

“Sprite”the Newest North Carolina Melon!

Submitted by Ivy Reid, Family and Consumer Sciences Agent with Craven County Cooperative Extension

Summer time is melon time and what better way to celebrate summer than to try North Carolina's newest melon variety! The Sprite melon is well adapted to North Carolina growing conditions and can be successfully produced from the middle of June through September in eastern North Carolina. This unique melon has a fruity flavor that resembles a cross between a honeydew and pear.

Produced in North Carolina under the “Carolina Specialties” label, the Sprite is carefully harvested, cooled, and shipped under constant quality control. Sprite Melons are available in North Carolina from late June to mid September. This insures the customer will receive an exceptional melon at the peak of flavor. Check at your local Farmers Market or grocery store to take advantage of these fresh new melons.

Marketing surveys have shown the Sprite to be preferred by consumers when compared to other specialty melons. The unique flavor, attractive appearance, and high nutritional value, results in strong demand from consumers who have sampled a Sprite.

The Sprite melon also has a distinct appearance in which the rind turns from cream to white with yellow mottling when ripe. The flesh is white and crisp, much like an apple. The fruit will average from 1 to 1.5 pounds, making it a convenient snack size for the

consumer. The melon surface will produce a few brown concentric ‘sugar cracks’ at the calyx (blossom end) when the fruit has a high sugar content. Sugar content in Sprite melons can reach over 18 percent, which is 25 to 30 percent higher than most other melons. One serving provides 150 percent of the daily value of vitamin C and has 0 calories from fat.

Although Sprite melons taste wonderful alone, it is always interesting to try a new recipe such as the one listed below:

Sprite Melon Raspberry Smoothie

The Sprite melon is paired with fresh raspberries in this refreshing thirst-quenching smoothie.

- 1 Sprite melon
- 12 ounces raspberry yogurt
- 1/4 cup orange juice
- 1/3 cup fresh raspberries
- 2/3 cup crushed ice

Remove rind and seeds from melon; dice to yield 2 cups. Place yogurt, orange juice, raspberries, crushed ice and diced melons into blender. Puree 15-20 seconds until smooth. Pour into chilled glasses, garnish with lime slices and serve immediately.

Turtle Time

By Peggy Sagmiller

It is now mid-July, halfway through the sea turtle nesting season. There are already 11 confirmed nests on our beach. This is more than we have had in any year on record in Pine Knoll Shores. Our second best season, 2003, yielded nine confirmed and two possible nests. The two possible nests turned out not to be nests after all. In addition, we have only had one false crawl this year – in 2003, we had 25.

Mid-July also marks the beginning of the hatching season. Please remember to keep all bright lights that are visible from the beach OFF. Close the drapes on ocean-facing windows at dusk, or move lamps away from the windows. Use flashlights with a red lens, or wrap clear lenses with red plastic wrap when walking on the beach after dark.

Bright white light will lure hatchlings up the dunes toward homes and away from the ocean. It will also lure them up the beach.

Either way means death by exhaustion or by predation. In addition, white flashlights can blind hatchlings.

Please remember to take all toys and trash with you when you leave the beach. Toys and trash will impede the progress of hatchlings on their way to the surf. Trash on beaches will eventually end up in the ocean, where it will be mistaken for food. Adult sea turtles will eat this trash and eventually die of starvation, with stomachs full of plastic.

Last but not least, please keep your dogs leashed when on the beach, and clean up after them. Loose dogs are one of the two chief predators of sea turtle hatchlings on our beach. Dog droppings leach down into the sand and will contaminate and kill existing and future sea turtle nests.

Thank you for your help in making the 2005 sea turtle season the best ever!!

Women’s Club Prepares for Coming Year

The Board of Directors of the PKS Women’s Club will meet on Friday, Aug. 19 at 9:00 a.m. at the home of their new President, Kay Howe. The next regularly scheduled meeting of the Board of Directors will be Friday, Sept. 16, 9:00 a.m. at Town Hall. Any member of the PKS Women’s Club is welcome to attend any Board Meeting.

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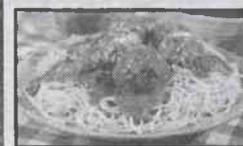
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