# Tailgate Markets Bestaurants | Artisan Foods | Farms | and more BEEL

# Asap

Local Food Strong Farms Healthy Communities

appalachiangrown.org





# Farmers Market at A-B Tech

## Saturdays 9 am till noon **Offering Double SNAP**



ASAP Farmers Market formed during COVID-19 in order to maintain social distancing and other safety precautions. We hope that Asheville City Market can return to the downtown and Biltmore Park Town Square locations in 2022.



## LOCAL MILK FROM OUR FARM

MILK CREAM CHOCOLATE MILK BUTTERMILK



VISIT OUR ICE CREAM PARLOR FOR LOCALLY MADE ICE CREAM

OUR DAIRY OPENS FOR TOURS IN THE SPRING! CALL 828.279.7403 TO SCHEDULE A TOUR OR FIELD TRIP

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### MILLSRIVERCREAMERY.COM



**On the Cover:** Squash blossoms at Terra Linga Growers. Photo by Claudia Laffin.

All photos in this guide were taken in Western North Carolina and the Southern Appalachians. We appreciate all of the photos submitted by photo contest submissions, volunteer photographers, interns, and ASAP staff.

# LOCAL FOOD GUIDE

#### Welcome to the 2021 Local Food Guide.

This is your definitive guide for finding local food in Western North Carolina and the Southern Appalachian region, brought to you by ASAP. The following pages are filled with listings for Appalachian Grown<sup>™</sup> farms and farmers tailgate markets, plus partner restaurants, artisan food producers, grocery stores, and other businesses that are committed to sourcing from certified Appalachian Grown farms. (Learn more about what Appalachian Grown means on page 8.) Use the *Guide* to find new businesses, meet interesting farmers and chefs, shop at farmers markets, and enjoy the flavors unique to this place.



Many businesses are still in flux due to COVID-19. Restaurants may have limited menus as they operate at lower capacity or only offer takeout. Farms that usually offer tours or activities may not be accepting visitors right now. Use the companion online *Local Food Guide* at *appalachiangrown.org* to find updated information as well as new farms and businesses throughout the year. Always contact farms and businesses before visiting to confirm hours, offerings, or precautions in place.

Local farms and partner businesses are sustained by people like you. You want the freshest possible food. You want to be part of a community. And you want to keep farmers farming. Continue to seek out Appalachian Grown farms and businesses wherever you shop and eat.

#### Get in the Guide

Are you a farmer or business committed to buying from local farms in the Appalachian Grown region? ASAP's *Local Food Guide* helps you connect with customers and each other. Visit *appalachiangrown.org* to become an Appalachian Grown certified farm or partner and be listed online and in the next printed edition of the *Guide*, published in the spring.

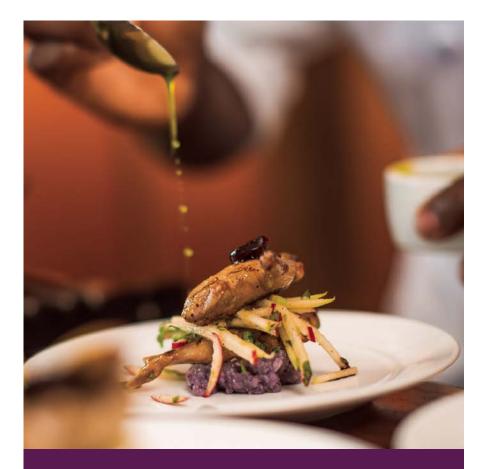
#### You Make the *Local Food Guide* Possible

Your support makes a difference! Because of your faithfulness to ASAP, you help our farmers, children, food businesses, and communities. Together, we benefit from a vibrant local food economy.

ASAP produces and distributes this free guide so that you can find local food in your community. This is just one part of our commitment to reconnect people to local food and to the farmers who are growing it.

Your kind giving makes the Local Food Guide possible. To make a secure donation, visit asapconnections.org or mail a check to ASAP. For more information on how you can help sustain this vital work, contact Nora Scheff at giving@ asapconnections.org. Donations are tax deductible. ASAP is a 501(c)(3) nonprofit organization.

ASAP 306 W. Haywood St., Ste. 200 Asheville, NC, 28801 828-236-1282



# STAY A PART OF LOCAL CUISINE

Whatever you're a part of. Stay that way.



appalachiangrown.org



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Listing content is user-submitted. Details correct at date of publication; information subject to change. Visit our online guide, at *appalachiangrown.org*, for updates and an expanded list.

©2021 ASAP. ASAP's Local Food Guide is an annual publication with a distribution of 70,000 copies.

Funding for the *Local Food Guide* was made possible in part by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant [AM180100XXXXG070] and the Beginning Farmer Rancher Development Program [grant no.2018-70017-28533/project accession no. 1016663] from the USDA National Institute of Food and Agriculture. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

#### This publication is made possible with support from:









National Institute of Food and Agriculture U.S. DEPARTMENT OF AGRICULTURE

Asheville Regional Airport



Our mission is to help local farms thrive, link farmers to markets and supporters, and build healthy communities through connections to local food.

