

HOME GROWN

A Supplement to The Sampson Independent – November 2016

Big venture on the mini farm

A man's Mini Farm produces quality produces on a large scale

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Research for the future



Nuts about peanuts
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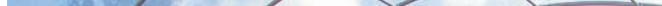
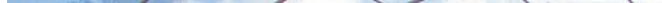
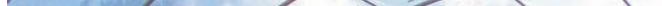
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Brad Hardison to teach kids about

growing fresh produce.

Kristy D. Carter | Sampson Independent



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A green tractor with a front-end loader attachment is working in a grassy field. In the background, there is a dense line of tall evergreen trees under a clear sky. At the bottom of the image, the logo for STAR COMMUNICATIONS is displayed, along with the website address www.stmc.net.



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Coop agent: a day in the life

Hardison helps locals with gardening problems

By Kristy D. Carter
kcarter@civitasmedia.com

Early each morning, just after the sun rises and before the morning dew has had time to lift from the blades of grass, Brad Hardison makes his way to the demonstration garden at the Cooperative Extension Office. Hardison is working to plant rows of what will become fruits and vegetables to eat.

The process is just part of what the horticulture agent does on a daily basis. Hardison joined the Sampson County Cooperative Extension office as an agriculture-horticulture at the beginning of 2016. His job duties include commercial and consumer horticulture, youth horticulture development, turf and green industry and serving as an extension master gardener liaison.

Hardison is a valuable resource for the nearly 65,000 residents of Sampson County. On average, he gets 10-12 calls each day and fields questions about anything from insect identification to fertilizer recommendations.

"I am always getting phone calls about problems residents are having at their home," Hardison said. "It's my job to help them in any way possible by identifying the problem and finding a solution."

The horticulture agent is familiar with growing fruit trees, pecan trees, turf, and community gardens. He also works closely with the Master Gardeners and the Coop-

erative Research Station on Hwy. 403.

Part of his job is to help locals learn to garden and utilize what they have grown as a food source for their families. Hardison said he also works hard to help people understand how not to pollute their yards with overusing fertilizers.

"I am a free resource for the residents of Sampson County," Hardison shared.

Hardison said he has a goal to help the Master Gardeners program grow and become very beneficial to the Sampson community.

"We have an active extension master gardener volunteer program and one of our goals is to re-establish the master gardener hotline or plant clinic, where the public can call into the office and receive assistance with lawn, weed, weed or pest identification and other gardening related questions," Hardison said.

By the year 2050, Hardison said the population will have doubled. For that reason, it's important for people to learn how to grow their own foods and know what's efficient growing.

"My ultimate goal is to provide knowledge to home gardeners," Hardison said.

Like many other cooperative extension agents, Hardison works closely with N.C. State University on research. His focus is learning what is best and will grow in the Sampson County soils and how farmers can be more efficient with their crops.

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8/22/2016

Research for the future

By Chase Jordan

cjordan@civitasmedia.com

Research Specialist Dusten Jolly cut open a sweet potato which may take a lot of people by surprise.

The inside was not bright orange, but purple. The color from the tropical tuber may be used for providing dyes and food coloring. It's one many research methods being used at the Horticulture Crops Research Station in Sampson County.

Located on Highway 403, the Horticulture Crops Research Station is more than 300 acres. Some of the sections an office, three dwellings, a multipurpose building, shop, storage shelters, greenhouse, irrigation well and farm pond. The four research programs include breeding, cultural evaluations, pesticide screening and biotechnology.

Created in 1970, the 349 acre receives grant funding through N.C. State University to upgrade sweet potato curing facilities. In 2006, the station built two high tunnels greenhouses for sweet potato transplant and other crops.

According to researchers, there's a potato for everything.

"They have potatoes that make better fries, then they have potatoes that make better chips," said Glenn Aman, research specialist. "There's different types of characteristics for the baking or the frying."



Glenn Aman, research specialist at the Horticulture Crops Research Station, examines sweet potatoes.

In one section, different varieties of sweet potatoes are screened to check for ones that reject diseases. It's how they come up with a disease resistance potato. Nearby, a storage facility contains thousands of sweet potatoes.

