



WEEK 16

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. 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.

### 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.

### 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.

### 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!

### STRAWBERRIES

Do you really need a reason to eat strawberries?! ...Ok then...

Here are 5 reasons:

1. **Sweet 'n low**
  - o Naturally sweet but still low in sugar and low in calories
  - o Reduce blood sugar spikes
2. Boost your **brain power**
  - o High in antioxidants
    - The redder the strawberry, the more antioxidants it has
3. Strengthen your **immune system**
  - o 8 have more vitamin C than an orange
4. For your **heart health**
  - o Lower cholesterol and triglycerides in the blood
5. Reduces **inflammation**
  - o High in anthocyanin antioxidants

Strawberries are **not actually berries** (botanically speaking). They are 'aggregate accessory' fruits in the **Rosaceae family** and are cousins of roses, apples, pears, cherries, almonds, and many other fan favorites.

### in the box

#### SWEET CORN

YELLOW SQUASH

ZUCCHINI

PICKLE CUCUMBERS

KALE

SWISS CHARD

#### MICROGREENS

SPROUT CULTURE & WARCRY PEPPER CO.

LETTUCE

RAMPS

DARNELL FARMS

CANTALOUPE

#### STRAWBERRIES

DARNELL FARMS

SOURODOUGH BREAD

BACKWOODS BAKERY

DRIED CRANBERRY BEANS

FREE RANGE EGGS

DARNELL FARMS