For two decades, ASAP has spearheaded a Local Food Campaign to support the Southern Appalachian region on a journey to reconnect with food. As part of that work, ASAP:

- Publishes free resources, including the *Local Food Guide* and *Full Share: A CSA Guide*.
- Identifies and defines "local" through Appalachian Grown™ certification and branding.
- Operates the ASAP Farmers Market and provides support for other area farmers markets.
- Connects chefs, grocers, and other local businesses with the farmers who suit their needs.
- Offers tools and workshops for farmers, including the Business of Farming Conference, Farmer Toolkit, and virtual workshops.
- Creates community events, such the Farm Tour and CSA Fair.
- Provides farm to school resources and training through the Growing Minds program.
- Examines the role of regional food systems through our Local Food Research Center.

Learn more about our work at *asapconnections.org*.

asapconnections.org

## **Connect with ASAP!**

*asapconnections.org* offers information about ASAP's work and programs, including

- resources for farmers, farmers markets, and food businesses
- events and workshops for farmers and community members, including the Business of Farming Conference and Farm Tour
- reports from our Local Food Research Center
- how to support ASAP through internships, volunteering, or donating

*appalachiangrown.org* is the home of ASAP's online *Local Food Guide*, with

- more than 1,500 food and farm listings in the Southern Appalachians
- multiple search and filter options
- trip planner
- wholesale farm to business directory

**fromhere.org** is the place for you to connect with local food news and community events, including

- weekly reports on what's fresh at the farmers markets
- classified ads
- local food and farm events calendar

*growing-minds.org* is the home of our Growing Minds farm to school work, including

- lesson plans and activities for school gardens, classroom cooking, and farm field trips
- children's literature database
- kid-friendly local food recipes
- resources for getting local food in cafeterias

#### Subscribe to ASAP's e-newsletters at asapconnections.org:

Monthly News from ASAP updates about programs, research, events, and resources

#### **Weekly Farmers Market Report**

what's fresh at Buncombe County farmers markets, plus community events and local food news

This Week at the ASAP Farmers Market weekly vendors and news about the ASAP's Saturday market

Farm to School Monthly news and resources for educators from Growing Minds

Get social with us! @asapconnections

# WHY BUY LOCAL? Our Choices Matter.





### Keep value in the local economy.

Buying local is about more than where we spend our dollars. It's about supporting what we value in our community, such as fair pay, sustainable agriculture, healthy food, and strong economies.

#### Build community resilience.

Buying local supports a diversity of innovative and interdependent businesses. This makes it possible for communities to survive and thrive in good times and bad.

#### Strengthen community ties.

Purchasing products made or grown by our neighbors builds relationships. These relationships strengthen the economy and create opportunities for greater civic engagement.

#### Create the food system we want.

When we get local, we exercise our power to change the food system. Fight for one that is more transparent and more supportive of our farms, workers, environment, and community.

### Celebrate local character and heritage.

Buying local ensures that our farms and local businesses remain vibrant and productive. This helps to preserve our scenic landscape and unique culture.