We got one of the biggest sweet potato breeding programs around ..." Jolly said about trying to find the right one to

place in grocery stores.

Temperature controlled rooms are used to store and cure sweet potatoes for next year. It's a common practice for farmers.

"They sell potatoes all winter long," Aman said. "...growers are selling last year's potatoes. A lot of them are and a lot of them are not."



Many from several years ago have not been classified yet and are marked with different numbers for future studies.

The Covington Sweet Potato is grown by about 90 percent of farmers, because of its yields, good shape and storage ability. Inside the green house, crosses of different type of potatoes through manual breeding or natural pollination. Breeding programs are also conducted tomatoes and cucumbers. It also provides training to N.C. State University and N.C. A&T graduate students. Participants enjoy hands-on experience in growing practices, controlled pollination and evaluation of various treatments.

As concerns about the environment continue, officials believe it's important to find better ways to use and track nutrients on crops. The cultural evaluations program is used to learn how much nutrients to use and how they travel through the soil. During the process cover drops are used to keep nutrients in the soil.

Jolly and Aman are natives of Sampson County and have been working at the station for more than a decade.

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A farming machine places sweet potatoes in a field.

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RESEARCH, continued from | 8

"You're seeing something different all the time," Aman said.

Jolly added that he's been interested in farming throughout his life.

"I wanted to see a different aspect of it as far as making the products and seeing new and better things comes out for the farmers. Whenever the farmers have a question, they come to ask us or the extension agents."

"The farmers these days are always looking for a new or better sweet potato, to make more money all the time," Jolly said grower increasing their profits.

In addition to research, the station also reaches out to the community.

The Sweet potato Field Day was held in late September, an event sponsored by North Carolina State University's College of Agriculture and Life Sciences, N.C. Agri-

cultural Research Service, N.C. Cooperative Extension Service; N.C. Department of Agriculture & Consumer Services; and the North Carolina Sweet Potato Commission.

Also, the research station donated more than 35,000 pounds of crops to the Society of St. Andrew, which collects food to help need people.

"Being that we're a state organization, we're not allowed to sell, so we have to give it to a non-profit organization," Jolly said about eatable crops

Aman said a lot of the crops can not be consumed since it's been sprayed with too much herbicide, therefore gleaning is highly discouraged.

"Some of those potatoes may look good, but taste (bad)," Aman said. "They may be using it for (research) for its shape and not its taste."

With cucumbers, the sta-

tion has seen a lot of downy mildew, which leaves marks or a powder-like substance. For sweet potato black rot, a disease caused by bacteria or fungi.

Weeds are usually a bad thing, but at the research center, they're welcomed. A piece of land is set aside where crops are grown next to them to compare growth or what herbicides work better.

Researches also produce stevia, a herb native to South America with produced sweet noncaloric leaves.

"It's amazing how sweet a little leaf like that can be," Jolly said.

The soft drink giant Pepsi is providing funds for research.

"Stevia starting to be a new thing and it's sort of new to us," Jolly said about the second year.

It's been reported that several types of bees are on the endangered species list. Researchers are trying to do their part.

"That's the reason these pollinator plots are coming around so much on research farms," Jolly said. "They're all over this farm."

Aman added there's plots not only for bees and native pollinators. In the summer-time, Aman and others spray chemicals before 5 a.m. to make sure the bees are not harmed.

"We do our insecticide sprays while the bees are still in their hives," Aman said.

Superintendent Rodney Mozingo has overseen operations for almost nine years. He described the research station as the "middle man" when it comes to research.

"We provide the land and the equipment to conduct these trials for them," Mozingo said about making contributions to North Carolina State University and other organizations.

Agriculture research in the state goes back to 1877, when North Carolina leaders

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Farm researchers conduct studies at the Horticultural Crops Research Station.

started the N.C. Department of Agriculture. That came with experiment stations. Certain facilities have unique climate and soil conditions. The Sampson County facility contains soils of a sand texture and receives an average rainfall of 47.6 inches, with the biggest amounts occurring between June and August — the heart of the growing season.

Like many others at the station, Mozingo enjoys making contributions to agriculture.

