



WEEK 9

# FEATURED FARMERS



# PRODUCT SPOTLIGHTS



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



**Bring the whole family!**

<b>Macon</b>
<b>Wednesday, March 13</b> <b>5:30-7:30 PM</b> Robert C. Carpenter Community Building 1288 Georgia Rd, Franklin
<b>Swain</b>
<b>Thursday, March 14</b> <b>5:30-7:30 PM</b> Swain Senior Center 125 Brendle St, Bryson City

- Cooking demonstrations with Uncomplicated Kitchen & Rose James
- Light meal
- Child care and Growing Minds activities
- Pisgah Legal Services FREE TAX FILING sign-ups and information
- Household Budgeting Workshop with Nicole Hinebaugh
- Gas & grocery GIFT CARDS for all attendees
- Door prizes!

## 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!

## 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.

## 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.

## 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.

## JAM OR JELLY?

Jam and jelly are both spreadable fruit.

**Jam** is made from crushed or ground fruit.

**Jelly** is made from fruit juice.

They are both typically made with fruit, sugar, water, lemon juice (or another acid), and pectin (a type of fiber found in plant cell walls). Pectin is what gives jam and jelly their unique texture while sugar and lemon juice preserve the fruit from spoiling.

Is jelly not your jam? No problem!

- ~ **Preserves** are made with whole small fruits or with very large chunks of fruit.
- ~ **Marmalade** is made with citrus fruits and peels.
- ~ **Fruit spreads** are made with 100% fruit and no added sugars.
- ~ **Fruit butters** are cooked for a long time over low heat
- ~ **Compotes** are preserves that are not usually jarred for future use but rather used right away
- ~ **Chutney** is a jam (without pectin) that has vinegar and spices and can often be more savory than sweet