



WEEK 18

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!

HICKORY NUT GAP

Jamie and Amy Ager
Fairview
<https://www.hickorynutgap.com/>



At Hickory Nut Gap, we believe that the best-tasting and most nutritious meats come from healthy animals, humanely raised on high-quality pasture. Since 1916, we have been building community through agriculture.

UNCLE HENRY'S ORGANICS

Owen and Vernon Rouse
Rose Hill, NC



Uncle Henry's is one of the most premier certified organic produce farms in the South East. It is family owned and operated, offering a wide variety of fruits such as muscadine grapes and blueberries, and vegetables year-round. Owen and his brother Vernon have been growing vegetables their whole lives. Originally they called themselves Rouse Brothers, but now they are Uncle Henry's, named after their grandfather's brother who was like a father, and who loved eating fruits and vegetables.

GRANVILLE GARDENS

Granville County

FIDDLER'S GREEN FARM

Ryan Clark & Julie Douglas
Marshall, NC
<http://www.fiddlersgreenncc.com/>



Fiddler's Green Farm humbly occupies 29 acres of East Cherokee (ᏍᏏᏁᏍᏗ ᏚᏏᏁᏍᏗ Tsalaguwetiiji) land. We cultivate about 5 acres of land for organically grown produce, culinary and medicinal herbs, and pasture-raised chicken. Soil health is very important to us, so we use sustainable and regenerative practices to ensure nutrients are put back into the soil. We offer CSA shares for produce, chicken, and seasonal wellness items, host plant ID walks, grow for wholesalers and restaurants, and farmers markets.

SOUTH WIND PRODUCE

Miles Okal & Angie Raines
Rougemont, NC
<https://www.southwindproduce.com/about-us>



We are a 47-acre family owned and operated farm that is a diverse ecosystem of fruits, vegetables, orchard, pasture, wetlands and woods. In 2014, we created South Wind Produce on land that was formerly a tobacco farm after spending 10+ years learning and working on organic and sustainable farms in North Carolina, Virginia and Maryland. Building nutrient-dense soil is our primary focus, and we use methods like cover cropping, compost application and minimal tillage to support living organic soils. In 2023 we became officially Certified Organic. We believe small farming is a productive and beautiful way of life and is how we seek to contribute to our community and to build meaningful lives for ourselves.

RADISHES

Radishes are super rad!

Their super nutrition and sharp flavor is due to the various chemical compounds produced by the plants. They are high in antioxidants like **vitamin C** and minerals like **calcium** and **potassium**. Radishes might help **manage blood sugar** levels, **detox your liver**, help with **digestion**, and help **healing from infections**.

TIP: Don't like the strong taste of radishes? **Roast them or add them to soups and stir-frys** almost like you would a potato. Their spiciness becomes very mild when cooked.

Don't throw out those radish tops! They might be the most nutritious part of the plant with more protein, calcium, vitamin C, and iron than the roots. The leaves might even help with memory and help lower blood pressure.

Radishes are **quick and easy to grow anywhere** so they are great for novice gardeners and children to try growing. They can fit in between flowers or other crops and even **help deter pests**. Just remember to **harvest them in time** (when they are about the size of a ping-pong ball for most quick-growing varieties) before the tops start to get lanky and tall, because the root turns very woody and bitter at this point. Fresh harvested radishes can actually be quite sweet, but will often develop more and more spiciness the longer they are stored.

TIP: Got a mosquito bite? Apply radish juice to take away the sting and itching.

Radishes likely originate from Southeast Asia. Ancient Greeks and Romans also used them for medicine. They may have been one of the first European crops introduced to the Americas.

Using Radishes

- Pickle them
- Add sliced radishes to salads, sandwiches, and wraps
- Roast whole radishes with garlic and olive oil
- Add radishes to soups, stews, and stir-frys

in the box

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| RADISHES FIDDLER'S GREEN FARM | LETTUCE GRANVILLE GARDENS | EGGS BACKWOODS BAKERY |
| CABBAGE UNCLE HENRY'S ORGANICS | COLLARDS GREENS GRANVILLE GARDENS | BREAKFAST SAUSAGE HICKORY NUT GAP |
| BROCCOLI SOUTH WIND PRODUCE | RED CURLY KALE GRANVILLE GARDENS | SOURDOUGH BREAD BACKWOODS BAKERY |
| MICROGREENS WARCRY PEPPER CO. & SPROUT CULTURE | BASIL DARNELL FARMS | RICE BACKWOODS BAKERY |
| | STRAWBERRY ONIONS DARNELL FARMS | BANANAS BACKWOODS BAKERY |