

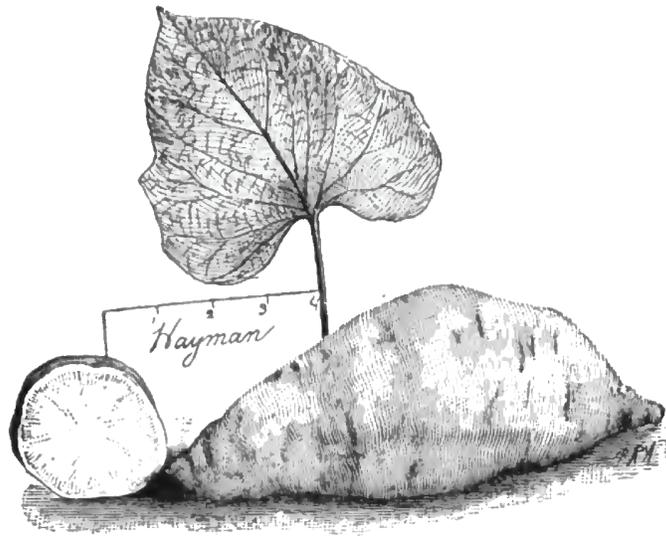


GROW WITH US!

In the mid-1800s, Roanoke Island had the highest number of farmers on the entirety of the Outer Banks. At the time, Adam Dough Etheridge owned 420 acres of land on the north end of the island, 20 of which were tilled and used to grow food. Although Etheridge split his time between land and sea – from farming to fishing and oystering – it's significant that Etheridge listed his main occupation as “farmer” on the 1850 census. Adam Dough regarded his Roanoke Island farmland with great reverence.

The main crops produced at the current day Island Farm were corn, peas (field peas or crowder peas), Irish potatoes, and sweet potatoes.

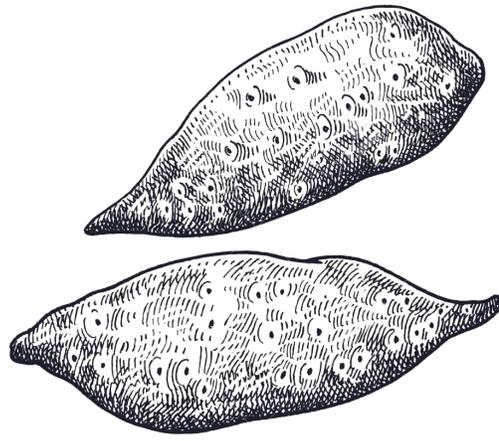
One of the sweet potato varieties believed to be produced at the Farm was the **Hayman potato**. Brought to the Outer Banks in 1859 from Barbados, the potato is incredibly unique with an exotic, nearly candy-like taste with white flesh that turns chartreuse when cooked. We dare say it's even sweeter than the average sweet potato from the grocery store! Hayman sweet potatoes grow well in the coastal region of the state and like our sandy and loamy soils.



An illustration of the Hayman sweet potato

Please enjoy this Hayman sweet potato slip from Island Farm. We're growing our own sweet potato slip bed at the Farm, and we invite you to follow along as ours grows! Learn the process of sweet potato propagation (as well as directions on how to grow your own!) in the pages below.

Big thanks to N.C. Sweet Potato Commission for these activities!



How do you grow a sweet potato?

1. Start with a sweet potato from the previous season that has at least one “eye” that is sprouting. **Eyes** or **buds** are small bumps on the sweet potato’s peel that can be rubbed off.
2. Plant the sweet potato in a plastic pot, or an area other than your garden.
3. In approximately a month, a plant or “**slip**” will emerge from the sweet potato. This **slip** has grown from the **eyes (or buds)** of the sweet potato that was planted! Keep in mind that more than one slip will grow, even after you cut the first one! Plant those, as well!
4. The **slip** can then be cut at the soil level and placed in the final sweet potato growing area in your garden. Sweet potato **slips** should be planted by July 4 at the latest, but can be planted as early as May 15. The **slips** should be at least one foot in length before they are cut and planted.
5. The sweet potato **slips** will grow into larger sweet potato plants. They produce small flowers throughout the summer months, as the sweet potatoes grow underneath the plant.
6. By the fall, the sweet potatoes will be ready to dig from the soil. Once cured for a number of weeks in a warm, dark place - your sweet potato is ready to eat!

DID YOU KNOW?