# FEATURES

### GROWING NEW FARMS IN APPALACHIA

VISITING THE FARM-VIRTUALLY

EATING WITH THE SEASONS

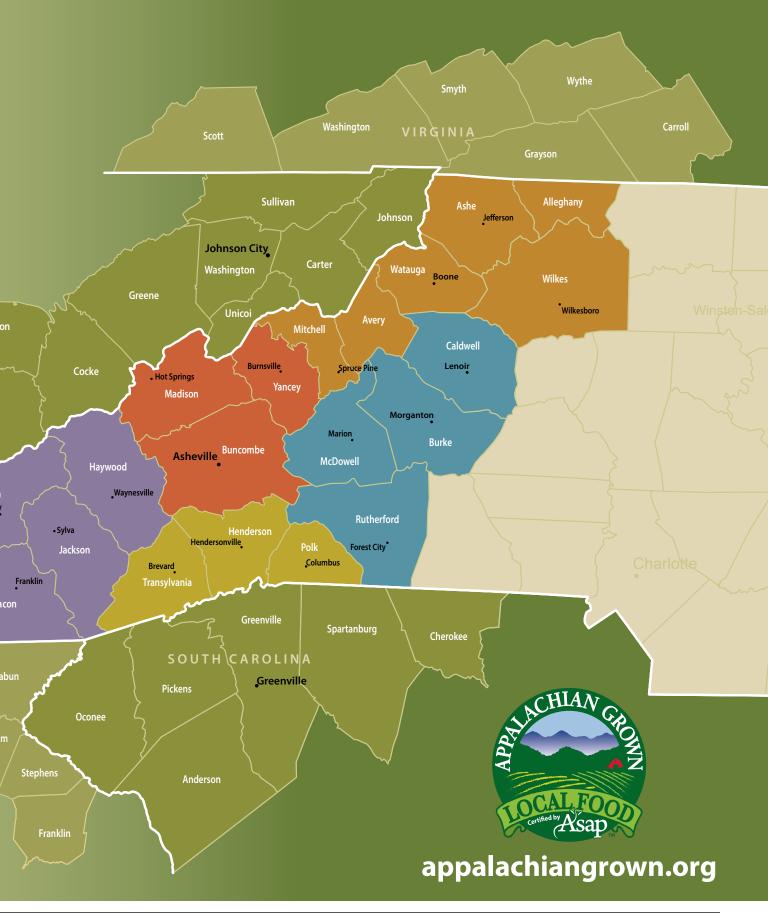
appalachiangrown.org



# **Certified Local**

Appalachian Grown<sup>™</sup> means certified local. When you see this logo on farm products or in area businesses, you know your purchase will support the viability of family farms in the Southern Appalachians. Appalachian Grown is centered around community and supporting family farms, offering a sense of place and a context to the story behind our food.







# Growing New Farms in Appalachia

It's a glorious morning at the North Asheville Tailgate Market. A jazz band serenades shoppers as sunlight filters through the trees. People wander through the tents, picking up fresh produce, cheese, and bread. The mood is relaxed—but not for these farmers.

"Market day is like an adrenaline rush," says Krista Fayette, who co-owns New Roots Market Garden with Stephen Rosenthal. "We work really late the night before and try to get to bed really early. Then in the morning, it's still dark out, we pack up the van and get to market. It's something we get so excited for."

Beginning farmers across the Southern Appalachians are drawing on this kind of energy—as well as community support for local food and farms and a rich agricultural legacy—as they establish new farm businesses. In recent decades, a growing network of young farmers in the mountains have started sharing the challenges and rewards of farming with each other and their communities.



#### **Learning How to Grow**

The joy of picking a ripe tomato comes naturally, but learning how to cultivate a successful crop takes some trial and error. Growing produce in Western North Carolina requires patience as farmers learn to predict finicky spring frosts and manage summer rains or droughts. The road to

a perfect tomato takes practice and persistence.

"We are constantly talking about, thinking about, planning, asking ourselves, 'How do we market better? How do we sell this better? How do we grow this differently?'" says Savannah Salley from Headwaters Market Garden. She and her partner, Will Salley, have been asking themselves these sorts of questions since they started growing produce in 2017.

They initially found land

to grow on through the Southern Appalachian Highlands Conservancy's farm incubator program, which offers land, infrastructure, tools, and training to beginning farmers for up to five years. Even with these resources, Savannah and Will encountered some stumbling blocks at the beginning, especially as they learned how to grow produce.

During their first season, they planted nearly an entire greenhouse with five varieties of tomatoes, but each variety had different needs. They also spaced the tomato plants too close together, which meant they'd need extra pruning to avoid overcrowding.

"Come to find out that a greenhouse our size requires about 20 hours a week in just pruning. That's a lot of time, especially when you're only two people. We didn't have time to do that," she says.

They were quick learners and the next year they decided to plant far fewer tomatoes and hone in on a few varieties that grow well together. They fixed their spacing problem and dialed in other cultivation practices that worked well for them. "That was a huge learning curve, but since then we have continued to just be committed to farming," Savannah says.

They have also expanded into crops that are less labor-intensive, but still appealing to farmers market shoppers and chefs. They grow things like lettuce, herbs, broccoli, and kale, plus a more manageable

crop of tomatoes, now on farmland in Polk County. Savannah says their focus on quality over quantity has paid off, and they're ready to tackle whatever comes next.

#### **Finding a Niche**

When Krista Fayette and Stephen Rosenthal of New Roots Market Garden were deciding what to grow on their farm, they looked around at what other farmers were selling

at markets. They noticed plenty of tomatoes, peppers, and cucumbers during the summer, but there weren't many salad greens during the hottest months.

One reason was because much of the farmland in Western North Carolina is too sunny and hot to grow tender lettuce during the summer, but Krista and Stephen leased farmland from Bend of Ivy Lodge, a retreat center in Madison County. The land is nestled in the woods with more shade and the slightly cooler temperatures that lettuces love.

"We felt like greens could be our niche. The salad mix is what we're known for right now. It's always the first thing that sells out," says Krista.

Their salad mix stands out because it's more than simply lettuce. In addition to several varieties of baby lettuces, they also include sprigs of purslane, chickweed, and wood sorrel in the bag. If you're picturing Krista and Stephen planting these greens in tidy rows or tending to them in a greenhouse, think again. These specialty greens grow in the wild alongside the farm's crops.



"We add in whatever wild greens are growing in the gardens from season to season, so we're kind of foraging greens into the salad," Krista explains. "You're definitely feeling a lot of love from that because it's like nature intended for it to be there. We cut it all by hand, which we feel is a big part of why people love it so much is we put the most love into that." Stephanie Vinat and Jeremiah Batla of AppaLatin Farmstead, also in Madison County, have looked to family heritage to find their niche.

