaborate with agricultural development institutes and seed multiplication companies for effective implementation.



Increase in better health

30 %

Open source / open access



potato-high-in-antioxidants

A bag of 10 Kg of sweet potato vines