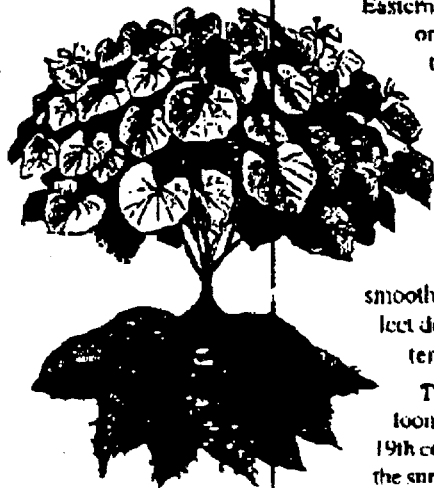


Green Sweet Potato?



Eastern Shore Select potatoes are similar to their orange-fleshed cousin *Ipomoea batatas*, but the flesh of this little-known potato is white when raw and turns to a sage-like green tone when cooked. A true Eastern Shore Select Potato is so small that it fits in the palm of your hand, and the total crop is less than one percent of the annual harvest of sweet potatoes. Treasured for its luscious, sweet flesh and smooth, creamy texture, true Eastern Shore Select devotees say that it doesn't even need butter or salt for adornment.

The Eastern Shore Select potato is an heirloom species which was introduced in the early 19th century and credited to a ship's captain with the surname Hayman. Production of the Hayman was so limited that nearly the entire crop was consumed by the 50 or so farmers and gardeners who raised them for the pleasure of their families. They are delicate to grow, have to be picked by hand, and cannot be refrigerated. Once harvested, they need to "cure" for two to four weeks to develop their full luscious flavor. Increased production of Eastern Shore Select potatoes is being fostered by the Virginia Eastern Shore Corporation, a company founded in 1994 with support from The Nature Conservancy, dedicated to helping the region (Delmarva Peninsula, between the Atlantic Ocean and the Chesapeake Bay) grow economically while preserving its ecosystem.

Eastern Shore Select Potatoes are available in the Fresh Fields Markets in Washington, DC; Baltimore, MD; Philadelphia, PA; Charlottesville, VA; and Raleigh/Durham NC; Star Markets in Boston, MA; Kings Super Markets in New Jersey and Gourmet Garage and Vinegar Factory in New York City. You can also order a box of these delicacies by calling 888 VA SHORE/888-827-4673 (toll free) or by e-mail at essselect@vashore.com.

Information on how to grow, store and cook this delicious potato can be found at the following web sites:

<http://www.vashore.com>

<http://www.esva.net/photos/haymans.htm>

In the meantime, here are some recipes to tempt your taste buds.



Recipes

Blue Crab and Hayman Potato Chowder

- 1 lb Lump Blue Crabmeat
- 3 slices bacon, diced
- 1 medium onion, finely diced
- 2 stalks celery diced
- 1 clove garlic, minced
- 1/2 cup dry white wine
- 2 cups ocean clam juice
- 1 cup heavy cream
- kernels from 1 ear of winter corn
- 1 teaspoon chopped fresh thyme
- 2 Eastern Shore Select Potatoes, peeled, diced, blanched in salted water
- chopped fresh parsley
- butter
- salt and Pepper

Cook the bacon in a medium saucepan until browned and crisp. Add the onion, celery and garlic and sauté for 3-5 minutes until onion is transparent. Add white wine and simmer until it's reduced. Add clam juice, and heavy cream and bring to boil. Add potatoes, thyme, corn kernels and crabmeat and just heat through. Season with salt and pepper. Garnish with a dollop of butter and chopped fresh parsley.

Virginia Sweet Potato Rolls

- 2 cups cooked sweet potatoes (mashed)
- 2 eggs (beaten)
- 1 pint milk
- 3 yeast cakes
- 1/2 cup Crisco
- 1/2 cup sugar (1/4 cup more if you like them sweeter)
- 1 1/2 qts flour
- 1 tsp salt

Mix all ingredients above together. Place in warm temperature and let rise until double in size. Drop by tablespoon into muffin cups. Allow to rise again until double in size. Bake in medium hot oven (375 degrees) until brown, about 15 minutes. This recipe makes a soft dough, so you should not knead. Just mix with a spoon and drop it into muffin cups. Makes about 30 large rolls.

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