

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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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

Seasonal Fruits & Vegetables

Coinjock Creek Farms, Maple, 252-267-1691

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



Honey

Linwood Potter, Shawboro, 252-722-1989

Asparagus

Powell's Market, Sligo, 252-339-9923

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

Plants - Annuals and Perennials

Indiantown Farms, Shawboro, 252-202-5834



Strawberries (available early to mid-May)

Point Harbor Pick-Your-Own, Point Harbor, 252-491-8266

Andy Newbern, Jarvisburg, 252-491-5330

Asparagus Nutrition Facts

Asparagus

Amount Per 1 spear, medium

(5-1/4" to 7"long) (16g)

Calories 3

% Daily Value*

Total Fat 0 g 0%

Saturated fat 0 g 0%

Polyunsaturated fat 0 g

Monounsaturated fat 0 g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Potassium 32 mg 0%

Total Carbohydrate 0.6 g 0%

Dietary fiber 0.3 g 1%

Sugar 0.3 g

Protein 0.4 g 0%

Vitamin A 2% Vitamin C 1%

Calcium 0% Iron 1%

Vitamin D 0% Vitamin B-6 0%

Vitamin B-12 0% Magnesium 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Roasted Garlic Asparagus

A simple, elegant and healthy side dish for six servings.

Ingredients

- ½ cup extra-virgin olive oil
- 8 cloves fresh garlic, minced
- 1 teaspoon onion powder
- 2 tablespoons fresh finely chopped parsley
- 2 pounds thin asparagus
- Coarse sea salt
- Freshly ground black pepper

Preparation

Preheat oven to 400 degrees F

Line a large jelly-roll pan with parchment paper. Set aside.

In a small pot, heat the oil, garlic, onion powder, and parsley on medium-low heat. Cook for 3 minutes, until the garlic mixture is fragrant but not browned.

Spread the asparagus in a single layer on the prepared pan. Lightly sprinkle with coarse sea salt and freshly ground pepper. Drizzle on the garlic-oil mixture.

Roast for 8-10 minutes, until the asparagus are bright green; do not overcook.

Transfer to platter and serve hot

Asparagus

Asparagus is a young tender stem vegetable, sprouting up from its underground root-system as a spear. It is one of the oldest recorded vegetables, originating along the coastal regions of the eastern Mediterranean and Asia Minor, and was a prized delicacy of the ancient Greeks and Romans. It only began to be cultivated as a crop in France during late 1400's and mid 1500's in Germany and England. Botanically, it is a herbaceous perennial plant that grows from a vegetative crown underground. With warm days of spring, it is one of the first fresh vegetables available. Asparagus is now a major commercial crop in China, Europe, Peru, Australia, and USA.



Asparagus crowns are planted in the early spring. They grow into tall branched stems, bearing fine fern-like green needles giving the whole plant an overall feathery appearance. A fully-grown plant reaches about 5 feet in height. Asparagus plants normally need to grow for two years to increase size of the crown and establish a strong root system before a full season's harvest can begin. Well established and maintained asparagus plants will normally harvest once a year for approximately a 6 to 8 week period during the third growing season for many years of enjoyment. The young spears begin to emerge by early spring. In general, the young spears, that are 7 to 9 inches tall, are harvested by either snapping or cutting with a knife close to the ground level. During really warm weather, the spears need to be harvested regularly, or the tip the spears will start spread open, losing flavor and tenderness.



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