"It's great and it's wonderful," he said. "We're helping the community, we're helping

the growers and farmers by helping them come up with a better variety of sweet potatoes, cucumbers, watermelons and different selections that will help growers, farmers and everyone."

Mozingo always had love for agriculture and wants to take steps towards making things better.

"Anything we can do to promote it and make it better, I think that's great," Mozingo said.

Reach Chase Jordan at 910-249-4617. Follow us on Twitter at @SampsonInd and like us on Facebook.



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Nuts about peanuts

Fann Family Farms thrives in Sampson County

By Kristy D. Carter
kcarter@civitasmedia.com

The Fann Family knows a lot about peanuts. In fact, nearly half of their 5,500-acre farm is covered in Virginia style peanuts.

Fann Family Farms began many years ago as a small family farm. Today, Robert Fann and his grandfather, father, two uncles, mother, wife and aunt continue running the family business that grows 2,000 acres of peanuts every year. The Fanns grow the Virginia style, mostly used for roasting, rather than the runner style, mostly used to make peanut butter.

Ten years ago, the Fann Family took advantage of an opportunity to have a touch of diversity on their farm. That opportunity lead to farming peanuts on just 500 acres. Since then, the production size has grown, more than doubling in size.

During the spring of the year, the Fanns plant their peanut crops and continue working in the fields through the summer and into the fall. Once fall comes around, the farming equipment enters the fields and starts harvesting the peanuts to sell to peanut distributors in the area.

According to Robert, an inverter, a machine used to dig up plants and put them on top of the ground, enters the fields in late September and early October. It takes approx-

imately five days for the product to dry out. Then, the combine comes in and harvests the peanuts.

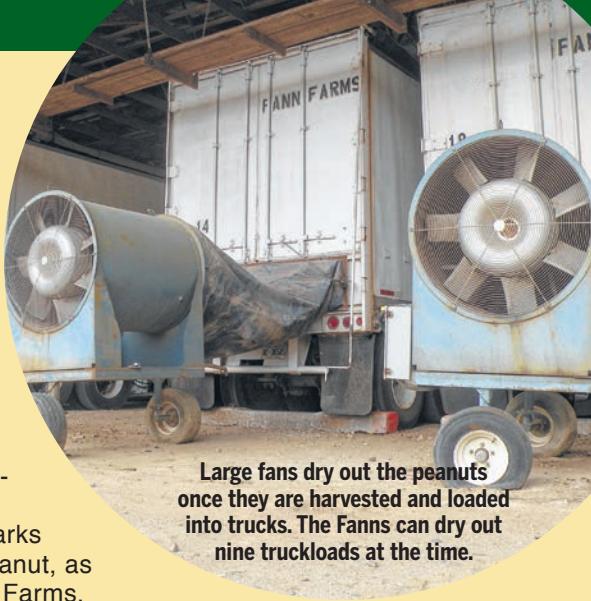
The Fanns supply to buyers in Clarkton, E.J. Clarks and Southern Peanut, as well as Hampton Farms.

An average crop yields two tons of peanuts per acre. While excessive rains and winds have caused minor damage to the Fann crop, the overall average for the last five years looks good, Robert said, and hopefully this year's crop will yield 4,000 tons of peanuts.

"Peanuts grow better then they don't get a lot of heat and get a good amount of rain," Robert said. "Too much rain can cause a fungus to grow on the peanuts."

Sandy, well-drained soils, provide the best product. That's one of the many reasons peanuts grow better in the southern states like Virginia and North Carolina.

Fann Farms was established in 1981 by five different family members. The 5,500 acre farm grows not only pea-



Large fans dry out the peanuts once they are harvested and loaded into trucks. The Fanns can dry out nine truckloads at the time.



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nuts, but tobacco, sweet potatoes, corn and cotton. Peanuts typically grow on a three-year rotation.

There are about eight to 10 full-time employees who work on the farm, because a lot of man hours are spent from the tractor. Peanut farming, Robert said, requires a lot of specialized equipment and maintenance work throughout the year.

Peanut farming is a very intense maintenance crop. Robert said the farm looked into growing the product as organic, but there was too much of a threat of mold and mildew in the growing process.

