

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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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



Late Summer & Fall Seasonal Fruits & Vegetables

Coinjock Creek Farms, Maple, 252-267-1691

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

Muscadine Grapes

Soundside Pick-Your-Own, 252-453-8276

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



Honey

Linwood Potter, Shawboro, 252-722-1989

O. D. Bee, Jarvisburg, 252-202-4936



Apples

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

Perennials and Pansies

Indiantown Farms 252-202-5834



Basil, Shrimp, and Tomatoes with Feta

This dish is very versatile and can be made with any vegetables or proteins that you have on hand. The fresh basil and feta are the superstars in this dish.

The below recipe will prepare 6 servings. The preparation and cook time are 20 minutes each for a delicious meal in 40 minutes.

Ingredients:

- 1 pound whole-wheat penne pasta
- 2 tablespoons olive oil
- 1 pound shrimp, deveined, shells and tails removed
- 3 tablespoons chopped fresh basil
- 2 pints grape tomatoes, cut in half
- 4 ounces (approximately 3/4 cup) low-fat feta cheese

Directions:

1. Cook pasta as directed
2. While pasta is cooking, heat skillet over medium high heat. Add olive oil to pan.
3. Sauté shrimp in olive oil until pink
4. Add basil and grape tomatoes and sauté for additional two minutes until slightly wilted. Turn off heat.
5. Add feta and stir
6. Serve shrimp, basil, tomatoes and feta over whole wheat pasta.

Transition from Late Summer to Fall

As we transition from late summer to fall garden crops, vegetables such as tomatoes, peppers and eggplants are still available in limited supplies. Apples should be available for several more weeks and muscadine grapes are now ripe for fall picking. Sweet potatoes and pumpkins along with leafy greens such as salad greens, kale, spinach and leaf lettuces will be ready for harvest in late September and early October.

The fall season is a great time for N. C. **Fresh Seafood** - from pan fish to shrimp and oysters.



Fall Garden Tips

1. Soil sample your gardens while soil test is free for NC residents. There is a \$4 fee per sample for testing Dec.-Mar. Sampling boxes and forms are available at the Currituck Extension Center.
2. Remove and dispose of all garden debris. Debris can possibly harbor insects and diseases for next year's garden.
3. Plant winter cover crops of wheat, oats or rye in your garden. Till in the winter cover crop in the spring to enrich your garden soil.
4. As a reminder any full season summer vegetable plants such as tomatoes, peppers and eggplant should be properly maintained to produce vegetables until first frost.

View the Currituck Local Foods Brochure online at currituck.ces.ncsu.edu for local resources.



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