

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

Blueberries

Point Harbor Pick-Your-Own, Point Harbor, 252-491-8266
The Brumsey Farm, Currituck, 252-202-3790



Seasonal Fruits & Vegetables

Coinjock Creek Farms, Maple, 252-267-1691
J.C. Rose Produce, Moyock, 252-435-3918
Andy & Dennis Newbern, Jarvisburg, 252-491-5330, 252-202-1578
The Farm Market Cart, Grandy, 252-457-0591



Sweet Corn

Roberts Ridge Farm, Shawbro, 252-202-9665, 252-336-2691
Andy & Dennis Newbern, Jarvisburg, 252-491-5330, 252-202-1578

Honey

Linwood Potter, Shawboro, 252-722-1989
O. D. Bee, Jarvisburg, 252-202-4936



Peaches

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



Chunky Peach Popsicles

12 popsicles, 2 ounces each | Active Time: 15 minutes | Total Time: 2 1/4 hours

Ingredients

- 1 1/4 pounds ripe peaches, (3-4 medium), halved and pitted
- Juice of 1 lemon
- 1/4 cup freshly squeezed orange juice
- 1/4 cup sugar, or to taste
- 1/4 teaspoon vanilla extract

Preparation

1. Coarsely chop peaches in a food processor. Transfer 1 cup of the chunky peaches to a medium bowl. Add lemon juice, orange juice and sugar to taste (depending on the sweetness of the peaches) to the food processor. Puree until smooth. Add to the bowl with the chunky peaches and stir in vanilla.
2. Divide the mixture among twelve 2-ounce or eight 3-ounce freezer-pop molds (or small paper cups). Freeze until beginning to set, about 1 hour. Insert frozen-treat sticks and freeze until completely firm, about 1 hour more.

Nutrition

Per serving : 33 Calories; 0 g Fat; 0 g Sat; 0 g Mono; 0 mg Cholesterol; 9 g Carbohydrates; 0 g Protein; 1 g Fiber; 0 mg Sodium; 90 mg Potassium

Tips & Notes

Make Ahead Tip: Store in the freezer for up to 3 weeks. | Equipment: Twelve 2-ounce or eight 3-ounce freezer-pop molds, or small paper cups with frozen-treat sticks.



Locally Grown Foods Now In Season

As the summer season is now in full swing, so are the fresh fruits and vegetables that are grown locally in Currituck. Many garden vegetables have already been producing and will continue for several weeks.

Blueberries are coming in season and should be bountiful for the next several weeks. Most all berries should be harvested in the cool of the day (preferably mornings), and refrigerated as soon as possible. Storage temperature of 38°-40° F with high humidity will allow the blueberries to keep for up to 2 weeks.

Sweet corn is now plentiful, and should be abundant through the entire month of July. Sweet corn matures quickly in hot weather, so do not wait if you plan to freeze or can for future use. Process or cool soon after harvest or purchasing as the respiration rate (loss of moisture) is extremely high for sweet corn.

July is Peach Month in North Carolina, so July, and August as well, will be a great time to enjoy fresh NC peaches. Peaches refrigerated in the crisper or stored 38°- 40° F and high humidity will keep well for 1 to 2 weeks.

A plentiful supply of cantaloupes and watermelons will begin to show up during July and August. Cantaloupes can be eaten fresh or chilled to a temperature not lower than 36° F. The ideal temperatures to cool watermelons are between 50° F and 60°F.

Below are storage tips for other fresh vegetables now in season.

Tomatoes keep well and ripen to full maturity at 60° F or at a normal room temperature. Tomatoes should not be refrigerated when trying to maintain that fresh tomato flavor.

Fresh squash, cucumbers and peppers keep well at 45°-50° F, refrigerating at 40° F or below will promote poor quality .

When refrigerating produce in plastic bags make sure there are holes for air ventilation.



Vineyards, Wineries & Breweries

Sanctuary Vineyards, Jarvisburg

Martin's Orchard and Vineyards, Knotts Island

The Weeping Radish, Jarvisburg

North Carolina Seafood

Beacon Seafood, Grandy

Frog Island Seafood, Barco

Currituck Roadside Markets

Grandy Greenhouse and Farm Market, Grandy

J. C. Rose Produce, Moyock

Morris Farm Market, Barco

Powell's Roadside Market, Sligo

Tarheel Produce, Jarvisburg

The Currituck Farm Market, Powells Point

Wichard's Farm Market, Jarvisburg

Seaside Farm Market, Corolla

Roberts Ridge Farm Market, Shawboro