"We are growing a lot of peppers, specifically Latin peppers," says Stephanie. "Hence the name AppaLatin. Appalachian grown, Latin inspired." Her family is Puerto Rican and Cuban and she wanted to honor that legacy through the vegetables they grow and bring to market. Some of the peppers are Cuban heirlooms, like the arroz con pollo pepper. "It's wonderfully tasty but very difficult to find anywhere in the United States, so we have those heirloom seeds," she says.

> Their peppers stand out and so do their sauces. Stephanie noticed that there wasn't an abundance of locally made Latin foods in Western North Carolina, so they started making sofrito, adobo seasoning, and aji amarillo paste from peppers they grow on the farm.

> "We were looking at farmers markets and going into the grocery stores in this area and realized there was an opportunity to produce organic, highly nutritious, and Latininspired foods," she says. "To be able to bring those types of things to market is super rewarding for me."









Other farms use new or unusual growing techniques to stand out in a crowded market. TK Family Farm is Polk County's first highdensity apple orchard with 3,000 trees on two-and-a-half acres.

"It looks much different than what most folks are used to seeing from an orchard," says Jon Kimstra who co-owns the farm with his wife Brittany Kimstra. "The trellis kind of looks like a vineyard trellis on steroids. It's really about getting the most amount of production off of a limited amount of land."

They chose Polk County because land was more affordable there than in densely populated areas. Brittany says it's also a community that really values local food and farms. "Polk is focused on agriculture," she says. "People want to buy from local farms and local people and their neighbors. That was the kind of area we wanted to build this business."



TK Family Farm (it's named for the Kimstra kids—the Three Knuckleheads) has grown a lot since 2014. They sell apples at farmers markets in Spartanburg and Landrum, South Carolina. They have all the standard apples, including Gala and Golden Delicious, but they've also branched out into some new varieties, like Ludacrisp and Sweet Zinger.

"I've tried to get into some of these newer varieties with the hopes and kind of the gamble that people would really like them and that would maybe set us apart a little bit in terms of what we have to offer folks," Jon says.

Brittany says patience has been essential to their success over the years. "It's funny, you plant trees and then even with the trellis system that Jon's using, it takes three years until you really start to see a profit," she says.

"You have to believe wholeheartedly in the work that you're doing 365 days of the year for three years leading up to actually having a decent crop and knowing that there are consumers out there that want your product and that they love it and they support you."



The Three Knuckleheads



#### **Reinventing a Family Farm**

When Aaron and Nicole Bradley of Colfax Creek Farm decided to start their own farming operation, they had decades of knowledge to draw from. Nicole's great-grandfather raised hogs in upstate New York. Aaron's family has been farming in Western North Carolina for generations, and he grew up on what was his great-great-grandfather's farm. His family primarily farmed apples and cattle, while also growing and preserving most of the food they ate all year.

"I remember the homestead that they had," Aaron says. "The gardens that they had were massive and everything that they ate, they grew."

Aaron and Nicole started their livestock farm on Aaron's family land in 2014, but realized that to build their operation around pastured meats, they would need more land. While they had spent five years building community and a customer base in Polk County, their search for the right property brought them to Bostic, North Carolina, near Colfax Creek in Rutherford County.

Although they don't work the same soil as Aaron's great-greatgrandparents, and didn't have their customers right down the road, they brought with them their commitment to raising animals in a way that maintained their farm's values.

"It's a really good feeling for me to be able to have a connection and look back through history to see the way that my great-greatgrandfather was doing things. We have that story that connects us back to him and we're doing a lot of the things that he was doing," he says.

In starting fresh on their own land, Aaron and Nicole also wanted to recommit themselves to educating and connecting with their new community. This has taken many forms, but one way the Bradleys have embraced this is building a new farm identity and brand with their farming philosophy and sense of place as the focal point.

When Aaron and Nicole started farming, they went with the name Bradley Farms, in honor of Aaron's family and the last name he and Nicole share. But after the move to Bostic they decided that name didn't fully capture their farm's mission, so they chose to change it to Colfax Creek Farm.

"We wanted to become a part of the community that we're serving. We can do that through our last name, but it's so much bigger than just us," Aaron says. "The new name cemented us as part of this community."

Community connections like these are fostered season after season. A trip to a farmers market is a time to remember that every tomato is a triumph; going apple picking is a way to marvel at years of determination. From the first seed to the last harvest, new farmers are contributing to a community that celebrates local food.

ASAP offers resources and training for new and beginning farmers. Find out more at asapconnections.org.







Saturdays 8AM–12PM on the beautiful campus of UNC Asheville NorthAshevilleTailgateMarket.com

# Tailgate Markets



When you shop at farmers markets, you don't just get the freshest Appalachian Grown produce, meat, cheese, eggs, and artisan products possible. You also make a direct connection with the farmers who grew that food. You can ask them your questions and learn their stories. By buying directly from farmers at producer-only tailgate markets, you build relationships in your community, support family farms, and strengthen the local food economy—all while filling your market basket with the best food our region has to offer.

Some markets extend their seasons for holiday markets in November and December with late-season produce as well as locally made gift items. A few markets operate year-round or have special winter markets. Find a list of winter markets open January to March on page 23.

