

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.



Extension Team

County Extension

Director:

Cameron S. Lowe

County Extension Agents:

Family & Consumer

Education:

Olivia Jones

Agriculture:

Tommy R. Grandy

4-H Youth Development:

Ellen H. Owens

Program Assistants:

Sheila R. Gregory

Stephanie Minton

Sherry Fischlschweiger

Currituck County Rural Center (CCRC):

Thomas Harrell

John Fitchett

Cody Edwards

Administrative Assistant:

Sherry L. Lynn

currituck.ces.ncsu.edu

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

Hormone Free Beef

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

Apples

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

Muscadine Grapes (late August)

Soundside U-Pick, Grandy. 252-453-8276

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

Seasonal Fruits & Vegetables

Coinjock Creek Farms, Maple, 252-267-1691

J.C. Rose Produce, Moyock, 252-435-3918

Andy & Dennis Newbern, Jarvisburg, 252-202-1578

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



Honey

Linwood Potter, Shawboro, 252-722-1989



Plants - Annuals and Perennials

Indiantown Farms, Shawboro, 252-202-5834

N. C. Shrimp and Crabs

Beacon Seafood, Grandy, 252-457-9999

Frog Island Seafood, Barco, 252-453-2879



Apple Nutrition Facts

Apples are delicious, easy to carry for snacking, low in calories, a natural mouth freshener, and they are still very inexpensive. Apples are a source of both soluble and insoluble fiber. Soluble fiber such as pectin actually helps to prevent cholesterol buildup in the lining of blood vessel walls, thus reducing the incidence of atherosclerosis and heart disease. The insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move food quickly through the digestive system.

Almost half of the vitamin C content is just underneath the skin of the apple. Eating the skin also increases insoluble fiber content. With the hundreds of varieties of apples on the market today, there is an apple to suit almost everyone's taste. Apples can be sweet, tart, soft and smooth or crisp and crunchy, depending on the one you

Applesauce

Applesauce will vary in texture and flavor depending on the variety of apple used. All-purpose apples such as Granny Smith, Rome Beauty, Fuji and Jonagold (as well as many others) produce good results.

8 large apples, peeled, cored and cut into thick slices

1/2 cup water

2 lemon slices

1/2 cup sugar

1/8 teaspoon nutmeg

1/4 teaspoon cinnamon

Combine apples, water and lemon slices in a large saucepan. Simmer, uncovered for 10 minutes or until apples are part sauce and with some chunks of apple left. Watch closely and stir often to prevent burning. Applesauce should be thick; add more water if necessary. Leave sauce chunky or put apples and lemons through a food mill or coarse sieve. Stir in sugar to desired sweetness. Add cinnamon and nutmeg. Serve warm or chilled. Cover and refrigerate leftovers for up to one week. Yield 5 to 6 cups. To make unsweetened applesauce: omit added sugar and select a naturally sweet variety such as Golden Delicious, Red Delicious or Gala.

North Carolina Apples

As the summer growing season begins to wind down, it is time to think of fall gardens or enjoying some of the late summer/early fall fruit crops, such as muscadine grapes or apples.

Apples are one of the most popular fruits consumed in the United States. Good quality crisp apples can be kept for 2 to 4 months if placed in a plastic bag with holes for air movement at an ideal temperature of 30-32°F and 90% humidity, which is difficult for families. At home, apples are best kept in a perforated plastic bag on the lowest shelf in the refrigerator where the temps (near 40°F) are colder or in the crisper where the humidity is higher.



While consumers mainly rely on the states of Washington and New York along with Pennsylvania or Virginia to provide apples year round, fresh apples are also grown across the state of North Carolina. Most of the apples in the state are grown in the cooler climate of the North Carolina mountains. Although many variety of apples can be grown in North Carolina, some of the ones recommended include Gala, Red and Golden delicious, as well as Jonagold and Stayman.

Apples grow very well in eastern North Carolina, and with moderate management can easily be grown successfully in the home landscape. Some of the main points in growing apples in the home orchard are site location and variety selections to have good pollination. Anyone who is interested in growing apples or other fruit trees in the home landscape or commercially may contact the Currituck County Extension Center at 252-232-2262 for more information.

Locally, fresh apples are grown at Martin's Orchard and Vineyards in Knotts Island.

Currituck Roadside Markets

Beach Organics, Grandy
Grandy Greenhouse and Farm Market, Grandy
J. C. Rose Produce, Moyock
Morris Farm Market, Barco
Powell's Roadside Market, Sligo
Tarheel Produce, Jarvisburg
The Farm Market, Powells Point