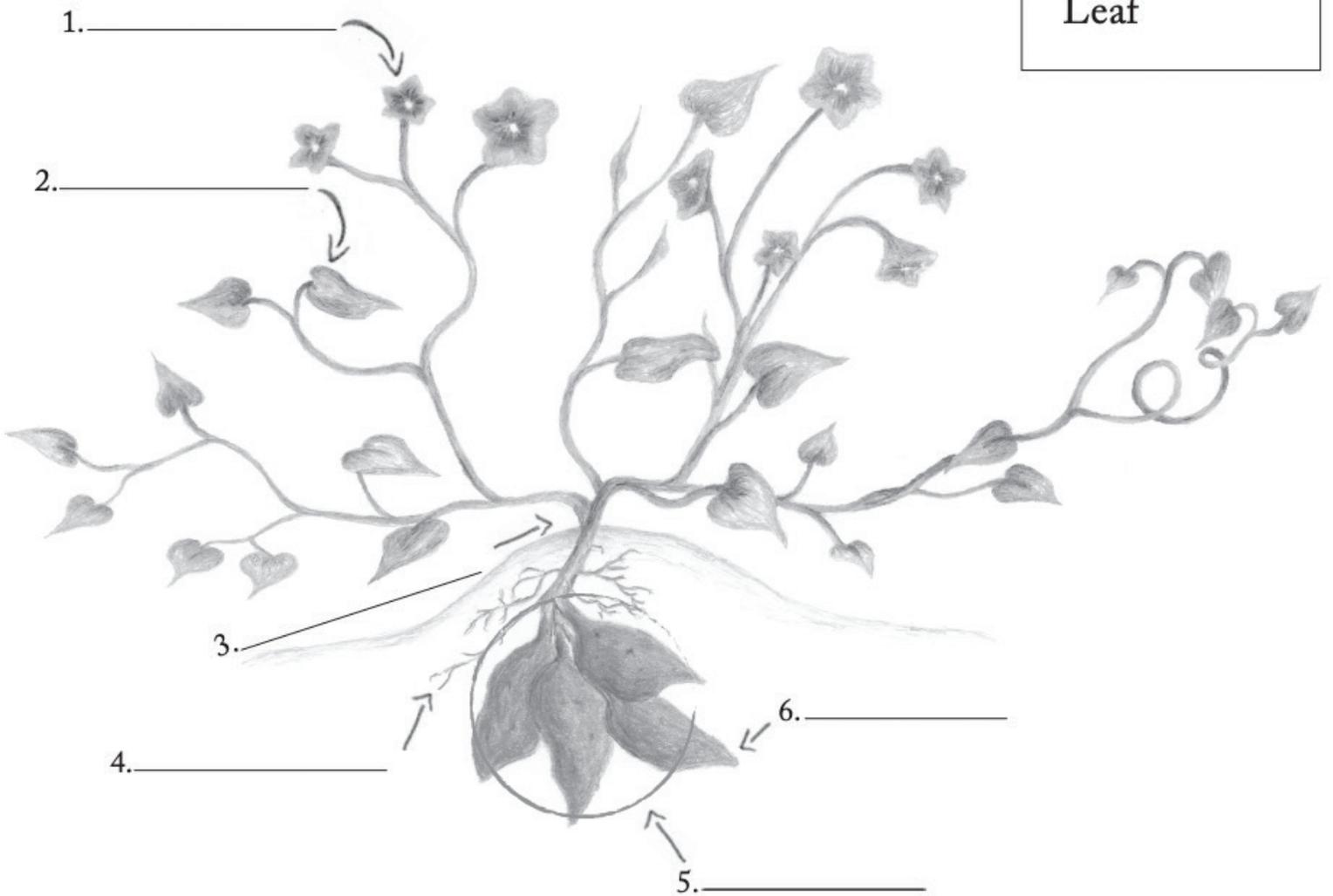
- North Carolina's state vegetable is the sweet potato.
- North Carolina is the #1 producer of sweet potatoes in the U.S.
- President George Washington was a sweet potato farmer.
- Sweet potatoes are NOT yams!
- Sweet potatoes do not grow from seeds.
- It is a root vegetable, which is part of the Nightshade family (related to the morning glory plant).
- The Outer Banks is the first place the Hayman sweet potato was grown after leaving its Caribbean home.
- Native Americans grew sweet potatoes.
- You can eat the skin as well as the sweet flesh.
- Columbus took sweet potatoes back to Europe from his trip overseas.
- A very healthy food, they provide us with Vitamins A and C, Calcium, Iron, Sodium, Manganese, beta-carotene, antioxidants, fiber and they are low in fat.



