



WEEK 24

FEATURED FARMERS

&

PRODUCT SPOTLIGHTS



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



Bring the whole family!

All free of charge!

Macon
Wednesday, June 26 5:30-7:30 PM Winding Stair Farm NURSERY 57 Saunders Rd, Franklin
Swain
Thursday, June 27 5:30-7:30 PM Darnell Farms 2300 Governors Island Rd, Bryson City

- o **PBS (The Public Broadcasting Service) will be in Macon filming for their Community Highlights Series!**
- o **Health screenings**
- o **Farm activities**
- o **Light dinner & cooking demonstrations with Uncomplicated Kitchen & Rose James**
- o **Child care and ASAP Growing Minds activities**
- o **Gift cards (gas or grocery) for all attendees**
- o **Door prizes!**

Join us on the farm!

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!



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.



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.



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.



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!



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.



BARKER FAMILY FARM

Darren Barker
Bryson City, NC

SEXTON FARMS

Dana, NC



NO BOXES July 1-7	In anticipation of some folks being away/busy for the holiday, there will be no boxes delivered or available for pick up that week.
LAST BOX July 8-12	Thank you so much for participating in this 26-week program! This was the second series of the program and we hope we can get another series going again as soon as possible. We will be in touch as this series comes to a close with a survey and will really appreciate your feedback to help us continue the program and make it better!

in the box

<p>ONIONS DARNELL FARMS</p> <p>TOMATOES ESTRADA FARMS</p> <p>BROCCOLI DARNELL FARMS</p> <p>MICROGREENS WARCRY PEPPER CO. & SPROUT CULTURE</p>	<p>POTATOES BARKER FAMILY FARM</p> <p>BOK CHOY DARNELL FARMS</p> <p>KALE 3 BARN FARMS</p> <p>CABBAGE DARNELL FARMS</p> <p>CUCUMBERS ESTRADA FARMS</p>	<p>LETTUCE 3 BARN FARMS</p> <p>STRAWBERRIES DARNELL FARMS</p> <p>EGGS SEXTON FARMS</p> <p>SOURDOUGH BREAD BACKWOODS BAKERY</p> <p>YELLOW EYED BEANS WARCRY PEPPER CO. & SPROUT CULTURE</p> <p>PORK SIDEMEAT SEXTON FARMS</p>
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