



WEEK 14

# FEATURED FARMERS

# &

# PRODUCT SPOTLIGHTS



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

## 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!



## 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.



## BOONEVILLE MILLING

The Phillips Family  
Boonville, NC

<http://www.boonvillemill.com/index.html>

Home of the freshest stone ground products you can buy! We are a family owned and operated business specializing in stone ground cornmeal, grits and wheat flour - manufactured much the same way as when the mill was built.



## 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.



## BIG BOTTOM MILK COMPANY

The Beam and Green Families  
Rutherfordton, NC

<https://www.bigbottommilkcompany.com/>

Our families work together, with a focus on beef & dairy, to support the local agricultural industry in the Carolinas and throughout the southeast. Our top commitment is to the quality of our milk. Our dairy farm is home to 70 cows that produce A2A2 milk, which studies have shown to be easier for the stomach to digest, reducing the likelihood of any discomfort. Stay connected with us along the way and be on the lookout for our expanding product line, which will offer a variety of cheese, ice cream, and eggnog, available in limited quantities.



in the box

<u>MUSHROOMS</u>	<u>TURNIP GREENS</u>	<u>STRAWBERRIES</u>
<u>CARROTS</u>	<u>MICROGREENS</u>	<u>BANANAS</u>
<u>RADISHES</u>	<u>SPRING MIX</u>	<u>STONE-GROUND GRITS</u>
<u>TURNIPS</u>	<u>BABY SPINACH</u>	<u>FREE RANGE EGGS</u>
<u>CABBAGE</u>	<u>GARLIC</u>	<u>MILK</u>

## GRITS

**Grits** (which means "coarse meal" in Old English) are a porridge of **yellow or white ground corn**/maize or hominy (which is treated with an alkali which neutralizes acid). The dish originated in **the South**, likely from the **Muscogee tribe** and ¾ of grits sales remain in the South, sometimes called the "grits belt." Similar dishes are polenta (in Italy) and mieliepap (in Africa).

Grits are traditionally ground on a stone mill, then sifted through screens with the **finer material used as cornmeal** and the **coarser material as grits**.

- **Stone-ground grits**, also known as **old-fashioned grits**, are the most nutrient dense and high in fiber because they include the germ and bran. They spoil faster though, so **keep them in the freezer** if you plan to store them for a long time.
- **"Quick" and regular grits** are not "whole grain" because they have the germ and bran removed, which reduces cooking time but often requires that they be enriched with vitamins and minerals.

Grits are high in **B vitamins, fiber, and antioxidants** good for eye-health. **Healthy Grits TIPS:**

- Cook with water or stock instead of milk or cream
- Pair with a plant-based protein such as beans
- Pair with non-starchy vegetables and lean proteins to minimize blood sugar spikes if diabetic
- Replace cheese and butter with nutritional yeast and olive oil

WE NEED YOUR HELP TO

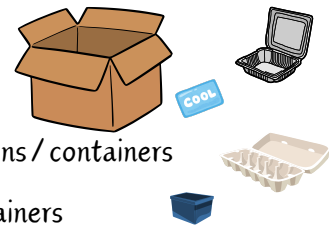
REDUCE,  
REUSE,  
RECYCLE



Please help out our aggregator, Darnell Farms, by

returning the following items to us **CLEAN**:

- Boxes
- Ice packs
- Egg cartons/containers
- Pint containers



Leave them on your porch, marked or in an obvious way for our drivers to see them and know to pick them up OR bring them to Darnell Farms (23000 Governors Island Rd, Bryson City).