

# 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.



**International Potato Center  
(CIP)**

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This technology is **TAAT1 validated**.

8-8



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

Cost: \$\$\$ **20 USD**

A bag of 10 Kg of sweet potato vines

ROI: \$\$\$ **30 %**

Increase in better health



Open source / open access

## 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

## Key points to design your business plan

This technology appeals to seed multipliers and farmers.

- Seed multipliers can efficiently propagate Purple-fleshed sweet potato (PFSP) vines without needing a license, targeting wholesale distributors and various organizations as potential customers.
- Farmers benefit from using PFSP, needing reliable sellers of PFSP vines to access the technology. They should estimate the profit potential of incorporating PFSP into their farming practices.

Gender assessment

4

Climate impact

7

Technology from

ProPAS

Commodities

Sweet Potato

Sustainable Development Goals



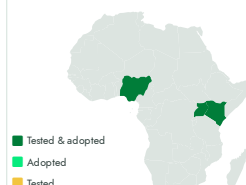
Categories

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



■ Tested & adopted  
■ Adopted  
■ Tested



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<https://taat.africa/azy>

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