LABEL THAT TATER!

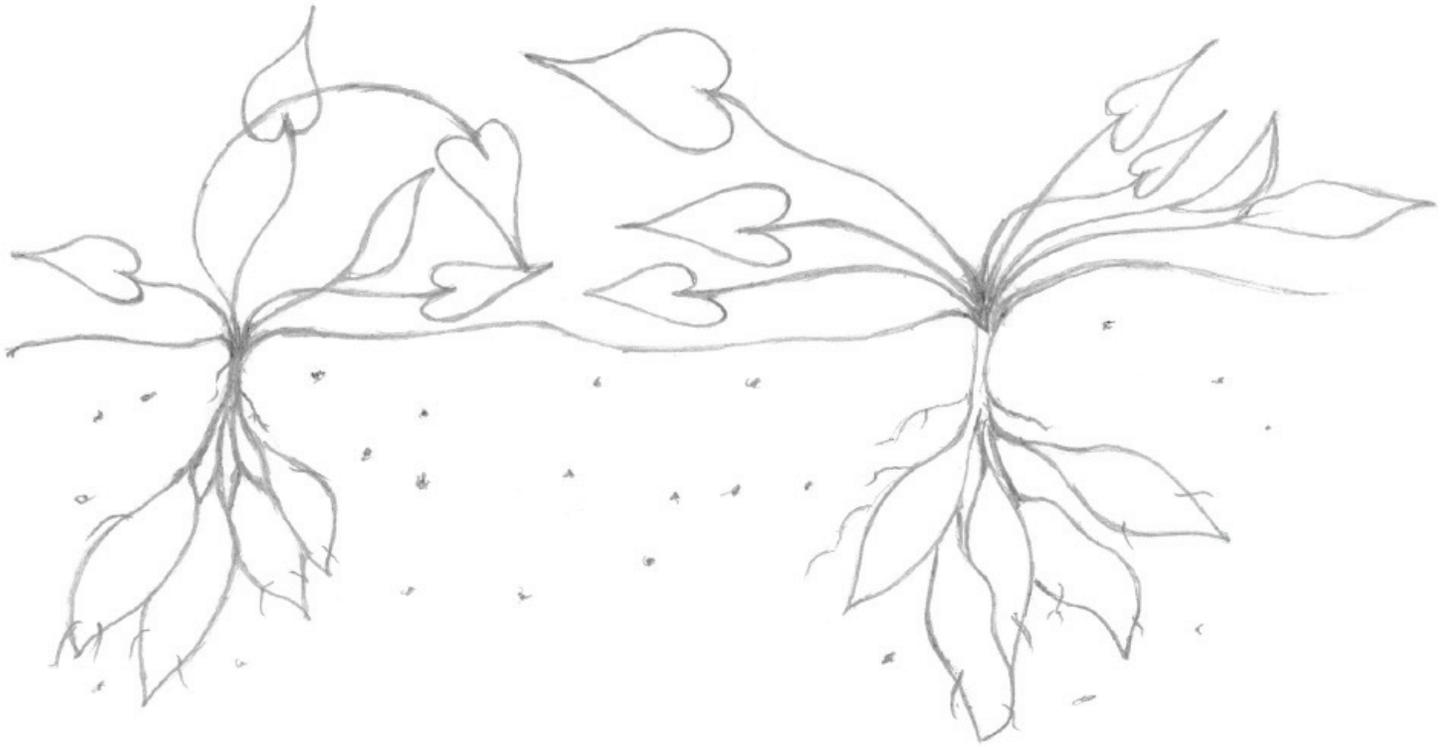
Test your tater knowledge, and label the parts of the plant below, using the words in the box!

Flower
Stem
Fibrous roots
Storage root
Hill
Leaf



COUNTING SWEET POTATOES

Color the drawing and answer the questions below.



1. How many sweetpotato vines are there? _____

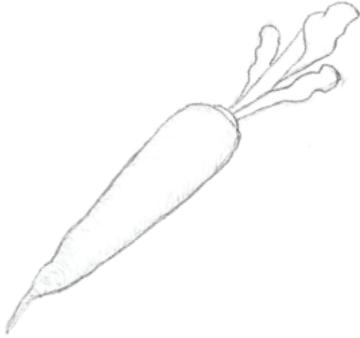
2. How many hills are there? _____

3. How many sweetpotatoes can you find? _____

Bonus: Circle the hill of each vine.

