



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 also grow a variety of microgreens. We are proud to be Native American owned and operated.

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.

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.

MOSS FARMS

Keith and Rick Moss
Hendersonville

Moss Farms has been a family-owned business for six generations. We grow, harvest, and pack more than 15 varieties of mountain-grown apples on approximately 100 acres of beautiful farmland. Visit us at the WNC Farmers Market in Asheville seven days a week from September to December.



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 Tuckasee River. All are welcome. Come make our family farm your family farm!

EGGS

Eggs are one of the best sources of dietary cholesterol, which has led to them sometimes being misunderstood as an unhealthy food.

But **in moderation** (no more than 1-2 per day), eggs may actually help lower the risk for heart disease. Cholesterol in food has a much smaller effect on harmful LDL blood cholesterol levels than fats do. But for those with diabetes or heart disease, it may still be best to limit egg consumption.

White, cream, brown, blue, green or speckled?! The color and size of an egg (but NOT its nutrient value) are determined by the breed of hen.

LETTUCE

Lettuce is a hardy, cool-weather crop which is at its best below 70° F. The seeds can enter thermal dormancy and will fail to germinate and grow when exposed to high temperatures.

Lettuce (*Lactuca sativa*) is a member of the Asteraceae family, a family shared by sunflowers.

Lettuce was originally farmed by the ancient Egyptians!