

# Yams or sweet potatoes - - a native treat

The Sweet Potato Industry in North Carolina uses the word "yam" to represent and to be synonymous with our tender, moist, soft-fleshed sweet potatoes that are grown in North Carolina. In the area of what is now North Carolina, sweet potatoes were grown as early as 1648 and possibly earlier.

### Extension News



north carolina  
AGRICULTURAL  
EXTENSION  
SERVICE

By Susan G. Bailey  
Dist. 44 Agent

The question is often asked, "What's the difference between Sweet Potatoes and Yams?" The difference is a little difficult to explain since we have to admit that the true "yam" belongs to the genus *Dioscorea* and does not possess any of the qualities or characteristics desired in sweet potatoes.

All "yams" commercially produced and marketed are SWEET POTATOES (*ipomoea batatas*). We use the word "yam" to represent and to be synonymous with our tender, moist, soft-fleshed potatoes that are grown in North Carolina and in the coastal southeastern states down through Louisiana.

Commercially speaking, sweet potatoes are represented by the dry-firm, fleshed varieties grown in Virginia and states northerly into New Jersey.

In the trade, most consumers think of the "yam" as a sweet potato is

another of the native America plants found by Columbus and his shipmates during their voyages to the New World.

Early Spanish Explorers are believed to have taken the sweet potato from the Indians of South and Central America to the Philippines and East Indies where it was carried to other parts of Southeast Asian countries.

Nutritionally speaking, the best yams come to the table wearing their jackets. A rich source of vitamin A, it also provides worthwhile quantities of vitamin C and small amounts of other vitamins and minerals.

It is a good provider of food energy too - even better than the white or Irish potato. A medium-sized sweet potato gives about 155 calories to the white potato's 90.

**Cooking Tips** - North Carolina yams are rapid cookers in the oven or out. Here is a "five o'clock wonder food" most heartily recommended to any woman who, in the press of things, is often a stretch-runner in her own kitchen.

Bake North Carolina yams in a moderate (350) oven always. Pre-heat the oven and allow about one hour to bake. Sugar-sweet North Carolina Yams may "leak" if baked too long or the oven is too hot.

This, of course, is evidence of their goodness; but you can avoid leaking by watching the baking time carefully and keeping the oven temperature moderate.

Test baking yams by pressing on them rather than puncturing with a fork.

Wash yams before baking. This may not seem necessary, but the tender peel is also relished by many. Greasing yams for baking serves no

real purpose.

Boil yams in your deepest, heaviest pot or kettle. Use as little water as possible and cover them. When tender, remove them from the cooking water.

Steaming is a useful method for cooking North Carolina yams, particularly when the oven is in full use. Steaming in a covered pot requires nearly as much time as baking; leaves the skin dry and firm. Steamed yams may be served like baked yams, buttered in their jackets.

Glaze or candy yams on top of the stove when possible. Prepare the glazing syrups first, using as little water as possible; bring them to a boil and pour over yams. A few minutes will do it. Keep the flame low.

Citrus fruits and flavors are always good with sweet potatoes. Tart apples and wine too are perfect flavor-foils for these "sweeter" sweet potatoes.

Maple yams are delicious. An easy inexpensive way to capture the maple flavor is with the maple-blended syrup.

Left-over yams have many uses - all good. They will keep well up to three days in the refrigerator. Serve them mashed, fried, or candied.

Brown sugar does darken the yams, but the flavor is ever-wonderful.

Granulated sugar is best when combining fruit and yams. Extra fine granulate sugar is first choice for sprinkling fresh-fried North Carolina yams.

Soft-textured yams welcome tart and unusual flavors. For contrast, the best of these are shredded coconut, chopped nuts of all sorts, crushed cereals. Wonderful lightness or fluffiness can be obtained by combining miniature marshmallows or beaten egg whites.

A refrigerator is not the place for storing fresh yams. It is recommended that you buy a week's supply at a time and store them in a dry pantry, away from cold drafts, until used.

To freeze sweet potatoes, try baked yams. Also, almost all yam dishes can be frozen and used later.

#### Sweet Potato Balls

- 4 sweet potatoes, cooked and peeled
- 2 Tbsp. butter
- 1 Tbsp. brown sugar
- 4 tsp. orange peel, grated
- 1 tsp. salt
- pineapple slices
- coconut

Mash potatoes. Add butter, sugar, orange peel and salt. Chill. Put pineapple in baking dish, dot with butter. Bake for 10 minutes at 350. Form potato mixture into balls. Roll in coconut and place on pineapple. Bake 10 minutes at 350.

#### Sweet Potato & Apple Casserole

- 2 cooked sweet potatoes (fresh-cooked or canned, medium size)
- 2 small apples

- 1/4 cup brown sugar
- 1/4 cup fruit juice (orange, pineapple, apricot or part fruit juice and part sherry)
- cinnamon
- butter

Slice cooked sweet potatoes and raw apples in thin slices in a shallow buttered casserole. Alternate and sprinkle each layer with a little brown sugar. Pour fruit juice over all and sprinkle with cinnamon.