While Fanns Farms was one of the few peanut farmers in Sampson County in the early years of production, Robert said there are a dozen or more now who grow the crop. Land that is used to grow tobacco has proven to be good land for peanuts to be grown.

Robert, who has an allergy to peanuts, works to educate the public on safety when being around crops and foods that cause a problem. While peanuts are a great source of protein, Robert said he doesn't want it to get where peanuts aren't easily available for those who can eat the product.

Virginia style peanuts

History indicates that the peanut plant originated in Peru or Brazil and was grown in Mexico when the Spanish colonialists arrived. From there, peanuts traveled back to Spain, and then traders and explorers spread them to Asia and Africa. The peanut was brought to the southern United States by enslaved West Africans in the 1700s.

However, the peanut was not considered a significant agricultural crop until the early 1900's when the boll weevil destroyed the South's cotton crop. Following the suggestion of noted scientist Dr. George Washington Carver, peanuts replaced cotton's position in the South as a money crop.

According to the Peanut Growers Cooperative Marketing Association, the first commercial peanut crop in Virginia was grown in Sussex County (near the present-day town of Waverly) in the early to mid 1840's. However, peanuts are a part of Virginia's history dating back to the first settlers. Peanuts are currently produced on about 12,000 acres. Depending on the year, acreage has ranged from this

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Robert Fann of Fann Farms looks at part of his peanut crop after the peanuts have been inverted and pulled to the top of the ground.



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A growing venture

Aman's Mini Farm produces quality products on a large scale

By Chris Berendt

cberendt@civitasmedia.com

Richard Aman looks over his 1952 Farmall tractor, a working antique with shiny new tires and an engine that takes a second, but then purrs.

Aman remembered when his father bought the tractor brand new from Clinton Truck and Tractor in Clinton a lifetime ago. Now his cousin Lester Aman Jr., known simply as "Junior," is getting ready to take it for a spin around a small tract of land sandwiched between the home where Aman grew up and where he now lives — a rich plot of family soil that has yielded a variety of crops over the years that boggles the mind.

And that yield is only getting larger and more diverse thanks to the dedicated two-man operation, which this year will boast a high-tunnel house to extend the growing season. Junior built the structure and received approval from USDA that it was up to code. It took weeks, but the cousins don't mind putting in the work.

In fact, they already have big plans for the newest addition to Aman's Mini Farm.

"I've never worked in a high tunnel," said Aman, before immediately detailing the operation he foresaw for the 72-by-30 foot transparent tunnel. "This whole thing is going to be full and we're going to have a drip system on the side for tomatoes."

Aman said they have grown grapefruit-size tomatoes on the land before, but like clockwork they will die come the July heat. Junior built one of the two greenhouses on the property out of scraps from an old hog house and last year added onto it to double its size.

The high tunnel will only help the operation, located on West Darden Road, off U.S. 701 about 10 miles north of Clinton.

On the property, all types of vegetable plants are grown each year. Tomatoes, corn, peppers, eggplants, cucumbers, cabbage, Pak choi (Chinese cabbage), broccoli, cauliflower and onions are also some of the regular commodities. But the list goes on.

Of his roughly 10 acres, Aman previously leased eight and a half acres to Gerald Warren, farming the remaining acreage himself. He took the land back last year.

"I had an acre and a half and it wasn't enough," he remarked of his own garden farming operation.

Last year, Aman cultivated 16 rows of potatoes, at 440 feet long. All of them were sold.

"We had to go buy potatoes for us to eat," Aman laughed. "If we keep adding to it and keep expanding, we'll be doing well."

Over the years, like his crops, Aman's life has been full of diverse experiences.

Now 75, Aman attended Halls School on U.S. 701 from 1947-56, while he grew up on the farm, helping his father plow the fields. He graduated from Hobbs High School in 1958 and just a couple years later would embark on the first of many adventures. He was a motorcycle cop for the Raleigh Police Department in the early 1960s before being drafted into the U.S. Army at the age of 25 — "I was the oldest guy in my company," he recalled.



Richard Aman shows off yard-long burpless cucumber seeds, a family heirloom that annually sprouts massive cucumbers.