KNOW YOUR ROOTS

Sweetpotatoes are a root vegetable, meaning they are an edible root that grows underground. They aren't the only vegetable that grows underground. There are lots more! Do you recognize any of the root vegetables shown below? Have you eaten any of them? Color the vegetables and circle any that you have eaten.



Carrot



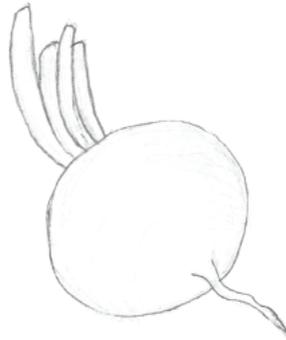
Garlic



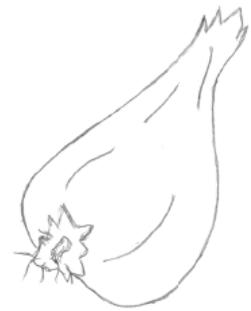
Beet



Yellow Onion



Turnip



Shallot



Ginger



Parsnip



Radish

Bonus question: Count the root vegetables above. How many are there? _____

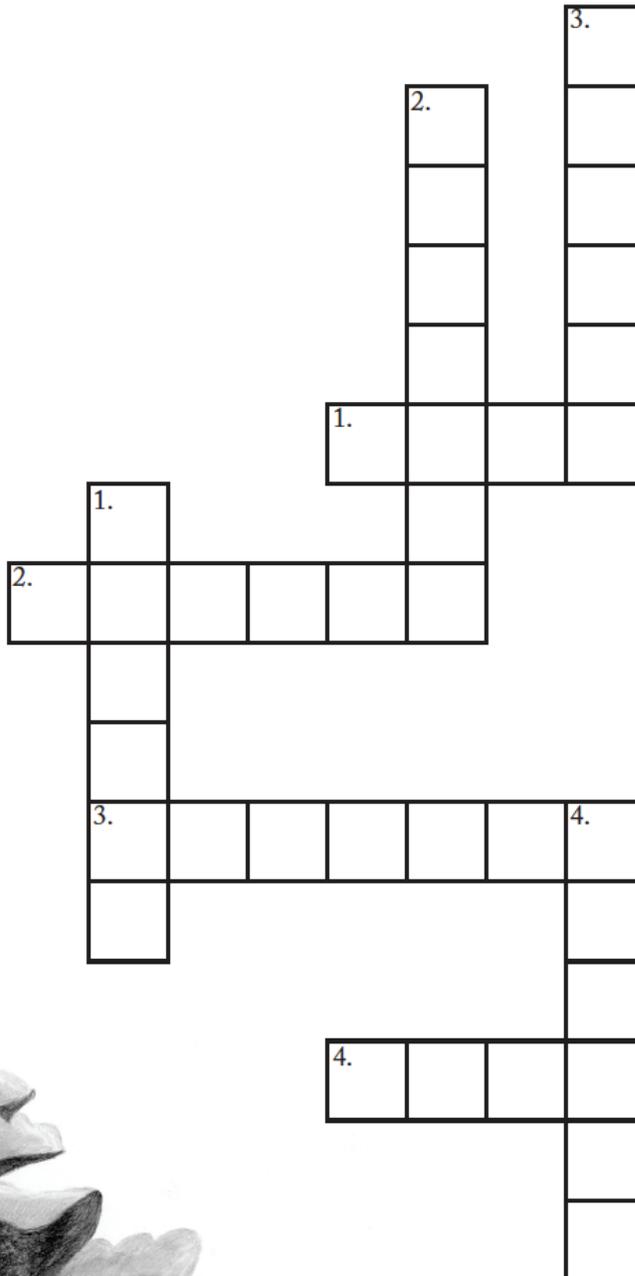
SWEET POTATO CROSSWORD

ACROSS

- Group of sweetpotatoes attached to the vine underground
- Process causing starch in the sweetpotato to change to sugar
- Instead of seeds, sweetpotatoes are grown from _____.
- Part of the sweetpotato plant that we eat