Bake in 350 degree oven until apples are tender, about 45 minutes. Will serve six. Approximately 110 calories each serving.

#### Sweet Potato Surprise Cake

- 1 1/2 cups cooking oil
- 2 cups sugar
- 4 eggs, separated
- 4 Tbsp. hot water
- 2 1/2 cups sifted cake flour
- 3 tsp. baking powder
- 1/4 tsp. salt
- 1 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- 1 1/2 cups grated raw sweet potatoes
- 1 cup chopped nuts
- 1 tsp. vanilla

Combine cooking oil and sugar and beat until smooth. Add egg yolks and beat well. Add hot water, then dry ingredients which have been sifted together. Stir in sweet potatoes, nuts and vanilla and beat well.

Beat egg whites until stiff and fold into mixture. Bake in three greased 8-inch layer cake pans at 350 degrees for 25 to 30 minutes. Cool and frost.

#### Frosting

- 1 large can evaporated milk
  - 1 cup sugar
  - 1 stick margarine
  - 3 egg yolks
  - 1 tsp. vanilla
  - 1 1/2-3 cups flaked coconut
- Combine milk, sugar, margarine, egg yolks and vanilla in saucepan. Cook over medium heat about 12 minutes, stirring constantly, until mixture thickens. Remove from heat and coconut. Beat until cool and of spreading consistency.

# CLASSIFIEDS

### 4 - Special Notices

ATTENTION ALL BUSINESSES: The Perquimans Weekly is offering FREE CLASSIFIEDS for 1983 to all businesses, with the purchase of any display advertisement. To place your ad, call Pat at 426-5728.

IF YOU ARE CURRENTLY UNEMPLOYED, WHY NOT PLACE A CLASSIFIED AD PROMOTING YOURSELF TO POTENTIAL EMPLOYERS? The Perquimans Weekly offers FREE classified ads to county residents who are unemployed. Call Pat for details, 426-5728.

Only 55 cents! American Express Money Orders Available at BeLo Supermarket. Safe & Secure. 55 cents each. BeLo Supermarket Harris Shopping Center Hertford April 14, 11n. f.

### 5 - Help Wanted

HOMEWORKERS - PRODUCTION WIRECRAFT. We train house dwellers. Write: PWC, P.O. Box 223, Norfolk, Va. 23501. Aug. 4, chg. 11n

### 7 - Child Care

Stepping Stones Preschool (9-12) and Day Care (hours as needed) infants and up. Before and after school program. Dedicated to striving to enrich little minds and hearts with Christian caring. Located 1 mile south of Hertford By-Pass on Harvey Pt. Road. 426-5149. Nov. 3, 10, 17, 24, chg.

### 9 - Hair Care

NOW OPEN - Polly's Family Hairstyling featuring haircare for men, women and children. Located on Rt. 3 between New Hope United Methodist Church and Berea Church of Christ. Polly Lovell owner operator, 264-2997. Oct. 27, Nov. 3, f.

### 11 - Special Services

Monogramming available at Woodland Dress Shop, corner of Dobb and Woodland streets in Hertford. Oct. 6, 11n, f.

### 17 - Appliances

See John Mansfield, Doug Umphlett, or H.B. Miller at Hertford Motor Company for a good deal on the GE appliance you need. Call 426-5488 for sales and service. Located on Edenton Road Street in Hertford. Oct. 4, 11n, f.

### 18 FURNITURE FOR SALE

Sleep Quarters We carry Sealy and Simmons mattresses, boxsprings, sofas and love-seats, brass beds, wooden water beds and matching furniture and electric beds. Come by and see Jennifer. 335-2977. Nov. 3, f.

### 25 - Garage Sale

205 Crescent Drive. Antiques, clothing and misc. items. Saturday, Nov. 5 from 9 a.m. until. Nov. 3, chg.

### 26 - Misc. For Sale

Stable manure, \$1.75 per 50 lb. bag. \$15 per pick-up truck load. Call Chad 426-8471. Oct. 13, 20, 27 Nov. 3, chg.

For your cross-stitching needs, shop Darden Department Store. They now carry 14 and 18 count Aida cloth and a wide choice of colors in Coats & Clark embroidery cotton. Call 426-5464, Church Street, downtown Hertford. Oct. 6, 11n, f.

Small utility trailer for sale. Approximately 5' x 10'. Call 426-7705 days and 426-5575 between 5 p.m. and 9 p.m. Oct. 13, 11n, f.

For Sale: Utility trailer, dump bed. \$200. Call 426-8559. Nov. 3, 10, chg.

### 27 - Wanted To Buy

WANTED TO BUY First and second mortgages. 335-5168. Aug. 25, 11n, chg.

### 30 - Business Opportunity

SATELLITE ANTENNA dealerships available. No experience required. Dealer cost for complete unit as low as \$757. Retail \$1295. Call 303-574-4988. Nov. 3, 10, 17, 24, pd.

### 31 - Money To Loan

Loans available. First and second mortgages. 335-5168. Aug. 25, 11n, chg.

