

FEATURED FARMERS

83

PRODUCT SPOTLIGHTS

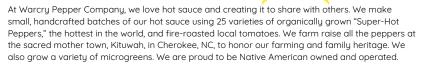


Find many of these farms and more at https://appalachiangrown.org/

WARCRY PEPPER COMPANY

Matt and Carlos Bryant Bryson City, NC

https://www.warcrypeppers.com/



SPROUT CULTURE FARM

Jesah Segal Asheville, NC

https://www.sproutculture.farm/



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/stonecreekhudro/



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!

ELLIJAY MUSHROOMS

Howard Berk

Ellijau, 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 increasing 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).