

Purple Antioxidant Potatoes: Purple-fleshed sweet potato (high in antioxidants)

Sustain Your Health with Purple Potato



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(CIP)
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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**.

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

Project adoption

The technology has been integrated in the **IsDB Root and Tuber Value Chains project**: in Benin

Inclusion 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 program

Purple Antioxidant Potatoes can be integrated into sweet potato value chain development, nutrition, food security, and sustainable agriculture programs to improve dietary quality, increase sweet potato production, and strengthen household nutrition. Its adoption contributes to **SDGs 2 and 3**. To integrate this technology into your project, plan and budget for the following activities and prerequisites:

- **Facilitate access** to quality purple-fleshed sweet potato planting materials and essential production inputs.
- **Establish partnerships** with CIP, national agricultural research and extension services, producer organizations, and seed multipliers.
- **Conduct** demonstration plots and training on sweet potato production, vine multiplication, and post-harvest management.

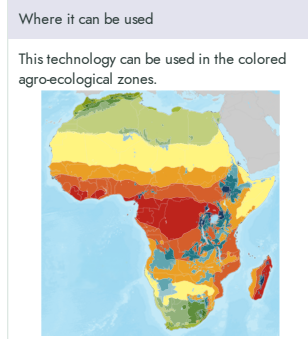
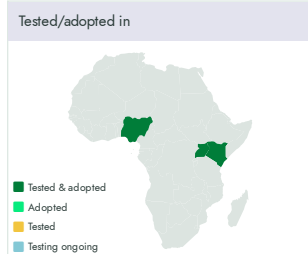
Technology from
ProPAS

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...
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Target groups

IP
Open source / open access