### MARKET PAYMENT OPTIONS 💷 SNAP/EBT 💳 CREDIT/DEBIT

#### **SMOKY MOUNTAINS, NC**

Cherokee, Clay, Graham, Haywood, Jackson, Macon, Swain counties

#### **Brasstown's Farmers Market** Brasstown, NC Wed., 9 am-1 pm, Apr.-Oct.

10950 Old Hwy. 64W, across the street from the Shops of Brasstown.

#### Franklin Farmers Tailgate Market

Franklin, NC Sat., 8 am-12 pm, Apr.-Oct., 10 am-12 pm, Nov.-Mar. 828-349-2049

Parking lot between 226 and 268 E. Palmer St. across from Drake Software.

#### Graham County Farmers Market Robbinsville, NC

Sat., 8 am-12 pm, Jul.-Dec. 828-479-7979

Parking lot of the Graham County Public Library, 80 Knight St.

### Haywood's Historic Farmers Market

Waynesville, NC Sat., 9 am-12 pm, Apr.-Dec. waynesvillefarmersmarket.com

HART Theater/Shelton House (Museum of NC Handicrafts) parking lot, 250 Pigeon St. (Hwy. 276S).

#### Jackson County Farmers Market— Dillsboro **=** 🗐

Dillsboro, NC Wed., 3:30 pm-6:30 pm, Apr.-Oct. 828-393-5236 jacksoncountyfarmersmarket.org Innovation Station, 40 Depot St.

#### Jackson County Farmers Market—

Sylva = Sylva, NC Sat., 9 am-12 pm, Apr.-Oct., 10 am-1 pm, Nov.-Mar. 828-393-5236 jacksoncountyfarmersmarket.org Next to the Bridge Park Pavilion, 110 Railroad Ave. Locally Grown on the Green Cashiers, NC Wed., 2-5 pm, Apr.-Oct. cashiersgreenmarket.com

The Village Green Commons, 160 Frank Allen Rd.

**Murphy Farmers Market** *Murphy, NC Sat., 9 am-1 pm, Apr.-Oct.* L&N Depot train station.

#### Swain County Farmers Market

Bryson City, NC Fri., 9 am-1 pm, May-Oct. 828-488-3848 swain.ces.ncsu.edu/2014/05/ swain-county-farmers-market

Old Nelli Wiggins Barn on Island St.

#### The 'Whee Market 💳

Cullowhee, NC Tue., 3-6 pm, year-round 828-476-0334 thewheemarket.org 113 Market St., off Highway 107S, across from Western Carolina University at Prospect Western.

#### **SOUTHERN MOUNTAINS, NC**

Henderson, Polk, Transylvania counties

#### Columbus Farmers' Market 💳 🚥

Columbus, NC Sat., 8 am-12 pm, May-Oct. 828-894-2281 polkcountyfarms.org

Historic Courthouse Square.

#### Flat Rock Farmers Market =

Hendersonville, NC Thu., 3 pm-6 pm, Apr.-Oct. 828-891-4968

Parking lot at the Pinecrest ARP Church, 1790 Greenville Hwy.

#### Henderson County Curb Market =

Hendersonville, NC Tue., Thu., 8 am-2 pm, Apr.-Dec., Sat., 8 am-2 pm, year-round 828-692-8012 curbmarket.com

221 N. Church St., directly across from the old courthouse.

#### Henderson County Tailgate Market

Hendersonville, NC Sat., 8 am-12 pm, Apr.-Oct.

Parking lot at 100 N. King St. between First and Second avenues.

#### Hendersonville Farmers Market 💳 🚥

Hendersonville, NC Sat., 8 am-1 pm, May-Oct. 828-233-3205 hendersonvillenc.gov/events/ hendersonville-farmers-market

Historic Train Depot at 650 Maple St.

#### Mills River Farm Market 💳 🚥

Mills River, NC Sat., 8 am-12 pm, May-Oct. 828-891-3332

The parking lot of Mills River Elementary School, 94 School House Rd.

### Polk County Winter Farmers' Market

Saluda, NC Sat., 9 am-12 pm, Nov.-Apr. 828-894-2281 polkcountyfarms.org Saluda Contor, 64 Groopyillo S

Saluda Center, 64 Greenville St.

# HENDERSONVILLE FARMERS MARKET



### FRESH & LOCAL FOR REVERYONE

Use your SNAP/EBT card to buy farm-fresh food at participating farmers markets. Look for the EBT icon in the Tailgate Market section of this guide. Some markets offer **Double SNAP** or other incentives. Find out more at asapconnections.org/ snap or ask at your market's information booth.

#### Transylvania Farmers Market 💳 🚥

Brevard, NC Sat., 9 am-12 pm, May-Nov., 10 am-12 pm, Dec.-Apr. 828-548-0660 transylvaniafarmersmarket.com

Large parking lot at the corner of Main and Rice streets downtown.

