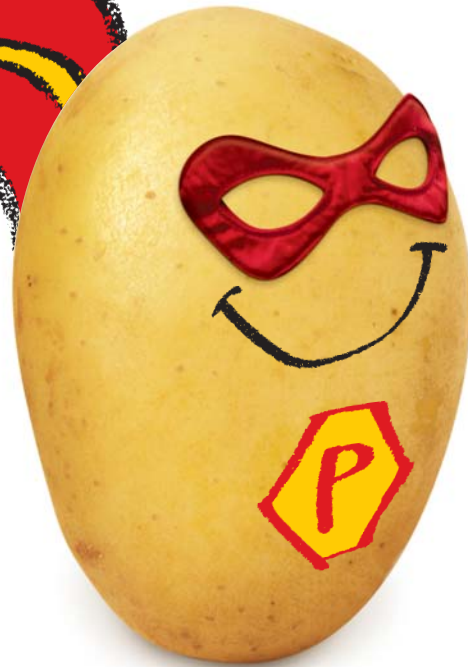


I'm a food  
super hero.

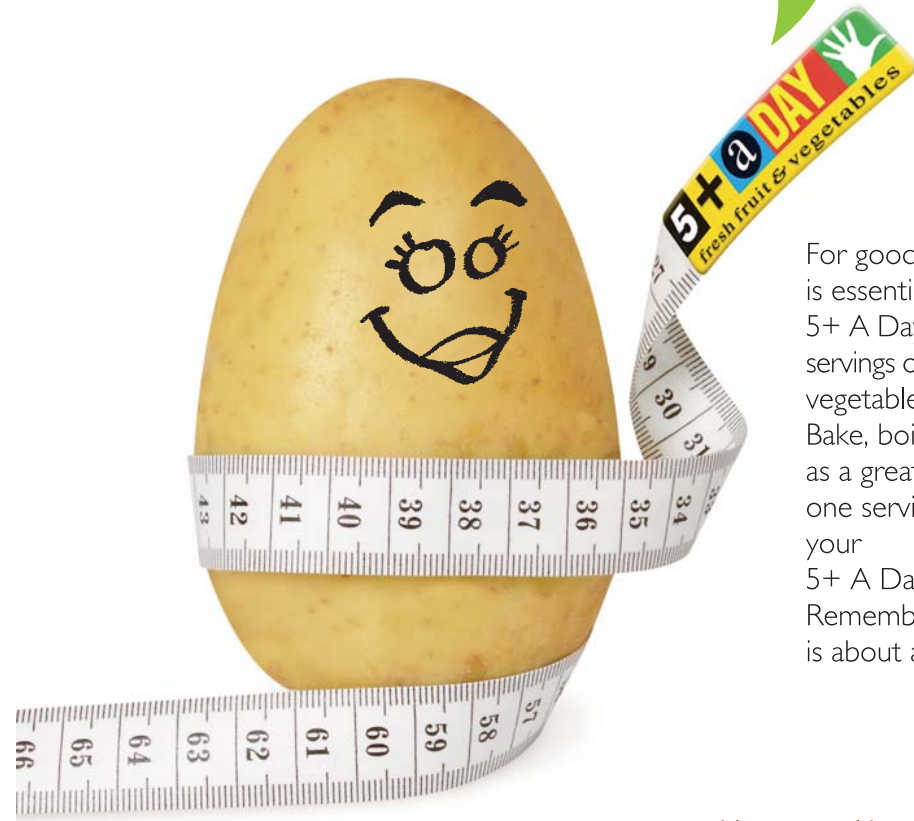


When you consider everything I have under my skin, and in my skin, it's no wonder nutritionists think I'm 'super'. You name it - vitamin C, potassium, iron, magnesium, B group vitamins, antioxidants, fibre and carbohydrates. I've got it all! Yes, I'm simply super!

everything goes with  
**potatoes.co.nz**

More information [www.potatoes.co.nz](http://www.potatoes.co.nz)

Count me in...



For good health it is essential to eat 5+ A Day (five or more servings of fresh fruit and vegetables each day). Bake, boil, or mash me as a great way to get one serving towards your 5+ A Day target. Remember, a serving is about a handful.

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**potatoes.co.nz**

More information [www.potatoes.co.nz](http://www.potatoes.co.nz)

My roots are in the Andes.

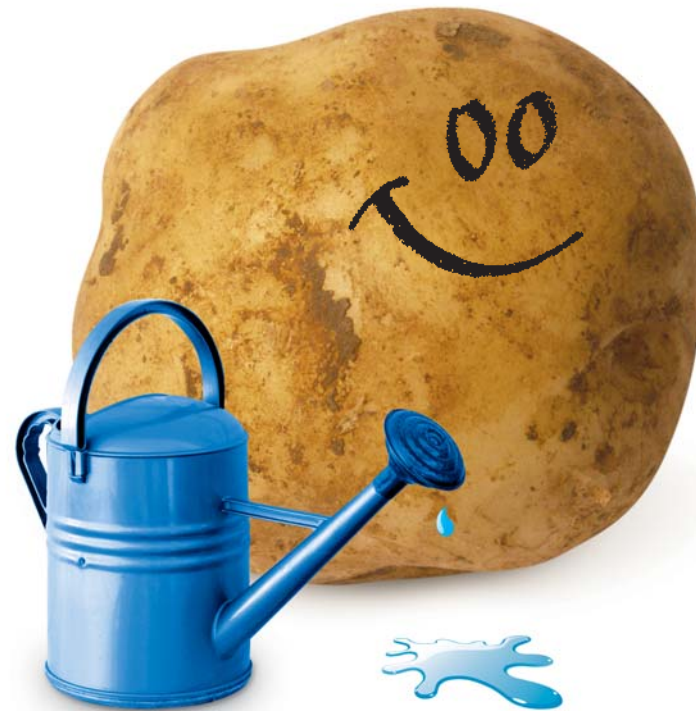


I originated about 8 000 years ago in the Andes of South America. I was very important to the people who even measured time by how long it took to cook a pot of potatoes! I was taken to Europe in the 16th century and my popularity quickly spread across the globe. Now I am grown and adored in most countries of the world in ever increasing quantities!

everything goes with  
**potatoes.co.nz**  
↑ ● ● ● ● ● ● ● ●

More information [www.potatoes.co.nz](http://www.potatoes.co.nz)

I need very little water to grow.

