



WEEK 10

FEATURED FARMERS

&

PRODUCT SPOTLIGHTS



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

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.



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.



STILL WATERS LANDING

Andrew Jones

Hayesville, NC

<https://www.stillwaterslanding.org/>

Still Waters Landing is a model of rural-renewal. We are a local pasture raised pig and produce farm with a mission to restore the community through farming, food, fellowship and faith while ensuring that everyone in the community, regardless of income, can access to high quality food.

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.



IMMERSION BLENDER

Use this handy, hand-held tool for **blending and puréeing soups, stews, or sauces** in a stovetop pot.

It's also ideal for whipping eggs, blending pancake batter, salad dressings, smoothies, milkshakes, baby foods, & more.

How to Use an Immersion Blender

1. **Submerge the blade completely**, near the bottom of the vessel, **BEFORE turning it on**.
2. Hold it firmly and turn it on.
3. Move the blender around **carefully** (hold it at a **slight angle** to avoid a suction) but be careful to **keep it submerged** or it will splatter.

~ Avoid pot scratches: **try not to scrape** the bottom of a pot, if you can.

~ **Unplug the blender before cleaning.**

COLLARDS

"Every Southern cook has their own way to cook collard greens and everyone feels like theirs is the absolute best. Pretty much the only thing anyone can agree on about the cooking of collard greens is that you shouldn't do it until the first frost. People believe, and I agree, that **the frost changes the flavor and the texture of the collards, makes them more tender [and] sweeter...**

When you cook collards to death, which is what we do...they lose a lot of their nutrition, which is why people drink the **potlikker.**"

-Vivian Howard