#### **CENTRAL MOUNTAINS, NC**

Buncombe, Madison, Yancey counties

#### ASAP Farmers Market 💳 🚥

Asheville, NC Sat., 9 am-12 pm, Apr.-Dec., 10 am-1 pm, Jan.-Mar. 828-348-0340 asapfarmersmarket.org

A-B Tech campus parking lot beside the Bailey Student Services Building, 340 Victoria Rd. During COVID-19 ASAP Farmers Market is operating in place of Asheville City Market and Asheville City Market–South.

#### Black Mountain Tailgate Market 💳

Black Mountain, NC Sat., 9 am-12 pm, May-Nov. 828-242-2578 blackmountainmarket.org

Behind First Baptist Church, 130 Montreat Rd.

#### East Asheville Tailgate Market 💳 🚥

Asheville, NC Fri., 3-6 pm, Apr.-Oct. 828-458-2270 eastashevillemarket.com

954 Tunnel Rd., in the upper parking lot at Groce Methodist Church.

#### Enka-Candler Tailgate Market 💳 🚥

Candler, NC Thu., 3-6 pm, May-Oct. 828-771-6047 ashevillefarmstead.org/ enka-candler-tailgate-market

A-B Tech Enka campus, 1465 Sand Hill Rd., Small Business Center parking lot.

#### **Mars Hill Farmers & Artisans Market**

■ 101 Mars Hill, NC Sat., 10 am-1 pm, Apr.-Oct. marshillmarket.org

College St. on the campus of Mars Hill

University. Check website for holiday market dates.

#### **North Asheville Tailgate Market** = *Asheville, NC*

Sat., 8 am-12 pm, Apr.-Nov., 10 am-1 pm, Nov.-Dec. northashevilletailgatemarket.com

UNC Asheville parking lot P28. Enter campus from WT Weaver Blvd. traffic circle. Market is first lot on the right. Follow signs for additional parking. The Holiday Bazaar takes place between Thanksgiving and Christmas.

#### River Arts District Farmers Market 💳

Asheville, NC Wed., 3-6 pm, May-Nov, 3-5:30 pm, Dec.-Apr. radfarmersmarket.com

Plēb Urban Winery, 289 Lyman St.

#### Sundays on the Island

Marshall, NC Sun., 12 pm, Apr.-Oct.

Cross the river at the courthouse on Main St. and immediately turn right onto the island.





#### Weaverville Tailgate Market 💳

Weaverville, NC Wed., 2-5 pm, Apr.-Dec. 828-484-6796 weavervillemarket.com

Gotta Have It Antiques, 60 Monticello Rd. Holiday market between Thanksgiving and Christmas.

#### West Asheville Tailgate Market 💳 🚥

Asheville, NC Tue., 3:30-6:30 pm, Apr.-Nov., 3:30-5:30, Nov.-Dec. westashevilletailgatemarket.com

718 Haywood Rd., Grace Baptist Church parking lot. Holiday market between Thanksgiving and Christmas.

#### WNC Farmers Market 💳

Asheville, NC Daily, 8 am-5 pm, year-round 828-253-1691 ncagr.gov/markets/facilities/markets/ asheville

579 Brevard Rd. Farmers Truck Shed #1 is designated for farmers who sell only what they grow.

#### Yancey County Farmers' Market

Burnsville, NC Sat., 8:30 am-12:30 pm, Apr.-Sep., 9 am-1 pm, Oct.-Nov. yanceycountyfarmersmarket.com

Just off the Town Center, S. Main St. at US 19E.

#### **FOOTHILLS, NC**

Burke, Caldwell, McDowell, Rutherford counties

#### Caldwell County Farmers Market

Lenoir, NC Sat., 7 am-2 pm, May-Dec.

902 Harper Ave.

#### Hildebran Farmers Market

Hildebran, NC Tue., 8 am-1 pm, Jun.-Oct. 828-397-5801 hildebrannc.com/farmers-market

Albert Parkhurst Municipal Complex parking lot, 202 S. Center St. Handicapped restroom available.

### Historic Marion Tailgate Market = IM Marion, NC

Tue., 3-6 pm, May-Oct., Fri. 11 am-2 pm, Jul.-Aug. 828-652-2215 mariontailgatemarket.com

Corner of W. Henderson and Logan streets, one block from Main St. under city-owned shade shelter.

#### Morganton Farmers Market 🚥

Morganton, NC Wed., 11 am-2 pm, Sat., 8 am-12 pm, May-Oct. 828-438-5252 downtownmorganton.com

Sat.: 300 Beach St. behind Maria's Pizza. Wed.: vacant lot at 111 N. Green St., across from Burke Co. offices. Holiday market Nov. 27 and Dec. 11, 10 am-2 pm.

#### Mountain Gateway Museum Farmers Market Old Fort

Old Fort, NC Thu., 3-6 pm, May-Oct. 828-668-9259

Green space at the Mountain Gateway Museum along the banks of Mill Creek, 24 Water St.