Photos by Chris Berendt/Sampson Independent

Before he joined the Army, however, he had 60 days to get his "affairs in order." For some 20-somethings that would mean packing up belongings and saying goodbye to family. For Aman, it meant shutting down three nightclubs that he owned and operated, complete with house bands. He operated two Sugar Shacks in Raleigh and a Seaside Sugar Shack in Carolina Beach.

Along the way, he has been in the National Guard, been employed as a truck driver and a contract commercial painter, painting more than 180 Walmarts, Sam's Clubs and Harris Teeters over the years. His son and grandsons are now in that line of work.

Along with Junior, who served in the National Guard, Aman still volunteers for the Piney Grove Volunteer Fire Department for the past 25 years, serving as chief for 20 of them. He and Junior still have a fire department truck parked in the driveway in case of an emergency, which came in handy during Hurricane Matthew.

Aman moved back on the property when his father fell ill some years back.

Keeping with the farming tradition, just before Aman's father passed away, he gave his son a small vial with special seeds in it. These weren't any seeds. They were a family heirloom passed down from Aman's great-great-grandfather, who brought them over from Germany.

For years, Aman has harvested the yard-long burpless cucumbers that have sprouted from those seeds, saving the seeds from the biggest of the bunch so the cycle can begin anew the following year.

"You let one grow and you save the seeds," Aman said. "You can never get anymore of these seeds. That's what my father told me, and what his father told him. They were an heirloom. I've





saved these seeds every year."

Farming is important to Aman, and the love he has for his craft shows in the product he displays at the Sampson County Farmers Market in Clinton.

Many times, it has been Aman who has ushered in the new market season by his lonesome. He has the Farmer's Market signs at his home to prove it. He takes the plastic placards with him to and from the market when he goes. Aman and Leslie Williams are a couple of the mainstays at the market. Williams has been there since its inception, while Aman was approached by Homer Marshall to join the cooperative the following year.

Aman jumped at the chance.

At the local market, Aman has displayed cucumbers along with a variety of pepper plants, tomatoes, sage, sweet mint, dill, lavender and rosemary, among other products. He has attributed some of his early yield, notably the tomatoes, to being produced from a hot house. Now a high tunnel will help extend the growing season.

And Aman's Mini Farm's effort are not lost on those it serves, which include deliveries from 50 miles away to the market and their involvement with Feast Down East.

He credited word of mouth through the local market and especially Feast Down East in Burgaw, a program that links small-scale farmers with local markets who can use that fresh produce, a valuable partnership. Feast Down East supplies to restaurants and institutions in Myrtle Beach, Carolina Beach, Morehead City and the surrounding area.

He sold a bushel of habanero peppers through Feast Down East last year in next to no time. Other peppers, including jalapeño, cayenne and cubanelle, are also a hot commodity that has come from the field off West Darden Road. Along with his

many varieties of peppers and other produce, Aman has had napa cabbage, watermelons, black beauty eggplants, carrots, rutabagas and Texas super sweet onions just to name a few.

"You name it, we have it in the field," he said. "Just about anything you can think about."

And he is always looking to add something new to mix it up.

Many women constantly ask if he has butterbeans. People also go crazy for homegrown tomatoes. He said he even had Alfredo DiPinto inquire about purchasing Roma tomatoes for his homemade marinara sauce. He didn't have the resources to provide to a restaurant on a regular basis, but said he thinks he'll give it a go during the next growing season. He is also eyeing some blueberry plants that his father planted some 40 years ago.



In a two-man operation, picking the crops is a chore. That is why Aman does provide self-service at his farm if people will call ahead.

"It's a job," said Aman. "Two people can't do it. We've cut so much okra this year, it's ridiculous. We've been busy."

He's getting on in years, but Aman and Junior are no strangers to hard work. They are used to it.

Aman recalled years ago how the family used to sell peas, tomatoes, squash and cucumbers to Jesse and Elmond Lindsay when they ran the Colonial Store in downtown Clinton. In his younger days, around the time that shiny new Farmall was purchased for the family farm, he recalled his father leaving him to tend the land with their two mules. His dad came home to find his defiant son atop the new machine.

See MINI FARM | 14



Richard Aman looks over some tomato seeds.

MINI FARM, continued from | 13

"Why can't we use the tractor," he asked.

