



WEEK 26

FEATURED FARMERS

&

PRODUCT SPOTLIGHTS



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

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.



BARKER FAMILY FARM

Darren Barker
Bryson City, NC

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!



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. Whether you are looking for culinary lavender, handmade products or fresh produce you have come to the right place!



SEXTON FARMS

Dana, NC

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.



ZUCCHINI

Summer is full on now, folks and zucchinis are growing so fast that a farmer or gardener can blink and their zukes are suddenly triple the size they were a moment ago. Sheesh!

Another **fruit masquerading as a vegetable**, zucchini is actually harvested early, when the fruit is still immature. In other words, it is typically tastier when the fruit is less 'ripe.'

Zucchini is a great source of **vitamin C**, **folate** (which is especially good for pregnant persons), **potassium** (which is important for proper hydration and electrolyte balancing), and **fiber**. It is also a very **low-carb** and **low-calorie** food.

Zucchini descends from the ancient squashes first domesticated in Mesoamerica and modern day zucchini varieties came from Italy.

Smaller zucchinis can be more flavorful, but the big ones can be a great vessel for a savory filling or they can keep baked goods moist (and improve their nutritional content).



THANK

YOU

This is the **LAST** box 😞

of this series (26 weeks) of the Swain Macon Produce Rx Program.

Please fill out the post-program survey (it was emailed and texted to you) by **Friday, July 19th**.

Thank you so very much for participating in this program! We really hope be in touch with you again before too long.

-All the very best to you and your family from the teams at Darnell Farms and MountainWise

in the box

TOMATOES

DARNELL FARMS

JALAPEÑOS

DARNELL FARMS

BELL PEPPERS

DARNELL FARMS

MICROGREENS

SPROUT CULTURE

CABBAGE

BARKER FAMILY FARM

ZUCCHINI

DARNELL FARMS

GARLIC

JMI TOMATO CO

CILANTRO

DARNELL FARMS

MOUNTAIN SWEET ONIONS

DARNELL FARMS

EGGS

SEXTON FARMS

BEANS

BANKS PRODUCE

SOURODOUGH BREAD

BACKWOODS BAKERY

PEACHES

HYDER FARMS

BLUEBERRIES

OCHRE HILL FARMS