

Currituck Grown

Local Foods Newsletter



July 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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Tomato Nutrition Facts

Tomatoes contain many nutrients such as vitamins A, C, K, niacin, chromium, and potassium. Vitamin C protects the body from free radicals which destroy the healthy cells in the body. Niacin helps to lower triglyceride, a fat present in our blood. Tomatoes are also rich in lycopene, a compound that gives tomatoes their color. Studies show that tomato and tomato product consumption is associated with a reduced risk of: Ovarian cancer, especially in premenopausal women; digestive tract cancers (mouth, throat, esophagus, pancreas, colon and rectum); and cardiovascular disease. To keep tomatoes tasty and readily available in your home, store them at room temperature away from direct sunlight and use them within a week of ripening. Tomatoes taste best if not refrigerated.



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 U-Pick Blueberries, 252-491-8266
The Brumsey Farm, Currituck, 252-202-3790
Coinjock Creek Farms, Maple, 252-267-1691
Joe Dzwonek, Powells Point, 252-491-2250

Hormone Free Beef

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

Sweet Corn

Roberts Ridge Farm, Shawboro, 252-202-9665
Andy & Dennis Newbern, Jarvisburg, 252-202-1578

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



Peaches

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

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

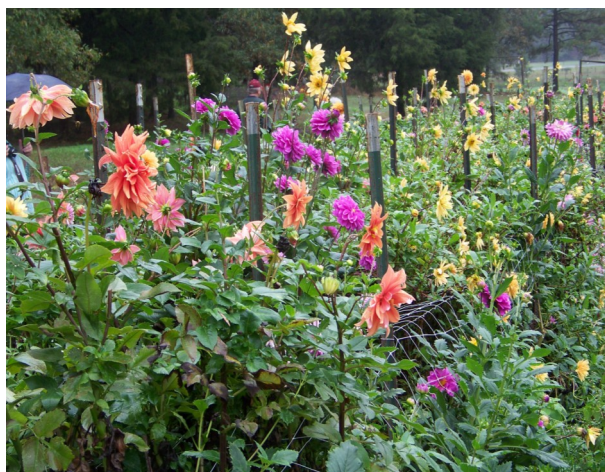
For additional information on any of the contents of this newsletter call or e-mail Tommy Grandy, 252-232-2262, or tommy_grandy@ncsu.edu

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

Currituck Small Farm Growers' Profile

Shawn and Jeff Davenport
‘The Chicken Lady’, Powells Point

Shawn Davenport's love for animals and poultry dates back to her childhood years when her dad raised poultry and livestock on their small farm in Ohio. With Jeff and Shawn, raising and producing poultry is more of a hobby. It started about 15 years ago when Shawn's son was four years old. She wanted him to experience what she had growing up - the hatching and raising of chickens and other poultry species. While Jeff is involved in the maintenance of the poultry housing, pens, and security of the flock, Shawn manages the flock raising and producing chickens, ducks, quail and peacocks. She is also in charge of egg production and sales to cover feed costs. Shawn is truly inspired when she has the opportunity to share her knowledge of raising a backyard chicken flock. Shawn serves as a Cooperative Extension volunteer by speaking at poultry educational programs for adults and as a 4-H leader for her "Fancy Feathers 4-H Club". Shawn and Jeff Davenport are located at 117 Rachael Lane in Powells Point, North Carolina, and you may contact Shawn at 252-202-3796. Thanks for being a Currituck County local foods grower.

Tomato Basil Bruschetta

Ingredients:

3 plum tomatoes, chopped
1/3 cup thinly sliced and coarsely chopped onion
2 cloves garlic, minced
1 tablespoon red wine vinegar
6 tablespoons olive oil
1 tablespoon minced fresh basil or
1 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon salt
1/8 teaspoon ground pepper
1 pound loaf, whole wheat French bread, cut into 1/2 inch slices

Directions:

- Combine tomatoes, onions, garlic, red wine vinegar, 2 tablespoons olive oil, basil, oregano, salt and pepper; set aside.
- Preheat broiler of oven.
- Lightly brush both sides of bread slices with remaining olive oil and arrange on ungreased baking sheet.
- Place three to four inches from the broiler and heat slices for two to three minutes on each side or until golden brown.
- Top each slice with tomato mixture, using a slotted spoon and serve.

Yield:

16 half-inch slices

Nutritional Analysis:

140 calories, 5 g fat,
1 g saturated fat, 0 mg cholesterol, 250 mg sodium, 19 g carbohydrate,
3 g fiber, 0 g sugar, 4 g protein

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