

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 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 4

Climate impact 7

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 >](#)

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

IP
Open source / open access

Tested/adopted in

■ Tested & adopted
■ Adopted

