



FEATURED FARMERS & PRODUCT SPOTLIGHTS

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

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.



PASTURE RAISED PORK

Grass-eating animals like cows, and dynamic recyclers like hogs and chickens play a vital role in maintaining the healthy ecosystem of a farm.

Raising these animals on perennial pasture and in managed forest allows them to build soil, sequester carbon, and enhance water and mineral cycling. These regenerative farming practices fight climate change and ensure that farmland remains healthy and productive for future generations.

SEXTON FARMS

Dana

HICKORY NUT GAP

Jamie and Amy Ager
Fairview

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

At Hickory Nut Gap, we believe that the best-tasting and most nutritious meats come from healthy animals, humanely raised on high-quality pasture. Since 1916, we have been building community through agriculture.



KALE

Thomas Jefferson was a fan of this versatile green and grew many different varieties in his garden. Kale is a nutrition superstar with vitamins A, B6, C, K, folate, fiber, carotenoids and manganese. It may even have a protective effect against some cancers! Some may need to limit kale consumption if prone to kidney stones or taking blood thinners.

Farmers love kale as a winter crop because it is frost tolerant and may even taste sweeter after a freeze.

Try it!

- In soups, curries, stir-frys
- Sliced thin and mixed into hot rice or quinoa
- In smoothies
- Massaged with salad dressing with your hands to increase its digestibility

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!

