



WEEK 21

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!

3 BARN FARMS

Katie Doe & Alex
Franklin, NC
<https://www.3barnfarms.com/>



"Growing Food and Plants for Folks in Far West North Carolina." Katie and Alex love their community! While Alex specializes in animal husbandry and forest management, you can find Katie caring for plants and overseeing marketing and community outreach efforts. They aim to grow 3 Barn Farm into a 'full diet farm' that offers a one stop shop to Franklin, NC and beyond!

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.

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.

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.

KOHLRABI

These unique green or purple vegetables are packed with **fiber, folate, vitamin C, antioxidants, and potassium** and are a great addition to a healthy diet. Kohlrabi is yet another cruciferous cousin from our beloved Brassica family.

Raw, the bulbs can be as sweet and crisp as apples and sometimes have a little zing. Cooked, they behave similarly to broccoli stems or potatoes. The leaves are similar to collards, but naturally sweeter. As sweet as it can taste, kohlrabi is still a **low glycemic food!**

Using Kohlrabi

- *Although the whole plant is edible, **always peel off the thick outer skin**. It does not soften much even with cooking.*
- ~ Grate or julienne (cut into matchstick-like thin strips) raw kohlrabi into **salads and slaws**
- ~ **Roast, mash, or add to soups and stir-frys** just as you would a potato
- ~ **Braise the greens** as you would collard greens

BARKER FAMILY FARM

Darren Barker
Bryson City, NC

SEXTON FARMS

Dana, NC



in the box

KOHLRABI 3 BARN FARMS	KALE 3 BARN FARMS	PEACHES DARNELL FARMS
CABBAGE BARKER FAMILY FARM	CHARD 3 BARN FARMS	EGGS SEXTON FARMS
BROCCOLI BARKER FAMILY FARM	MICROGREENS WARCRY PEPPER CO. & SPROUT CULTURE	SOURDOUGH BREAD BACKWOODS BAKERY
CAULIFLOWER (MAYBE) BARKER FAMILY FARM	LETTUCE 3 BARN FARMS	
	GRAPE TOMATOES DARNELL FARMS	