

Purple Antioxidant Potatoes

Purple-fleshed sweet potato (high in antioxidants)



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Sustain Your Health with Purple Potato

The Purple-fleshed sweet potatoes (PFSP) is a sweet potato variety with purple-colored 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.

This technology is **TAAT1 validated**.

8-8

 Scaling readiness: idea maturity 8/9; level of use 8/9

Gender assessment

Climate impact

Problem

- Vitamin deficiencies are widespread in subsistence farming and poor communities
- People in these communities face health risks related to heart disease and cancer
- There is a need to address dietary imbalances in these communities.

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 activity.
- Residues from PFSP, such as vines, peels, and deformed tubers, can be repurposed into silage, providing nutritious fodder for ruminants and pigs.
- PFSP varieties are rich in potassium, fiber, vitamin C, and vitamin B6

Technology originally documented by
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 >](#)

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.

Tested/adopted in

■ Tested & adopted
■ Adopted

Cost: \$\$\$ **20 USD** ROI: \$\$\$ **30 %**
 A bag of 10 Kg of sweet potato vines Increase in better health

IP
 Open source / open access



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<https://e-catalogs.taatafrica.org/gov/technologies/purple-antioxidant-potatoes-purple-fleshed-sweet-potato-high-in-antioxidants>

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