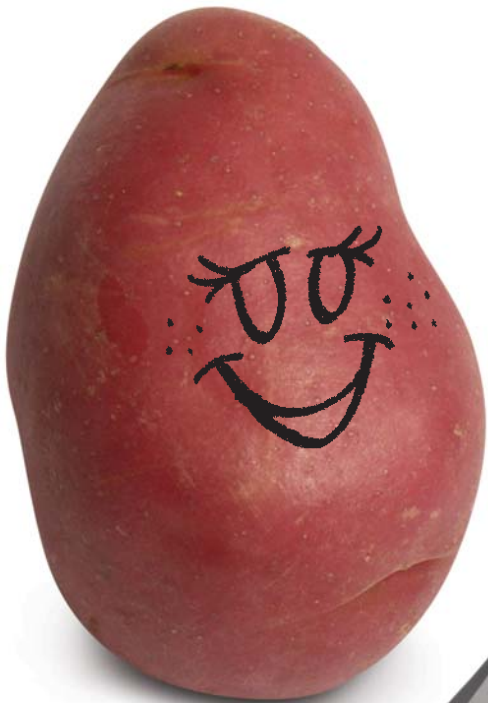


I need less water to grow than other carbohydrates. It takes around 300 buckets of water to grow 1 kg of rice, 50 buckets to grow 1 kg of wheat and **only 8 buckets to grow 1 kg of me!** And as the world is short of water you are doing the planet a favour by eating New Zealand grown potatoes!

everything goes with  
**potatoes.co.nz**  
↑ ● ● ● ● ● ● ● ●

More information [www.potatoes.co.nz](http://www.potatoes.co.nz)

A full tummy is only  
one potato away.

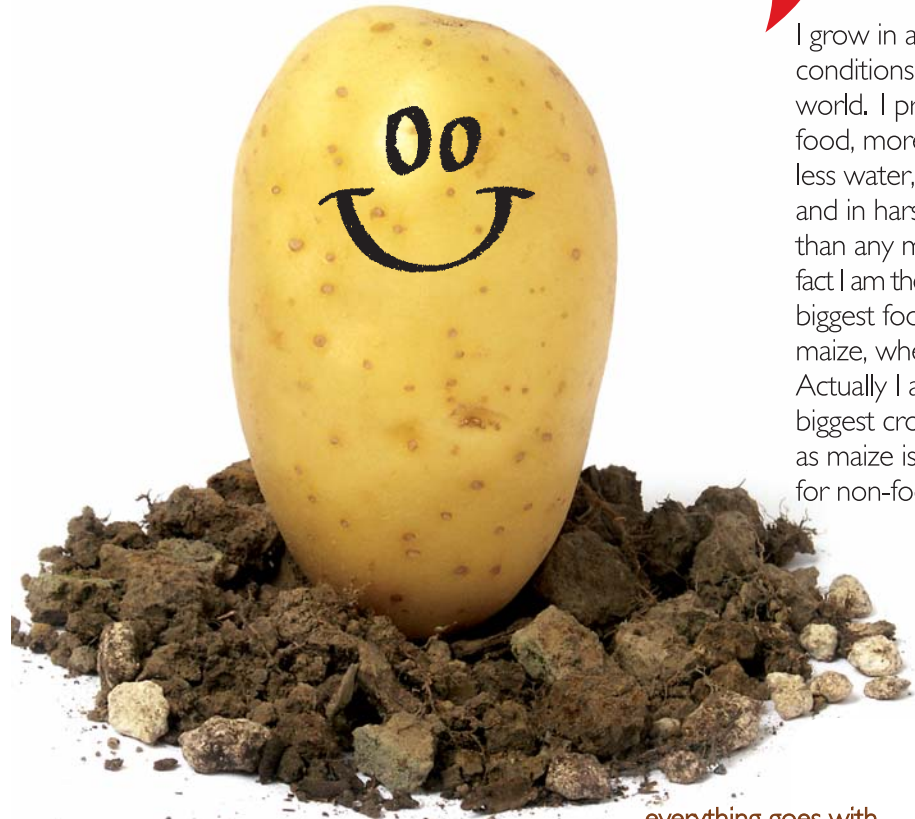


The United Nations named the year after me because they know what a great food I am and what I can do to solve world food shortages. I grow in all sorts of conditions, am a really efficient plant and use hardly any water. I am the solution for hungry people. Next time you are hungry - fill your tummy with a potato!

everything goes with  
**potatoes.co.nz**  
➤●●●●●●●●

More information [www.potatoes.co.nz](http://www.potatoes.co.nz)

I'll grow virtually  
anywhere.



I grow in all sorts of conditions around the world. I produce more food, more quickly, using less water, on less land and in harsher climates than any major crop. In fact I am the world's fourth biggest food crop, after maize, wheat and rice. Actually I am the third biggest crop eaten, as maize is often used for non-food purposes.

everything goes with  
**potatoes.co.nz**  
➤●●●●●●●●

More information [www.potatoes.co.nz](http://www.potatoes.co.nz)