



WEEK 20

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.

M&M PLANT FARMS

Randy Massey
Elon, NC

<https://www.papaspuuds.com/profile.php?view=p&sid=63>



M & M Plant Farms is a certified organic farm, producing a wide variety of seasonal fruits and vegetables. Randy learned about farming growing up from his grandfather, who tended toward sustainable farming as a necessity of the times. Randy made the switch over to certified organic in order to get away from the use of synthetic pesticides, and to offer a better quality, more sustainable product that commands a fairer price in the market.

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.

TENDWELL FARM

Danielle Hutchison & Steven Beltram
Old Fort, NC

<https://tendwell-farm.com/>



TendWell Farm produces 200 acres of certified organic vegetables in WNC. We started farming on ¼ acre of land in our front yard in 2008. We are now the largest organic farm in WNC and our organic vegetables can also be found at retailers up and down the East Coast. We are committed to rehabilitating the current food system through regenerative practices, including topsoil restoration, increasing biodiversity, improving water sheds, enhancing ecosystems and combating climate change.

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.

DARREN BARKER

Bryson City, NC

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!

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 of Pickens and Greenville, SC. We grow a variety of seasonal produce including strawberries, sweet corn and hot peppers.

WATSONIA ORGANICS

The Watson Family
Monetta, SC

<https://watsoniafarms.com/>



The Watson family passion for farming began more than 100 years ago. Today, as thoughtful stewards of the land, the third and fourth generations of Watsons own and operate Watsonia Farms, specializing in organic produce.

DRY RIDGE FARM

Wendy & Graham Brugh
Mars Hill, NC

<https://dryridgefarm.org/>



We are a small-scale diversified family farm that raises our animals on pasture with an emphasis on sustainability, environmental stewardship, transparency, and animal welfare. We raise cows, laying hens, and heritage breed hogs on pasture, without the use of added hormones or feed antibiotics. We keep our pastures productive by using rotational grazing techniques for all of our animals, and we support our community by contributing the equivalent of 1% of our profits in donations for community members in need.

DILL

Dill is a good source of **vitamin A** and **C**, **calcium**, and **iron**. It has been shown to help manage **type 2 diabetes** and has flavanoids that can improve **heart health**.

If fresh dill seems familiar, it's because it is in the same family as carrots, celery, and parsley (the Apiaceae family). It is native to North Africa, Iran, and the Arabian Peninsula.

It is a great **companion plant** for **cucumbers, broccoli, and tomatoes**, as it repels many harmful pests and attracts beneficial insects.

Using Dill

- ~ Make tzatziki sauce with greek yogurt, cucumber, lemon, and garlic
- ~ Flavor pickles, potatoes, carrots, fish, and butter
- ~ Add a small amount to a salad

in the box

TOMATOES ESTRADA FARMS	BOK CHOY DARNELL FARMS	EGGS DRY RIDGE FARM
CABBAGE DARREN BARKER	YELLOW SQUASH M & M PLANT FARMS	PEACHES WATSONIA ORGANICS
BROCCOLI DARREN BARKER	KALE TENDWELL FARM	SOURDOUGH BREAD BACKWOODS BAKERY
MICROGREENS WARCRY PEPPER CO. & SPROUT CULTURE	ROMAINE TENDWELL FARM	CHEESE ASHE COUNTY CHEESE CO.
GREEN ONIONS DARNELL FARMS	DILL DARNELL FARMS	