



# FEATURED FARMERS & PRODUCT SPOTLIGHTS

Find many of these farms and more at <https://appalachiangrown.org/>

## WARCRY PEPPER COMPANY

**Matt and Carlos Bryant**  
Cherokee, NC

<https://www.warcrypeppers.com/>



At Warcry Pepper Company, we love hot sauce and creating it to share with others. We make small, handcrafted batches of our hot sauce using 25 varieties of organically grown "Super-Hot Peppers," the hottest in the world, and fire-roasted local tomatoes. We farm raise all the peppers at the sacred mother town, Kituwah, in Cherokee, NC, to honor our farming and family heritage. We are proud to be Native American owned and operated.

## DARREN BARKER

**Farmer**  
Swain

## SPROUT CULTURE FARM

**Jesah Segal**  
Asheville

<https://www.sproutculture.farm/>



Sprout Culture is one of the region's largest indoor vertical farms growing organic microgreens. More than a business, we are a cultural change movement working to shift our society from a "fast food culture" to a "living food culture." We're bringing one of the healthiest, sustainably grown foods to tables across the region.

## ELLIJAY MUSHROOMS

**Howard Berk**  
Ellijay, GA

<https://www.ellijaymushrooms.com/>



It has been said that you are the happiness you eat and we believe that wholeheartedly at Ellijay Mushrooms. The farm harvests the highest quality shiitake and oyster mushrooms. Our mushrooms are the Rolls-Royce of mushrooms.

## BACKWOODS BAKERY

**Jackson, Swain, Haywood Counties**

<https://www.backwoodsbakery.com/>



"Thoughtfully-sourced, lovingly-crafted." We are a NCDA-certified microbakery nestled in the backwoods of Western NC. A true "mom and pop" shop, we work together to bake the finest the area has to offer. With no "brick-and-mortar," our public offerings can be found at area farmers markets and events as well as local retailers and restaurants.

## DARNELL FARMS

**The Darnell Family**  
Bryson City, NC

<https://darnellfarms.com/>



A fun, family-friendly, Appalachian-style farm and fruit stand, specializing in u-pick strawberries, pumpkin picking, food trucks, ice cream, monthly festivals, and a giant playground, all nestled on the beautiful Tuckasegee River. All are welcome. Come make our family farm your family farm!

## SHIITAKE MUSHROOMS

These mushrooms have a rich, earthy flavor often described as "meaty".

They were once considered such a valuable food that samurai warriors controlled and protected their production in Japan.

Shiitake mushrooms have high amounts of natural copper, a mineral that supports healthy blood vessels, bones, and immune support.

## SPINACH

This nutrient-dense leafy green is packed full of antioxidants, potassium, vitamin K, vitamin A, and iron. It is good for your blood, bones, eyes, and skin.

It's a cold-hardy green that can't take the heat! It grows much better in cool soil so it can be harder to find local spinach in summer.