Our region has a history of self-reliant living and independence. Living off the land. Having a garden that provided for not only your family, but for those around you. These are all concepts that meant something. They still mean something today.

With such a bounty before us, being able to eat the recommended five or more fruits and vegetables daily should come naturally. For many, it doesn’t. We want to make sure that recommendation ceases to become an ideal and instead becomes a reality.

We’re not alone. We know that nine out of ten adults in our region feel it is important that their community makes it easy for residents to access farmers markets (including roadside stands and tailgate markets). Each county proudly has one or more healthy and thriving farmers markets and multiple roadside stands.

These markets make the healthy choice the easy choice. The choice is yours. Go grab something fresh. Get something local. Support your farmers and your community.

Fresh. Local. Yours.

A plethora of fresh foods are available at one of our region’s many Farmers Markets, CSAs, and roadside stands. Buy Fresh. Buy Local. Support Your Farmers.

Visit Appalachiangrown.org for your local food guide.

Data source: 2012 PRC Community Health Needs Assessment Report

WHAT IS A CSA?

As a Community Supported Agriculture (CSA) customer, you subscribe to a farm, purchasing a year’s harvest of the farm’s goods. Each week, you receive a share of what’s in season. CSAs are great for both the farmer, who knows he or she will have customer support throughout the season, and the members, who get a direct connection to the farm.

WHY BUY & EAT LOCAL

• Eating local supports your community’s economy.
• Locally grown produce is fresher.
• Local food, fresh from the field, just plain tastes better.
• Locally grown fruits and veggies are allowed to ripen in the field naturally.
• Local food travels fewer miles.
• Eating local food preserves local agricultural land.
• Farming and buying local food increases community self-reliance.
• Eating local food keeps us in touch with our heritage, the seasons, and the land.
• Local food has a story.

Visit mountainwise.org for more information.

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A STORY WORTH SHARING. PEOPLE WORTH PRESERVING. WWW.MOUNTAINWISE.ORG