

# NC Farm to School



February 2013

## Sweet Potato Month!



February is Sweet Potato Month! We know schools are celebrating this nutritious vegetable in creative ways so be sure to participate in our promotion this month. Three winners will receive cash prizes. Details can be found on the website, [www.ncfarmtoschool.com](http://www.ncfarmtoschool.com). The deadline to submit your entry is March 15.

## In the Truck



February 11 – Collards, Kale, Apple Slices

February 25 – Sweet Potatoes (No. 1)

## NC Farm to School Team

NCDA&CS Marketing Division:

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Steve Troxler, Commissioner of Agriculture



## NC Farm to School around the state

Staff from NCDA&CS have been busy promoting NC Farm to School and the fresh produce Child Nutrition Directors are ordering for school cafeterias.



Jan Holt, Field Representative for the Southeast Region, speaks at the Come to the Table conference in Kinston on February 4. Heather Barnes, Marketing Specialist, also participated.



Beth Frith, Field Representative for the Western Region, speaks at the nutrition fair in Surry County. Heather Barnes also spoke.

Tony Wilkins, Administrator for Field Services, sets up the booth for the Southern Farm Show.





## On your plate...

This month NC Farm to School trucks are carrying sweet potatoes from Ham Produce Co. (Greene Co.), Burch Farms (Duplin Co.), Farm Pak, Spring Acres, Nash Produce (all Nash Co.), Lee Farms, J. Roland Wood Farms (both Johnston Co.) and Wayne E. Bailey Produce (Columbus Co.)

**Sweet Potato Facts** *(courtesy NC Sweet Potato Commission):*

The sweet potato is not a potato. White potatoes are tubers; sweet potatoes are roots.

Sweet potatoes were around when dinosaurs roamed the Earth.

In Colonial days, sweet potatoes were traded from North Carolina to northern cities.

Sweet potatoes were a staple food during the Revolutionary and Civil Wars.

During the War Between the States sweet potato was used as a coffee substitute.

George Washington Carver developed 118 different products from sweet potatoes.

In 1918 USDA used sweet potato flour to stretch wheat flour supplies.

## Grower Spotlight- Nash Produce

Nash Produce was started in 1977 by the late Dale Bone. It was purchased by a group of farmers in 2006 and now packs and markets sweet potatoes for over 30 growers.

One of the largest sweet potato processing facilities in the United States, Nash Produce can store over 600,000 bushels (1 bushel weighs 50 pounds) in addition to what storage growers provide. They pack both conventional and organically grown sweet potatoes year round. The company ships across the United States and into Canada.

Nash Produce has been participating in the NC Farm to School program since 1996. Laura Kornegay (pictured below right, with Thomas Joyner, President) oversees Marketing and Events for Nash Produce. She says it is important to expose the younger generation to sweet potatoes so they will go home and ask their parents to cook it. For more information visit [www.nashproduce.com](http://www.nashproduce.com)



## Resource Corner....National Honey Board

Do you know the three types of honey bees? Do you know why a honey bee dies when it stings an animal? How do honey bees communicate with each other?

According to their website, the National Honey Board is a “federal research and promotion board”. Their website, [www.honey.com](http://www.honey.com), offers a number of resources, including a link to order “The Honey Files”. This educational curriculum includes a 20 minute video and 96 page resource guide with numerous activities related to the video, which teaches youth about honey bees and how they produce honey. Other resources are also available, including recipes, information on pollination and a brochure detailing the honey making process. Find the answers the questions above and more at the National Honey Board’s website.