

FEATURED FARMERS

PRODUCT SPOTLIGHTS



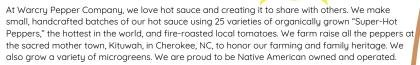
Find many of these farms and more at https://appalachiangrown.org/

WARCRY PEPPER COMPANY

Matt and Carlos Bryant

Bryson City, NC

https://www.warcrypeppers.com/



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.

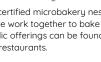
DARNELL FARMS

The Darnell Familu 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

- Naturally sweet but still low in sugar and low in calories
- Reduce blood sugar spikes

2. Boost your brain power

- 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

- Lower cholesterol and triglycerides in the blood
- 5. Reduces inflammation
 - 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.