#### **Rutherford County Farmers Market**

Forest City, NC Sat., 8 am-12 pm, Apr.-Oct., 1st and 3rd Sat., 10 am-1 pm, Nov.-Mar. 843-597-3465 rcfarmersmarket.com

172 Park Pl., directly across from POPS. Accessible from either Main St. or Oak St.

#### **Sawmills Farmers Market**

Granite Falls, NC Tue., 2-5 pm, May-Sep. 828-396-7903

Hwy. 321A, directly across from Sawmills Fire Department.

#### **HIGH COUNTRY, NC**

Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes counties

#### **Alleghany County Farmers' Market**

**E** III Sparta, NC Sat., 9 am-1 pm, May-Nov. 336-372-5597

Crouse Park, Hwy. 18N.

#### Ashe County Farmers Market 💳 🚥

West Jefferson, NC Sat., 8 am-1 pm, Apr.-Oct. ashefarmersmarket.com

108 Backstreet, one block over from Jefferson Ave., across from the First Baptist Church. Check website for holiday market dates.

#### Avery County Farmers Market 💳 🚥

Banner Elk, NC Thu., 4-6:30 pm, Apr.-Oct. averycountyfarmersmarket.net

On the lawn in front of the old Banner Elk Elementary School on Shawneehaw Ave.

#### **Blowing Rock Farmers Market**

Blowing Rock, NC Thu., 3-6 pm, May-Sep. blowingrock.com/calendar/ farmersmarket

On the corner of Main St. and Park Ave.

# Boone Winter Farmers' Market = Boone, NC Sat., 9 am-12 pm, Dec.-Apr. 828-386-1537 farmersmarkets.brwia.org



Watauga Agricultural Conference Center just off King St. at 252 Poplar Grove Rd.

#### King Street Market 💳 🚥

Boone, NC Tue., 4-7 pm, May-Sep., 4-6 pm, Oct. farmersmarkets.brwia.org

Just off King St. in front of the Watauga County Social Services Building.

#### Watauga County Farmers Market 💳 🚥

Boone, NC Sat., 8 am-12 pm, May-Oct., 9 am-12 pm, Nov. 828-355-4918 wataugacountyfarmersmarket.org

Horn in the West parking lot.

#### Wilkes County Farmers' Market 💳

North Wilkesboro, NC Tue., 3:30-5:30 pm, Sat., 7:30 am-12 pm, Apr-Sep. 336-667-7129 downtownnorthwilkesboro.com

Yadkin Valley Marketplace, 842 CBD Loop.

#### **GEORGIA**

#### Blue Ridge Downtown Market

Blue Ridge, GA Sat., 9 am-1 pm, Jun.-Nov.

The city park across from the courthouse, 421 Main St.

#### **Clayton Farmers Market**

Clayton, GA Sat., 9 am-12:30 pm, Apr.-Oct. 706-490-3837

Covered Bridge Shopping Center parking lot on the west side of US Hwy. 441S.

#### **Dahlonega Farmers Market**

Dahlonega, GA Sat., 8 am-1 pm, May-Oct. 706-482-2707 dahlonegadda.org

Hancock Park, 91 Hawkins St.

#### Union County Farmers' Market 💳

Blairsville, GA Tue., 2-5 pm, Sat., 7 am-1 pm, Jun.-Oct. 706-439-6043 ucfarmersmarket.com

290 Farmers Market Way. Turn off Hwy. 515 at the bypass. Look for signs.

#### White County Farmers Market

Cleveland, GA Sat., 7:30 am-12 pm, Jun.-Sep. 706-865-2832 extension.uga.edu/county-offices/white.html

66 East Kytle St., in Freedom Park behind the county courthouse.

#### **SOUTH CAROLINA**

#### Anderson County Farmers Market 🚥

Anderson, SC Tue., Thu., Sat., 8 am-1 pm, Jun.-Nov., Sat., 10 am-2 pm, Nov.-Dec. 864-231-7275 andersoncountysc.org/farmersmarket

Corner of Murray Ave. and Tribble St., one block off Main St. Holiday market Saturdays between Thanksgiving and Christmas.

#### **Clemson Farmers Market**

Clemson, SC Thu., 3-6 pm, May-Sep. 864-654-1200 clemsonfarmersmarket.org

Patrick Square Village Green, 578 Issaqueena Tr., right off Calhoun Memorial Hwy. (Hwy. 123).

#### Foothills Heritage Market =

Seneca, SC Tue., 5:30-7:30 pm, Jun.-Aug., Sat., 8 am-12 pm, May-Oct. 864-247-7843 farmoconee.org

2063 Sandifer Blvd., off Hwy. 123, just east of intersection of Hwy. 11 and Cherokee Scenic Foothills Hwy.

#### Hub City Farmers Market 💳 🚥

Spartanburg, SC Sat., 8 am-12 pm, Apr.-Dec., 3rd Sat., 11 am-2 pm, Jan.-Mar. 864-585-0905 hubcityfm.org

498 Howard St.

#### Landrum Farmers Market

Landrum, SC Sat., 8 am-12 pm, May-Oct.

Across from the Depot downtown, 111 N. Trade Ave.

