

FEATURED FARMERS

83

PRODUCT SPOTLIGHTS



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

DARNELL FARMS

The Darnell Family Bryson City, NC

https://darnellfarms.com/



GRANVILLE GARDENS

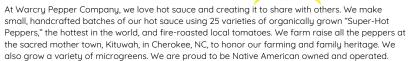
Granville County

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.



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 **MICROGREENS** CELERY PICKLING CUCUMBERS STRAWBERRIES PEPPER CO. & SPROUT CULTUR ANVILLE GARDENS DARNELL FARMS SWISS CHARD SPRING MIX **TOMATOES** SOURDOUGH BREAD GRANVILLE GARDENS SQUASH RED CURLY KALE **POTATOES** EGGS ZUCCHINI GRANVILLE GARDENS CANTALOUPE



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
- o Gift cards (gas or grocery) for all attendees
- Door prizes!