"Because the tractor uses gas," his father replied. "The mules don't."

As Junior rode the Farmall around the inside of the new high tunnel, Aman said he wants to continue to expand the operation. Last year's move to take back the land was the beginning. Now it's about maximizing the soil — all while not using any harmful pesticides and insecticides — and meeting the demand for their growing array of produce.

"We needed the space," Aman remarked. "We keep branching out and getting bigger and bigger."

To reach Aman's Mini Farm, call 910-564-5834 or 910-590-7628.

Reach Managing Editor Chris Berendt at 910-249-4616. Follow the paper on twitter @ SampsonInd and like us on Facebook.



Chris Berendt/Sampson Independent
A look at one of the greenhouses, sans plastic covering, with the Farmers Market signs that Richard Aman takes to and from Clinton when the market is open.



At right, Richard Aman speaks to a customer at the Farmers Market in Clinton.

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A working relic, the 1952 Farmall still gets a lot of use at the mini farm off West Darden Road.

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AGENT, continued from | 5

Hardison is currently filling a big void at the office, since the county has not had a horticulture agent for several years.

"It's a been a longtime coming and horticulture is a big industry in Sampson County," he said.

Hardison is also involved in educational programs with youths and local students. Prior to coming to Sampson County, in Goldsboro, he participated in Discover Ag, a program that uses scientific concepts to teach elementary students about sustainable agriculture.

"I collaborate with 4-H and Family and Consumer Sciences on youth education and development and working with the youth in the Sampson County and Clinton City school systems to increase their knowledge of agriculture and the food chain," Hardison said.

Home gardens and canning are still very important and almost a lost art, according to Hardison. He, along with other agents, work to teach people how to efficiently grow home gardens and properly store food through the canning process.

As for the demonstration gardens at the Cooperative Extension office, Hardison said visitors come out all the time and learn about gardening and properly caring for crops. Additionally, he works with the local schools to teach kids how to grow food and where their food at home is found.

"Many kids think food only comes from the grocery store," Hardison said. "I work hard to help teach them that food comes from a garden and not a box or can."

He grew up on a small farm in Sampson County. The family raised produce, corn, cotton and livestock. While attending Midway High



Horticulture extension agent Brad Hardison works in the demonstration gardens at the Cooperative Extension offices. The gardens are a part of the learning process for many gardeners.

School, he was involved in FFA and contributed to many community projects.

As a young child and teenager, Hardison helped his dad raise hogs and often showed

them in local fairs. Even though the family farm was a part-time deal, Hardison said his dad grew and farmed truck crops.

Hardison's father expanded

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the farm as he got older and eventually the family farm covered about 900 acres, before his father decided to get out of the farming business.

"Daddy always kept a large garden," Hardison said. "All my life, I have worked in some aspect of agriculture."

After graduating from high school, Hardison attended Wayne Community College and studied agribusiness and business administration at the University of Mount Olive.

"I enjoyed working with the producers in Wayne County and impacting their lives," he said. "It just feels good to come back home and impact the lives of people that I know and people that live in Sampson County."

He's currently pursuing a master's degree in agriculture education and extension at North Carolina State University.

Prior to the Sampson County Extension Office, Hardison worked at the North Carolina Department of Agriculture & Consumer Services (NCDA&CS) at

Cherry Research Farm and the Center for Environmental Farming Systems. Some of his work involved high tunnel tomato production, onions, berries, organic farming, field crops and livestock. He was also a contractor for the plant and pest industry of NCDA&CS and monitored cotton fields for boll weevil, an insect which feeds on cotton buds and flowers.

"Now that I am back and working in Sampson County, I get to work with people I know," Hardison said. "I have gone back to my roots."

Since Hurricane Matthew struck North Carolina, damaging many crops across Sampson County, Hardison said he has been busy assessing the damage and helping farmers recoup from their losses due to the flood.

The lifelong resident of Sampson County lives in Plan View in the remodeled home he grew up in, with his wife and two children.

Reach Kristy D. Carter at 910-592-8137, ext. 2588. Follow us on Twitter at @SampsonInd. Like us on Facebook.



Kristy D. Carter/Sampson Independent
Cloning grape vines is just one of the many projects Brad Hardison is working on at the Extension agency.

