



WEEK 19

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.



TROSLY FARM

Kaci & Amos Nidiffer
Elk Park, NC

<https://www.troslyfarm.com/>

Trosly Farm is a "real, small farm" that started in 2007. Our farming begins and ends in gratitude. Our goal is to honor the values of our Appalachian heritage: self-sufficiency, propriety, land stewardship, and low impact/input agricultural practices. Trosly Farm continually walks a fine line between innovation and tradition.



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.



COTTLE ORGANICS

Herbie Cottle & Family
Rose Hill, NC

https://local.freshpoint.com/store_page/cottle-organics/

Cottle Organics is a family farm that started in 1915 with Herbie Cottle's great grandfather. Herbie's innovation and quality crops helped him become named the CFA 2018 Farmer of the Year.



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.



ESTRADA FARMS

Ignacio Estrada Sr. & Ignacio Estrada Jr.
Pickens, SC

<https://www.facebook.com/EstradaFarms/>

Estrada Farms is located in the heart of Pumpkintown, SC along the beautiful mountains in Pickens and Greenville, SC. We grow a variety of seasonal produce including strawberries, sweet corn and hot peppers.



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!



청경채 白菜 BOK CHOY 青菜 青梗菜

Bok choy (or pak choi) a Chinese cabbage in the big, happy Brassica family with broccoli, cauliflower, cabbage, rutabagas, turnips, collards, kale, Brussels sprouts, and mustard. It originated in China in the 5th century, more than 1,600 years ago.

Bok choy is **high in fiber, vitamins, minerals, and antioxidants**. The stems are often sweet and juicy while the leaves are akin to spinach.

Using bok choy.

- try bok choy stems sliced thin in a salad
- spread peanut butter or hummus on a stem
- add into any stir-fry or sauté
- halve or quarter a head of bok choy, leaving the root intact, and grill them

STILL WATERS LANDING

Andrew Jones

Hayesville, NC

<https://www.stillwaterslanding.org/>

Still Waters Landing is a model of rural-renewal. We are a local pasture raised pig and produce farm with a mission to restore the community through farming, food, fellowship and faith while ensuring that everyone in the community, regardless of income, can access to high quality food.



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.



FIDDLER'S GREEN FARM

Ryan Clark & Julie Douglas

Marshall, NC

<http://www.fiddlersgreenn.com/>

Fiddler's Green Farm humbly occupies 29 acres of East Cherokee (GAWJOSAS Tsalaguwetyi) 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.



in the box

GREEN ONIONS

DARNELL FARMS

BOK CHOY

DARNELL FARMS

SUGAR SNAP PEAS

SOUTH WIND PRODUCE

BELL PEPPERS

ESTRADA FARMS

SALAD TURNIPS

TROSLY FARM

CARROTS

COTTLE ORGANICS

SPINACH

UNCLE HENRY'S ORGANICS

COLLARDS

STILL WATERS LANDING

CHARD

STILL WATERS LANDING

MICROGREENS

SPROUT CULTURE FARM, WARCRY PEPPER CO.

PARSLEY

FIDDLER'S GREEN FARM

STRAWBERRIES

DARNELL FARMS

SOURDOUGH BREAD

BACKWOODS BAKERY

EGGS