

Currituck Grown

The Local Foods Newsletter is published to provide you with the source of fresh local agriculture commodities that are produced by small farm growers in Currituck County.

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252-232-2262



In Season . . . Support Currituck County's direct marketers and local growers (red).

Fresh Eggs

The Egg Place, Maple, 252-453-4850
The Brumsey Farm, Currituck, 252-202-3790
The Chicken Lady, Powells Point, 252-202-3796

Muscadine Grapes

Soundside Pick-Your-Own, Grandy, 252-453-8276
Martin's Orchard and Vineyard, Knotts Island, 252-429-3542

Hormone Free Beef

Ray Farms, Angus Beef, Powells Point, 252-491-2249

Seasonal Fruits & Vegetables

Coinjock Creek Farms, Maple, 252-267-1691
Andy & Dennis Newbern, Jarvisburg, 252-202-1578
J.C. Rose Produce, Moyock, 252-435-3918
Graham Keaton, Barco, 252-453-2846



Apples

Martin's Orchard & Vineyard, Knotts Island, 252-429-3542

Honey

Linwood Potter, Shawboro, 252-722-1989

Pumpkins

Norman Lindsey, Barco, 252-202-6039
Powell's Roadside Market, Sligo, 252-339-9923

Sweet Potatoes

The Farm Market, Home Grown Cart, Grandy, 252-491-2181

Pecans

Terra Marine Farms, Currituck, 252-619-6583



Sweet Potato Nutrition Facts

Everyone loves the sugary flavor of sweet potatoes, but not only are they tasty they are full of nutrients. For instance, when eaten with the skin on, a medium sweet potato has four times the recommended daily intake for beta carotene! Beta carotene is a precursor to vitamin A, which means the body converts it to vitamin A and it plays a vital role in vision, bone development and immune function. Vitamin A is a fat soluble vitamin, so eat your sweet potato with a little bit of fat, like a pat of butter, is good for maximum vitamin absorption.

Other nutrients such as, Vitamin C, manganese, fiber, and antioxidants can also be found in sweet potatoes. Sweet potatoes are low in calories as well. A medium sweet potato contains only about 100 calories when baked in the skin, making sweet potatoes an ideal food for weight management. Sweet potatoes are made of complex carbohydrates (energy) that is released at a steady pace for a constant source of vitality, so no sugar highs or lows to worry about.

North Carolina Sweet Potato Frittata

Ingredients:

1 medium sweet potato
 1 sweet, mild onion, such as Maui or Vidalia,
 coarsely chopped
 1 green bell pepper, coarsely chopped
 1 tablespoon vegetable oil
 ¾ cup sliced, julienned country ham
 1 tablespoon butter
 6 eggs
 Salt and pepper to taste

Instructions:

1. Peel sweet potato; cut into ¼-inch cubes; blanch in boiling, salted water until tender, about 8 minutes. Drain and set aside.
2. Heat oil in omelet pan; sauté onion and bell pepper until tender, about 2 minutes. Stir in cooked sweet potatoes and ham; sauté 1 minute. Add butter.
3. Beat eggs and season with salt and pepper. Pour eggs into omelet pan and stir with a fork. Cover pan and cook about 3 minutes to set egg. Uncover and place pan under hot broiler until top of frittata is firm, about 1 minute.
4. Loosen with a rubber spatula and slide onto serving plate. Serve hot or at room temperature.

Sweet Potato or Yam?

Most consumers are confused when it comes to determining the difference between a sweet potato and a yam. Stores signs read “Sweet Potatoes”, “Yams” and also, “Sweet Potatoes – Yams”. So, what is the difference between a sweet potato and a yam?

Yams are related to the lilies and grasses family, and are native to Africa and Asia. A true yam is a starchier and drier edible root ranging from 1 pound to over 100 pounds in size. It has rough scaly skin and very low in beta carotene. There are over 600 varieties of yams with 95% of this crop grown in Africa.

Sweet Potato is a tropical plant and a member of the morning glory family. It dates back thousands of years to the tropical areas of South American, and it is even noted that Columbus returned to Europe with sweet potatoes after his discovery of America in 1492. There are many varieties of sweet potatoes that range in color from white to yellow, red, purple or brown, and are classified as either ‘firm’ or ‘soft’. Most consumers are familiar with the softer varieties as they become soft and moist when cooked, and are often labeled as yams in the United States. The name ‘yams’ evolved during the slavery area in the United States as these soft varieties reminded the African people of the yams in Africa. Today, the U.S. States Department of Agriculture requires labels with the term ‘yam’ to be accompanied by the name ‘sweet potato’.

Beyond tropical areas, sweet potatoes are grown in warmer temperate climates and do best in sandy well-drained soils. Sweet potatoes produce more pounds of food per acre than any other crop including corn and Irish potatoes. In the early 1900’s, sweet potatoes were a major crop for Currituck County as the sandy well-drained soils along the ridges of the Currituck Sound were ideal for growing this crop. Although only a few sweet potatoes are still grown in this area, North Carolina has been the No.1 sweet potato producing state in the U.S. since 1971 with nearly 50,000 acres being grown in the southern areas of the state.



Currituck Roadside Markets

Grandy Greenhouse and Farm Market, Grandy
J. C. Rose Produce, Moyock
Morris Farm Market, Barco
Powell’s Roadside Market, Sligo
Rufus Jones Farm Market, Poplar Branch
The Farm Market, Powells Point