



WEEK 13

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.

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."

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.

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.

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.

SHELTON FAMILY FARM

William Shelton
Whittier, NC
https://www.sheltonfarms.info/



Our beautiful mountain farm is one of the oldest continuously operating farms in WNC. Started in 1920 by Jesse Rogers, it is now run by his great-grandson, William.

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.

JAVIER ESTRADA FARMS

Wimauma, FL & Mills River, NC

JOHNSON FAMILY FARMS

Hendersonville, NC

MUSTARD GREENS

Why wait for the bolt?! You COULD wait for a mustard plant go to seed, then gather and grind up the seeds, to make that mustard you want to spread on your sandwich.

Mustard greens pack more than just a spicy punch!

They have more vitamin A than spinach and more vitamin C than oranges! Your immune system, heart, lungs, and kidneys will definitely enjoy these greens.

TIPS

- Cooking the greens will calm down their spice. Add them, chopped up, to stir-frys, sautés, & soups.
- Chiffonade them and add them to a salad mix
- Add a leaf to any wrap or sandwich
- Too many to use right now? Rinse them, dry them, chop them up, and store them in a bag in the freezer for soups and stews later.

in the box

YELLOW SQUASH

ZUCCHINI

WHITE SWEET POTATOES

BROCCOLI

EGGS

KALE

MUSTARD GREENS

BIBB LETTUCE

MICROGREENS - VARIETY MIX

CHORIZO

RAMPS

STRAWBERRIES

MANDARIN ORANGES

SOURDOUGH LOAF



Bring the whole family!

Table with 2 columns: Location (Macon, Swain) and Date/Time (Wednesday, April 10, Thursday, April 11)

- o Spring Gardening Workshop with Dakotah
o Light dinner & cooking demonstrations with Uncomplicated Kitchen & Rose James
o Child care and ASAP Growing Minds activities
o Gift cards (gas or grocery) for all attendees
o Door prizes!

