



WEEK 8

FEATURED FARMERS

&

PRODUCT SPOTLIGHTS



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

WARCRY PEPPER COMPANY

Matt and Carlos Bryant
Bryson City, 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, NC

<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, NC

BACKWOODS BAKERY

Whittier, NC

<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.

MOSS FARMS

Keith and Rick Moss
Hendersonville, NC

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.



STONECREEK HYDROPONICS

Hartwell, GA

<https://www.facebook.com/stonecreekhidro/>



Fresh from Hartwell, Georgia we present our premium hydroponically grown lettuces, lettuce mixes, and watercress. Our products are grown in water (hydroponics) for the safest, healthiest, and most beautiful produce!

ELIJAY 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.

PARSLEY

Parsley is a very nutritious herb, with an especially high amount of vitamin K. A single tablespoon of chopped fresh parsley provides more than 70% of the recommended daily intake.

There are two types of parsley: **curly leaf** and **flat leaf**. Curly leaf parsley is often used as a garnish. Chefs prefer flat leaf parsley, also called Italian parsley, because it is more flavorful.

Fun fact

Parsley, carrots, and celery are in the same family!



HYDROPONIC AGRICULTURE

Hydroponics a farming style that grows plants in water fortified with nutrients rather than in soil. It can be done outdoors or entirely indoors with lights. Plant scientists have used it to study plants for more than a century but it is becoming increasingly popular for farmers, especially in urban areas.

Hydroponics is one exciting potential solution for farmers experiencing challenges related to a lack of arable land (due to urban development, for example) or climate change (due to inclement warming trends that can make growing outdoors harder).