



**KNOW
YOUR FOOD**

POTATOES



BY THE NUMBERS – 2022

73,000

acres
seeded

1.35 MILLION

tons of
product

150

licensed
farm families

\$1 BILLION+

to the provincial
economy

FUN FACTS

A medium-sized potato has more Vitamin C than 3 apples and has 18% of your daily intake of potassium — more than a banana!



DID YOU KNOW?

There are three kinds of potatoes grown here

- 1. SEED
- 2. TABLE
- 3. PROCESSING



Largest overall export market is the United States.

ENVIRONMENT

Alberta producers continue to lead the way in sustainable ag practices in the production of potatoes, using the latest technologies available to protect the air, land and water (the three most vital components in the production of food).

MEET A PRODUCER

James Bareman, Bar 9 Farms Ltd.



James Bareman grew up on their family farm south of Grassy Lake, Alberta where his family began farming in 1975. After he entered post-secondary school, his family farm diversified into potatoes, which is very labour intensive and required a lot of skilled management.

“It was exciting to be involved and it definitely rooted me on the farm.” James and his brother Neil, now third generation farmers, have taken over the farming operation, watching their own kids grow and learn in their footsteps. They produce potatoes that go to nearby processing plants, along with many other types of crops.

Alberta is home to 6 processing plants (all located in southern Alberta)

3 frozen French Fry and other potato product plants

3 potato chip plants



Alberta Potato Growers produce over 200 different varieties of potatoes each year.



Visit the Know Your Food website at knowyourfoodab.ca