



WEEK 17

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!

GRANVILLE GARDENS

Granville County

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.

CELERY

This cousin of carrots and parsley is famously **high in water (95%) and low in calories**. The great celery conspiracy tells us that it is a "negative-calorie" food, meaning it takes more calories to digest than it gives you. This has never been scientifically or conclusively proven, but it has led to celery being touted as a diet food.

Celery is so much more than just a diet food!

Celery is **high in fiber, potassium, antioxidants, and vitamins A, C, and K**. It helps **regulate blood pressure and digestion**.

Celery's culinary and medicinal uses go back to ancient times. Celery leaves were even found in the tomb of Egyptian pharaoh King Tut and the ancient Romans believed it had healing powers.

Celery likes to grow slowly in cool (but not cold) weather. It is actually a biennial, requiring two years to go to seed. But it is usually grown as an annual for the stalks (called **petioles**).

in the box

CELERY

GRANVILLE GARDENS

TOMATOES

GRANVILLE GARDENS

SQUASH

GRANVILLE GARDENS

ZUCCHINI

PICKLING CUCUMBERS

SWISS CHARD

GRANVILLE GARDENS

RED CURLY KALE

GRANVILLE GARDENS

MICROGREENS

WARCRY PEPPER CO. & SPROUT CULTURE

SPRING MIX

GRANVILLE GARDENS

POTATOES

GRANVILLE GARDENS

CANTALOUPE

STRAWBERRIES

DARNELL FARMS

SOURDOUGH BREAD

BACKWOODS BAKERY

EGGS

Please join our
monthly gathering
NEXT WEEK

**Bring the
whole family!**

Macon

**Wednesday, May 8
5:30-7:00 PM**

Robert C. Carpenter Community Building
1288 Georgia Rd, Franklin

Swain

**Thursday, May 9
5:30-7:00 PM**

Swain Senior Center
125 Brendle St, Bryson City

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

