



WEEK 22

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.

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.

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.

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.

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!



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THAI BASIL

ຜັກສາດສາດ

Thai basil is part of the mint family (Lamiaceae), though it can have a subtle licorice-anise flavor. It is native to Southeast Asia, where it is widely used.

It holds up very well to cooking!

Thai basil is high in antioxidants and **vitamin K**, which is great for blood and bone health.

Tell Thai basil apart from sweeter/Italian varieties by its **purple stems**, narrower leaves, and pink-purple flowers.

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!

SEXTON FARMS

Dana, NC

| in the box | | |
|--|---|---|
| <u>SUMMER SQUASH</u> <small>ESTRADA FARMS</small> | <u>KALE</u> <small>STILL WATERS LANDING</small> | <u>STRAWBERRIES</u> <small>DARNELL FARMS</small> |
| <u>BELL PEPPERS</u> <small>3 BARN FARMS</small> | <u>RADISHES/BEETS</u> <small>3 BARN FARMS</small> | <u>EGGS</u> <small>SEXTON FARMS</small> |
| <u>SWEET ONIONS</u> <small>DARNELL FARMS</small> | <u>MICROGREENS</u> <small>WARCRY PEPPER CO. & SPROUT CULTURE</small> | <u>SOURDOUGH BREAD</u> <small>BACKWOODS BAKERY</small> |
| <u>COLLARD GREENS</u> <small>STILL WATERS LANDING</small> | <u>LETTUCE</u> <small>3 BARN FARMS</small> | |
| <u>BOK CHOY</u> <small>DARNELL FARMS</small> | <u>THAI BASIL</u> <small>DARNELL FARMS</small> | |