

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

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

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.

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

A bag of 10 Kg of sweet potato vines

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

Increase in better health



Open source / open access

Sustainable Development Goals



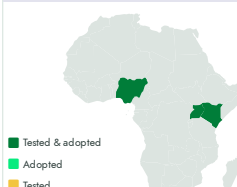
Categories

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



Purple Antioxidant Potatoes

<https://taat.africa/dwr>

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