

NC Farm to School



May 2013

Plan for 2013-14



Have you started menu planning for the 2013-14 school year? As you do, be sure to check out the NC Farm to School calendar of deliveries posted on our website, www.ncfarmtoschool.com. We've added three weeks to our summer schedule of deliveries and will feature Asian Pears as a new item in August. Plan on including NC produce on your serving line!

In the Truck



May 5 – Strawberries, Romaine Lettuce

May 13 – Strawberries

May 20 – Strawberries, Blueberries

NC Farm to School Team



NCDA&CS Marketing Division:

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NCDA&CS Food Distribution Division:

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Steve Troxler, Commissioner of Agriculture

Calendar Art Contest Winners Announced

The response to this year's call for entries to be featured in the next calendar was fantastic! We received 3,854 entries from 56 counties, over 1,000 entries more than we received last year. The quality of work and variety of agriculture featured continue to make the judge's job very difficult.

The students whose artwork will be featured in the 2013-14 NC Farm to School Calendar are:

Kennedy Conard – N. Canton Elementary, Haywood Co.

Ella Dockendorf – Atkinson Elementary, Henderson Co.

Cora Perryman – Westfield Elementary, Surry Co.

Sarah Cloutier, Claxton Elementary, Guilford Co.

Heaven Thornton – Landis Elementary, Rowan Co.

Lilah Altemose – Brevard Elem., Transylvania Co.

Alexi Casias – Pink Hill Elementary, Lenoir Co.

Olivia Aycock – Northwest Elementary, Wayne Co.

Ashton Brown – Rockwell Elementary, Rowan Co.

Gayathri Achar – Cedar Fork Elementary, Wake Co.

Abe Martinez – Rockford Elementary – Surry Co.

Elise Warren – Timber Drive Elementary, Wake Co.

Takyra Coffin – Bethesda Elementary, Durham Co.

The winners will be recognized at a reception on May 17. All winners will receive a \$50 gift card. Each student who entered received a personalized certificate.



On your plate...

This month NCDA&CS trucks are carrying blueberries from Lewis Nursery & Farms, Inc. (Pender Co.) and Cottle Strawberry Nursery (Duplin Co.).

With more than 100 growers across the state, NC ranks third in the US in total blueberry production. Bladen County ranks first in the state, followed by Pender, Sampson, Duplin and Columbus.

Blueberries are grown on bushes planted in long rows. A single bush can produce as many as 6,000 berries per year. Berries are picked by hand or using a machine that moves along the rows and gently shakes plants, causing ripe berries to fall into a catching frame.

NC blueberries are available starting in mid-May and throughout the summer. NC Farm to School will be offering blueberries in June and July. Fresh berries can be frozen for use throughout the year.

Blueberries have 80 calories per cup and are a source of Vitamin C, dietary fiber and manganese.

For more information on blueberries, visit the NC Blueberry Council at www.ncblueberry.org. To find a farm in NC raising blueberries, visit www.ncfarmfresh.com.

Grower Spotlight - Lewis Farms and Nursery, Inc.



Cal Lewis is the third generation to farm in Rocky Point, NC. The family farm has been a leader in the agriculture community. Cal's father, Everette, started the first strawberry nursery in the state and was the first to grow the fruit on black plastic, which is now standard in NC.

The farm has diversified adding blueberries, blackberries and green peppers. Another recent "first" was growing 20 acres of high tunnel strawberries in the winter.

In addition to the wholesale business, the farm also has a retail outlet and pick-your-own location. The main stand features homemade ice cream made on site with fresh fruit grown by Lewis Farms.

Cal was recently recognized by his peers and inducted into the NC Vegetable Growers Hall of Fame. For more information visit the farm's website at lewisfarm.com.

Sweet Potato Month Promotion Winners

Last month we featured the first and second place winners of the Sweet Potato Month Promotion. The third place winner was Miriam Boyd Elementary (Warren County) Culinary Club.

Child Nutrition Director Robert Parker attended a club meeting and taught the students kitchen and knife safety and helped prepare a recipe. The club learned about how sweet potatoes grow, nutrition facts and the difference between fresh and frozen produce. Each student then made a poster about sweet potatoes, which was hung around the school.

The Culinary Club received \$100 for their third place finish. The promotion was sponsored by the NC Sweet Potato Commission.