Boney Farms

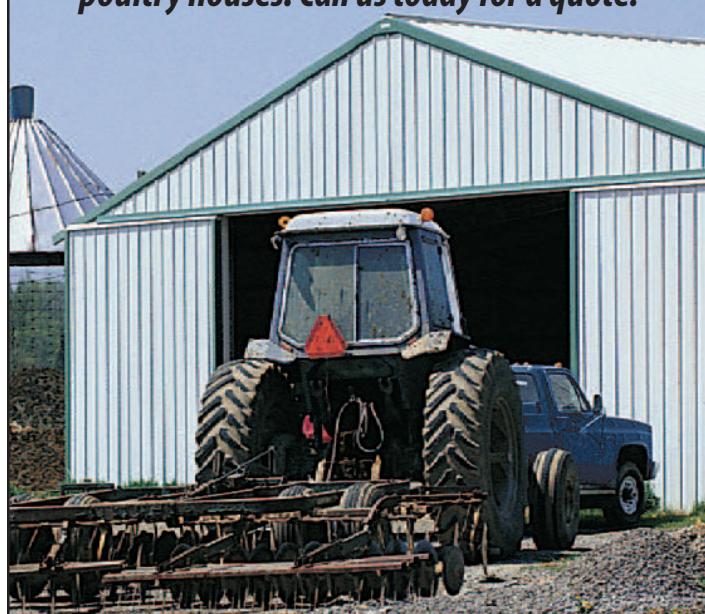


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NUTS, continued from | 11

year's level to around 50,000 acres, averaging in the low 20,000 range since 2002. Prior to the change in present legislation in 2002, Virginia typically grew 75,000 acres.

The production of peanuts in Virginia is concentrated in eight or nine counties in the southeastern corner of the state. In addition, there are a significant number of manufacturers in the region, ranging in the size from small gourmet processors to Planters Peanuts which is located in Suffolk.

Virginia peanuts are the largest of all peanuts and often eaten after being roasted in the shell.

North Carolina

The first commercial peanuts in North Carolina were grown in the Wilmington area beginning around 1818, according to the peanut growers association.

Historically, production of peanuts in North Carolina took place in the northeastern part of the state. Acres planted to peanuts prior to 2002 averaged 150,000 per year. Since 2002, acres devoted to peanuts have ranged from 100,000 acres to the current 65,000.

While the northeastern portion of the state has seen a decline in acreage,

there has been a substantial increase in peanut acreage in the southeastern part of the state. There are also a large number of processing facilities located throughout the state.

Other types of peanuts

Runner peanuts are commonly grown in the states of Georgia, Texas, Alabama, Florida, South Carolina and Oklahoma. They account for 80 percent of the peanuts grown in the United States and are used for making peanut butter.

Spanish peanuts are known for their red skin and predominately used for peanut candy, salted peanuts and peanut butter. Typically grown in Oklahoma and Texas, they account for four percent of the U.S. peanut production.

Valencia peanuts have three or more kernels per shell and have a sweet flavor. They are good to use for boiled peanuts and grown mainly in New Mexico.

Peanut health benefits

According to the Peanut Growers Cooperative Marketing Association, peanuts are a good source of nutrients. They're full of protein, with lower levels of saturated fat than animal protein. Peanuts provide nearly half of the vita-

mins necessary for the body's growth and many essential minerals. Facts about peanuts include:

- Peanuts and peanut butter are naturally cholesterol-free
- Current research supports a connection between a diet rich in plant foods like peanuts and reduced disease risk, especially heart disease and cancer
- Eating peanuts, peanut butter and nuts five or more times per week can cut heart disease risk by up to 50 percent
- One ounce of roasted peanuts contains 10 percent of the recommended daily intake of folate
- One ounce of peanuts supplies 29 percent of the recommended daily intake of Vitamin E
- Each one-ounce serving of peanuts contains 2.4 grams of dietary fiber

Information about the history of peanut production in Virginia and North Carolina was provided by the Peanut Growers Cooperative Marketing Association.

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Combines are used to harvest peanuts once the inverter comes through and pulls the plants on top of the ground.



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