

# How to Grow a Potato in a Cup

Discover how easy it is to grow your very own potato plant in a cup.



## What You Will Need:

- 1 potato – any variety will do!
- 1 glass cup
- 4 toothpicks

## Instructions:

1. Select a potato with several eyes that are in clusters. These eyes are needed to sprout roots.
2. Insert toothpicks around the center of the potato, spacing them equally apart. Push them in about one-quarter inch or until secure.
3. Fill the glass cup with water to just below the rim.
4. Submerge the end of the potato with the most eyes in the water. The toothpicks will rest on the rim of the jar and help keep it balanced.
5. Set the potato cup in front of a warm, sunny window. Check the water daily to make sure the water in the cup comes to the rim. Keep the water in the cup full.
6. In about three weeks, you should see roots begin to appear. After the roots develop, the top of the potato splits open and leaves begin to emerge.
7. After leaves begin to develop, you can plant your potato outside or in a container. Carefully lift the potato from the cup and remove the toothpicks. Be

sure to cover the roots with two inches of rich soil. Part of the potato and its sprouts will remain exposed.

8. Water the plant when the soil becomes dry. Caution: Too much water and the roots will rot, but too little water and the leaves will wilt.

**References:**

Love, Mary. <https://homeguides.sfgate.com/grow-potato-cup-45823.html>

[Idaho Museum of Natural History/ Idaho State University: Potato Projects](#)