### 32 - Dogs, Cats, & Pets

Tame ducks for sale. Call 297-2694. \$3 each. Nov. 3, 10, pd.

### 50 - Lots For Sale Or Rent

CAPE COLONY - \$250 down, 85 x 155 square feet. \$53.12 per month. Bradford Corp. & Realty. 338-3434 Days, 335-5014 Nights. Oct. 20, 27, Nov. 3, 10, chg.

### 56 - Boats - Motors

New Outboards Evinrude & Mercury "Outboard Supermarket" off season discounts! List - 25 percent, no freight, no hidden charges, no sales commission... Most models in stock! Call Hoke Roberson, Jr. 919-482-8423. Oct. 27, Nov. 3, 10, 17, chg.

### 61 - Autos For Sale

1976 Oldsmobile 88-4 door sedan. New battery, new generator. Call Larry Swindell at 426-7170. Nov. 3, 11n, f.

1981 Lincoln Mark VI, only 26,000 miles. Was \$15,500, now \$14,000. Call Winslow-Blanchard Ford at 426-5245. Sept 29, 11n, f.

## Hertford Awarded New Radio Station

The Federal Communications Commission recently added to the Table of Assignments Channel 285A to Hertford, North Carolina.

If you've always wanted to own a broadcast property this may be your chance.

Edward M. Johnson & Associates, Inc., the nation's largest communications consulting firm will prepare and submit to the Federal Communications Commission a complete application for this new station - cost - \$5,000.00, terms available for right individual.

CALL - 615/521-6464 or Washington, D.C. 202/775-1805

WRITE - Edward M. Johnson & Associates, Inc. Suite 450, One Regency Square Knoxville, Tennessee 37915



Smilin' Jack Symons 'sez'

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DEADLINE: 3:00 P.M. MONDAY

Ask for Pat when calling to place your classified ad.

OFFICE HOURS:  
MONDAY-FRIDAY 9 A.M.-5 P.M.

## The Perquimans Weekly

P.O. Box 277  
Courthouse Square  
Hertford, N.C. 27944

PHONE: 426-5728

# Federal courts re-open farm loans

A U. S. District Court has instructed the USDA to reopen the Farmers' Home Administration's Economic Emergency Loan Program and to operate the program through September 30, 1984. The court instructed the USDA to maintain the same loan limits and interest rates in effect when the program was halted.

### Farming The Flatlands



north carolina  
AGRICULTURAL  
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By Bill Jensen  
Extension Chairman

The continuance of this program will allow producers who cannot get credit elsewhere, and who have suffered economic loss due to circumstances beyond their control to borrow up to \$400,000 at a rate of interest equal to the cost of the money to the government.

Interest rates are expected to be higher than FmHA's regular operating and ownership loans which are currently 10.25 percent and 10.75, respectively.

I believe this program may help a few of our farmers next year. Parts of Perquimans County have been affected by drought three out of the last four years. Some farmers have suffered extreme economic hardships due to conditions beyond their control.

Money should be borrowed judiciously. As the old saying goes "You can not borrow yourself out of debt." This is so true!

Now is the time we must look toward another crop year. It is time to start preparing and planning what you will do next year.

Soil and nematode sample your land. This is a basic step in farming. While it is fresh in your memory, record on field maps any problem areas you had. Find out what the problem is.

I am here to assist you in identifying and solving those problems and interpreting soil and nematode test results. A little planning will go a long way towards a successful 1984. Of course, a little more rain than we had in 1983 will help.

Soybeans are extremely short this year due to the extended drought this summer. Proper combine adjustment and slower ground speeds will be crucial to save as many of the bottom pods as possible.

The cutter bar should be as close to the top of the bed as possible. According to NCSU extension engineers, the reel of the combine should be adjusted so it hits about six inches into the plant top.

The reel should turn 25 percent faster than the ground speed.

The dough injured soybean crop will contain more trash and foreign material because of excessive grass and weed growth in the debilitate crop. Proper adjustment of the separating and cleaning parts of the combine will allow producers to save the beans and avoid excessive trash and foreign material.

S. Evans St., Suite 304, Greenville, N. C. (919) 758-1372, by noon of the day of the respective hearing.

Public hearing date for the respective proposal is as follows:

Monday, November 14 - Manteo High School, P. O. Box 280, S. Main Highway, Manteo, N. C. 27954. The meeting time will be from 7-9 p.m.

Proposal affected: Hospital Investors (Omni Healthcare) - construction of a new 36-bed general acute care hospital in Dare County, N.C.

The ECHSA is a private, non-profit corporation funded by the U. S. Dept. of Health and Human Services (DHHS). The agency works from the 29 counties of Eastern North Carolina to carry out three major responsibilities:

- 1 - Planning to guide change in our health care system;
- 2 - Developing needed services and locating personnel; and
- 3 - Reviewing and making recommendations to the N. C. Dept. of Human Resources on proposed changes in our health care system.



If a fly lands on your nose, they say, somebody has something to tell you.