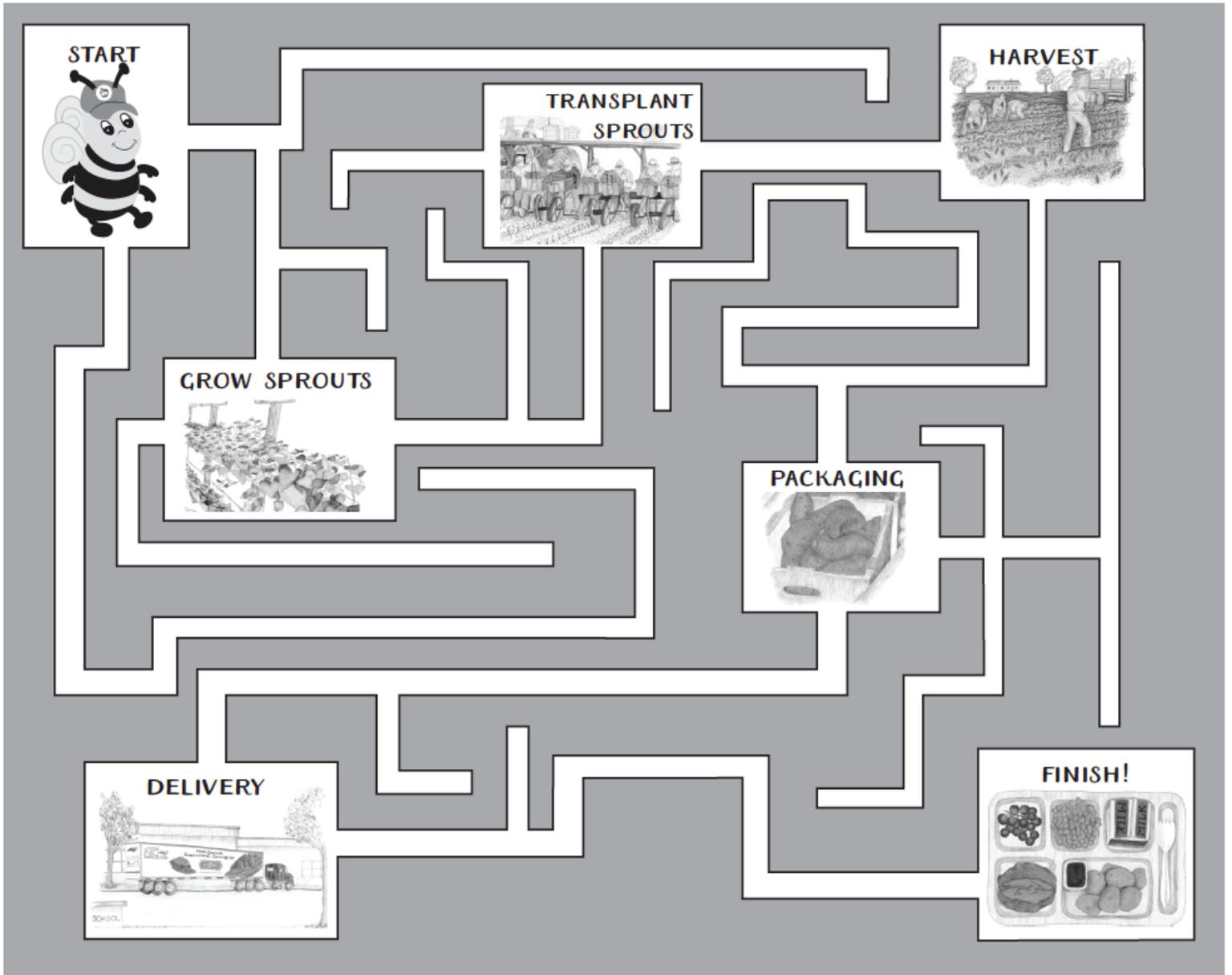
DOWN

- Month sweetpotato harvest begins
- A _____ board is a tool used to train workers in the field on how to grade the size of sweetpotatoes.
- The most serious pest of sweetpotatoes
- Machine workers ride on to plant sprouts in the field



TRACE THE MAZE!

Help Farmer Bee visit each step in order to follow the sweetpotato from farm to school.



* * ANSWER KEY * *

Label That Tater!

1. Flower
2. Stem
3. Leaf
4. Fibrous roots
5. Hill
6. Storage root

Crossword

Across

1. Hill
2. Curing
3. Sprouts
4. Root

Down

1. August
2. Sorting
3. Weevil
4. Setter

Counting Sweet Potatoes

1. 2
2. 2
3. 9

Root Vegetables

There are nine root vegetables!

Island Farm is a living history site owned and operated by Outer Banks Conservationists, a 501(c)3 nonprofit organization dedicated to protecting natural, cultural and historic resources through conservation of a sense of place.

Instagram: @island_farm

Facebook: @islandfarmroanokeisland