

## The Humble Spud

Ahh the potato – whether boiled, baked, fried or roasted, they are the perfect accompaniment to any meal. They are the understated superstar of our plates and the food which powers a nation. What could be more British than the crispy roast potato in a Sunday Roast; the fat, salty chips in a seaside fish 'n' chip lunch; or the mash in your bangers and mash?

*Ahem.*

Yes, can I help you?

*It's just that...well...*

Come on, spit it out.

*...they're from South America.*

What?! Preposterous. I've got them in my garden. Dug them up myself.

*Oh yes, I wouldn't doubt it for a second but let's just say that they didn't exactly originate from Britain.*

Potatoes are from South America?

*They reckon the first potatoes were from Lake Titicaca in the Andes.*

You've made that up. Lake Titicaca?! Is that anywhere near Narnia? South of Neverland, perhaps? Due west from Hogwarts?

*Nope – it's definitely a real place. It's the highest lake in the world in fact. It is up in the Andes between Peru and Bolivia. They've had potatoes there for thousands of years believe it or not. They started domesticating them about 7000 years ago or thereabouts.*

You're making that up. You domesticate cats or horses - not plants. Can I just enjoy my bag of crisps in peace now?

*Some plants are domesticated actually. Let's just say it means they are farmed or cultivated. The hunter gatherers in the Andes started farming them in the mountains. The Incan civilisation was pretty much built on potatoes – as in, they ate a lot of them...not, you know, used them to build with.*

The Incas?

*Yes – the vast empire that ruled over a big part of South America from about 1400 to 1533. They lasted up until the Spanish came along looking for gold, land and riches. They got potatoes added to the bargain – not that they appreciated them much at first.*

# The Humble Spud

**L Darling-Hammond**



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