



WEEK 25

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.

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.

BARKER FAMILY FARM

Darren Barker
Bryson City, NC

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.

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.

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."

OCHRE HILL FARMS

Family Farm
Sylva, NC
https://www.ochrehillfarms.com/



We are passionate about providing fresh, high-quality, products that are locally grown right here in the mountains of Western North Carolina. Our lavender, berries and seasonal produce are grown with care and attention straight from our family to yours.



TOMATOES

This incredibly versatile fruit (which pretends to be a vegetable) is native to Mexico, Central and South America but is everywhere in our lives from ketchup to salsa to salad.

Tomatoes get their name from the Spanish word tomate which came from the Nahuatl word tomatl when the Spanish first encountered tomatoes in the Aztec Empire in the 1500's.

Tomatoes' red color comes from lycopene and beta-carotene, two of the antioxidants that make tomatoes healthy along with their high vitamin C, potassium, folate, and fiber! They are great for heart health because they lower bad cholesterol (LDL) and inflammation. The antioxidants likely help reduce the risk of cancer and increase your immunity. Lycopene in particular is great for skin health, with one study showing that it might even help protect your skin against sunburns!

TIP: combining tomatoes with olive oil might increase your body's absorption of lycopene.



NO BOXES
NEXT WEEK
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.

in the box
CABBAGE, BROCCOLI, GARLIC, SUMMER SQUASH, CUCUMBERS, EGGS, HEIRLOOM TOMATOES, BOK CHOY, SOURDOUGH BREAD, MICROGREENS, THAI BASIL, BLACKBERRIES, LETTUCE, SWEET ONIONS, PEACHES, SWEET POTATOES, JAM