

Sweet Potatoes

A Tar Heel Favorite

It's no wonder that sweet potatoes are such a tradition when it comes to southern menu planning. Sweet potatoes have such a good sweet flavor and they're so delicious in such dishes as candied yams, puddings, pies, as well as by themselves & baked, boiled, or fried.

These golden roots which thrive so well in North Carolina soil are harvested between August and November. During this time, they are sold uncured. This means that they are dug, cleaned, and sold directly to the consumer. Yams that are uncured should be used within a short period of time.

Cured yams are those potatoes which are not sold immediately and therefore held in curing barns at warm temperatures and high humidity to remove part of the water. After about 2 weeks the yams are moved to a cooler storage. During the heating process, a protective cork-like layer forms over the surface of the potatoes which acts as a barrier to decay and a barrier to excessive moisture loss during storage.

Sweet potatoes should not be stored in the refrigerator nor in any area where the temperature drops below 50° F. Yams are susceptible to cold injury which leads to an undesirable taste when cooked. A dry place such as a garage or basement is an excellent place for keeping sweet potatoes until ready for use.

One should note that for the first few weeks after harvest, the carbohydrates in a sweet potato have not totally turned to sugar. This will result in a less sweet yam for about three weeks. Regardless of the age of

the potato it still will have a good taste. Also, whenever possible, sweet potatoes should be cooked in their jackets. This will help preserve the valuable nutrients as well as the sweetness of the potato.

Fresh sweet potatoes can be adapted to almost any use in menu planning, and they're so economical that you can let your imagination be your guide. The North Carolina Department of Agriculture along with myself salute the Sweet Potato farmers for the fine job they do.

SWEET YAMS & SAUSAGE

1 pound pork sausage
6 medium cooked yams or 2 (1 lb.) cans
2 T. butter
1/3 c. brown sugar
Shape sausage into 6 patties. Brown lightly on both sides and drain on paper toweling. Slice sweet potatoes and arrange in greased baking dish. Dot with butter and sprinkle with brown sugar. Arrange sausage patties on top. Bake at 350° for 30 minutes. Serves 4 to 6.

SWEET POTATO CAKE WITH CREAM FROSTING

1 1/4 cups vegetable oil
2 c. sugar
4 eggs
2 c. flour
1/4 t. salt
2 t. cinnamon
2 t. baking soda
2 t. baking powder
1 c. chopped pecans
3 c. grated raw sweet potatoes

Beat together oil, sugar and eggs. Sift together dry ingredients and gradually add to oil mixture. Stir in nuts and sweet potatoes. Divide mixture into two 8-inch cake pans which have been lined with wax paper and greased. Bake at 350° for 40 minutes or until tests done. Remove from pans. Allow to cool before frosting.

CREAM FROSTING:

Beat together 8 ounces cream cheese, 1 stick butter, 1 box powdered sugar and 2 teaspoons vanilla, until creamy.

YAM SOUFFLE

4 c. mashed N.C. yams
1/2 c. butter, softened
1/2 c. sugar
1/2 c. apple juice
2 eggs, beaten
1/4 t. salt
1/4 c. black walnuts, chopped
In a large mixing bowl beat together yams, butter, sugar, apple juice, eggs and salt until fluffy. Turn into baking dish; sprinkle with walnuts. Bake 45 minutes at 350° F. Serve immediately. Makes 6 servings.

Tumbleston Exhibit Opens

An exhibit of widely-acclaimed paintings by Richard Tumbleston will be exhibited at Mars Hill College Oct. 20 through November 9. Tumbleston, a Mars Hill alumnus, has gained critical popularity in the last seven years for his naturalist watercolors.

A native of Round O, S.C., Tumbleston completed a double major in art and religion at Mars Hill in 1973. He continued his education at Southeastern Baptist Theological Seminary, earning the Master of Theology degree in 1977. It was during this period of seminary study that he resumed painting.

The impressions of salt marshes and river terrain formed during his childhood in the South Carolina lowlands, where his father owned a country store, became subjects for many of his paintings. Friendships with the local citizenry, both black and white, also play a prominent role in his work, and he speaks affectionately of these long-lasting relationships as well as the "aura of mystery" he sensed in the flat lands.

He moved to the Blue Ridge Mountains, near Boone, in the late 1970's where he maintains a studio and lives with his wife, the former Susan

Lawrence, also a Mars Hill graduate, and their two children. Tumbleston has adapted what he calls the "magic of the mountains" to the subjects and moods of his most recent paintings. The creative stimulus supplied by the two worlds of highlands and coastal region are rendered in the painstakingly unforgiving techniques of dry brush and transparent watercolors.

Tumbleston has exhibited his paintings in over 20 one-man shows throughout the Southeast, and corporate collectors such as R. J. Reynolds and Wachovia Bank and Trust have been some of the primary purchasers of his works.

Combining his artistic endeavors with altruistic intentions, Tumbleston recently donated the copyright benefits on several of his paintings for reproduction as prints with the proceeds going to benefit the S. C. Cancer Fund, the Crossnore School, and the City of Boone.

The paintings to be shown at Mars Hill are on loan from the collection of Mr. and Mrs. Robert Schwebke of Florida, the Mitchell-Provost Designs of N.C., and the college is grateful for their willingness to share these works with the community.

Other works from the artist's private collection will also be shown.

The paintings are also open to the public at no admission charge, 10 a.m. through 4 p.m. daily, Monday through Friday in Peterson Gallery of Blackwell Hall.

McElroy Promoted

John H. McElroy of Raleigh has been named as vice president of marketing with Rose's Stores Inc. Announcement of the promotion was made on Sept. 4 by L.H. Harvin III, chairman of the board and chief executive officer of the company.

McElroy is a native of Marshall. He is a graduate of the University of North Carolina at Chapel Hill. He and his wife, the former Jeanette Steere, have two children.

McElroy joined Rose's in 1976 as a field merchandise supervisor. In 1980, he was appointed sales manager of the advertising and sales promotions department, a position he held until his present promotion.

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