

# FEATURED FARMERS

3

# PRODUCT SPOTLIGHTS

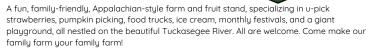


Find many of these farms and more at https://appalachiangrown.org/

#### DARNELL FARMS

The Darnell Family Bryson City, NC

https://darnellfarms.com/



### 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/



STILL WATERS

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 Notive 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 stirfrys just as you would a potato
  - ~ **Braise the greens** as you would collard greens

BARKER FAMILY FARM

Darren Barker Bryson City, NC

SEXTON FARMS



