

Currituck Grown

Local Foods Newsletter



August 2014

PLEASE SHARE THIS
NEWSLETTER

**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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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

Sherry Fischlschweiger

Stephanie Minton

Currituck County

Rural Center:

Tom Harrell

Tracy Hale

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Agricultural

Technician:

Deborah E. Kelso

Extension Secretaries:

Donna M. Keene

Sherry L. Lynn

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Fish and shellfish are fairly inexpensive, quick and easy to prepare, and provide lots of nutrition. They are an excellent source of protein. Three ounces of seafood provide 50-60% of an adult's daily protein needs. Besides being an excellent source of lean protein, fish and shellfish are low in saturated fat. In addition, they provide essential omega-3 fatty acids, which are important to the diet for several reasons. Omega-3 fatty acids, which are polyunsaturated fatty acids, are believed to help lower rates of heart disease, reduce hypertension, relieve some arthritis symptoms and prevent cancer. According to the American Heart Association, consumers should eat two servings of fish per week to prevent coronary disease. Also most seafood is low in cholesterol, except for shrimp, squid and fish roe. So replace some of the dark meats in your diet with fish and reap the numerous health benefits!



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 (Scuppernong) 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

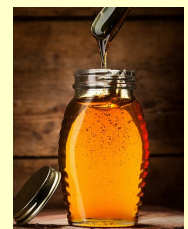
Andy & Dennis Newbern, Jarvisburg, 252-202-1578

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

James Malco, Point Harbor, 252-491-8266

Apples

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



Local Honey

Linwood Potter, Shawboro, 252-722-1989

To sign up for this newsletter call 232-2262 or email donna_keene@ncsu.edu

For additional information on any of the contents of this newsletter call or e-mail Tommy Grandy, 252-232-2262, or tommy_grandy@ncsu.edu

Tommy R. Grandy
Extension Agent, Agriculture

MISSION, VISION AND GOALS

North Carolina Cooperative Extension partners with communities to deliver education and technology that enrich the lives, land and economy of North Carolina.

For accommodations for persons with disabilities, contact the Currituck County Center at 252-232-2262 no later than five business days prior to the event.



Currituck Roadside Markets

Grandy Greenhouse and Farm Market, Grandy
Morris Farm Market, Barco
Newbern's Farm Market, Powells Point
Powell's Roadside Market, Sligo
Roberts Ridge Farm, Shawboro
Tar Heel Produce, Jarvisburg
The Farm Market, Powells Point

N. C. Seafood of the Month

Shrimp

North Carolina harvests some of the finest fish and shellfish available anywhere in the world and that world includes Currituck County and the Outer Banks where fishermen provide the area a fresh variety of seafood. That seafood includes oysters in the winter, soft-shelled blue crabs in the spring to fresh flounder and shrimp throughout the summer. The seafood of the month for August in North Carolina is shrimp. A fresh harvest of this delicacy is brought to shore in areas of northeast North Carolina such as Wanchese, Stumpy Point and Engelhard. Shrimp ranks No. 1 in seafood consumption for the United States. The shrimp harvest is considered an annual crop and the amount of the annual harvest depends on seasonal weather conditions. The North Carolina shrimp harvest ranks second among commercially harvested seafood species in pounds and value in the state.

How to Buy Shrimp

Shrimp are sold by count per pound expressed as a range and uniform in size. Sizes and range counts per pound are as follows: Large - 10 - 25; Medium - 26 - 40; and Small - 41 - 60. Servings: 2 lbs. in the shell yields 1.25 lbs. peeled, and three-fourths pounds of headless shrimp in the shell per person, yields one third to one half pound.

Signs of Freshness

Sense of smell is the best tool. Fresh shrimp should give off a slightly salty odor, if any odor at all. The shells of fresh, raw shrimp should be clean, translucent, firm and glossy while, the overall the color may vary from white to light green.

Shrimp and Sausage Jambalaya

This healthy recipe comes from NDSU Extension Service

Ingredients

| | |
|---|--|
| 2 Tbsp . Canola oil | 1 bay leaf |
| 8 oz. smoked sausage (reduced fat), cut into 1/2 in. slices | 1 tsp. Tabasco sauce |
| 1/2 c. sliced celery | 1/4 tsp. dried oregano |
| 1/2 c. chopped onion | 1/4 tsp. dried thyme |
| 1 red bell pepper, chopped | 1/8 tsp. ground allspice |
| 1 tsp. minced garlic | 3/4 c. uncooked rice |
| 1 3/4 c. chicken broth | 8 oz. shrimp, peeled, deveined & cut in half lengthwise (fresh or frozen) |
| 1 c. diced tomatoes, canned or fresh | |

Directions

Heat oil in a large heavy saucepan or Dutch oven over medium-high heat. Add sausage, celery, onion, bell pepper and garlic. Cook five minutes or until vegetables are tender. Add broth, tomatoes, bay leaf, Tabasco, oregano, thyme and allspice. Bring to a boil, reduce heat, and simmer uncovered for 10 minutes, stirring occasionally. Stir in rice; cover and simmer for 15 minutes. Add shrimp; cover and simmer for five minutes longer or until rice is tender and the shrimp turn pink. Let stand, covered, for 10 minutes. Remove bay leaf before serving.

Makes 6 servings. Per Serving: about 260 calories, 17 grams (g) of fat, 14 g carbohydrate, 2 g fiber, 11 g protein and 780 mg sodium

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