**Palmetto Farmers Market =** IM Williamston, SC

Thu., 4-7 pm, Jun.-Aug. 864-906-7660 palmettofarmersmarket.com

Historic Mineral Spring Park downtown, 121 W. Main St.

#### TD Saturday Market 💳 🚥

Greenville, SC Sat., 8 am-12 pm, May-Oct. 864-467-4494 saturdaymarketlive.com

S. Main St. from Court St. to Washington St.

#### The Toasty Farmer 💳

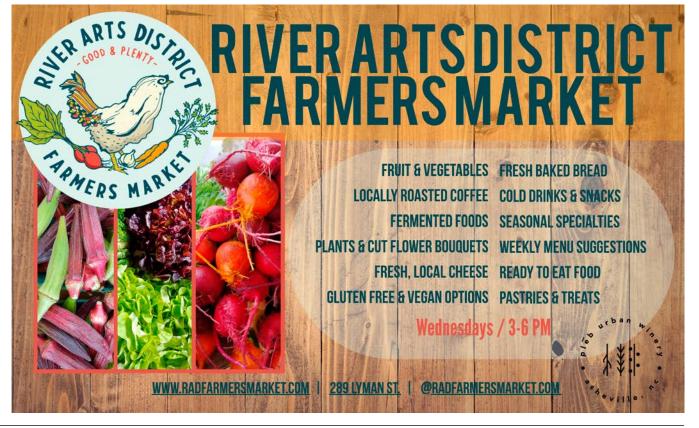
Greenville, SC Sat., 11 am-2 pm, Dec.-Mar. 864-558-0104 brewery85.com

Brewery 85, 6 Whitlee Ct.

#### Travelers Rest Farmers Market 💳

Travelers Rest, SC Sat., 8:30 am-12 pm, May-Sep. travelersrestfarmersmarket.com

Trailblazer Park, 235 Trailblazer Dr. On the Swamp Rabbit Trail between Furman University and downtown.





Yadkin Valley Marketplace downtown North Wilkesboro

APRIL-OCTOBER SATURDAYS 7:30 AM-NOON TUESDAYS 3:30-5:30 PM

#### **Walhalla Farmer's Market** *Walhalla, SC*

Valnalia, SC Sat., 8 am-11 am, Jun.-Sep. 864-977-0222

Parking lot of the Walhalla Performing Arts Center, 101 E. North Broad St.

#### TENNESSEE

Dandridge Farmers' Market Dandridge, TN Sat., 9 am-1 pm, May-Oct. 865-397-7420

Corner of Gay and Meeting streets.

**Depot Street Farmers' Market = 53** Greeneville, TN Sat., 9 am-1 pm, May-Oct. 423-525-2621

depotstreetfarmersmarket.com

Greene County Partnership parking lot, 115 Academy St.

**Downtown Sevierville Farmers' Market** Sevierville, TN Sat., 9 am-1 pm, May-Oct. Gazebo at 128 Bruce St. downtown.



### 718 HAYWOOD RD WE ACCEPT SNAP/EBT + CREDIT/DEBIT \*OPEN APRIL TO DECEMBER\*

Т<u>UESD</u>Л<u>Ү</u>S 3:30-6:30рм

#### THE #1 WEEKDAY MARKET IN ASHEVILLE!

ORGANIC VEGETABLES, FRUIT, EGGS, MEAT, BREAD, MILK, CHEESE, HONEY, MUSHROOMS, BAKED GOODS, FLOWERS, JAMS, FERMENTS, HERBAL REMDIES, PLANT STARTS, NATURAL BODY CARE, HANDMADE CRAFTS, PREPARED FOODS, AND MUCH MORE!

🕨 www.WESTASHEVILLETAILGATEMARKET.com 🔶

#### East Tennessee Children's Hospital Farmers' Market 💳

Knoxville, TN 1st and 3rd Fri., 10 am-2 pm, May-Oct. gardendeliverycsa.com

ETCH campus in the atrium next to Koppel Plaza, 2018 W. Clinch Ave.

#### East Tennessee F.A.R.M.—Ebenezer Road Market

Knoxville, TN Tue., 3-6 pm, Apr.-Nov. 865-839-4258 easttnfarmmarkets.com

Ebenezer United Methodist Church parking lot, 1001 Ebenezer Rd.

#### East Tennessee F.A.R.M.—Hardin Valley Farmers Market

Knoxville, TN Thu., 3-6 pm, May-Sep. 865-839-4258 easttnfarmmarkets.com

Hardin Valley Church of Christ parking lot, 11515 Hardin Valley Rd.

#### Eastside Sunday Market 💳 🚥

Knoxville, TN Sun., 1-4pm, Jun.-Sep. eastsidesundaymarket.org

Walter Hardy Park, 2020 MLK Jr. Ave.

#### Erwin Farmers' Market 🚥

Erwin, TN Tue., 5-8 pm, Jul.-Sep. 423-220-7624

Unicoi County Jail Annex parking lot, on the corner of Main Ave. and Tucker St.

#### **Gatlinburg Farmers Market**

Gatlinburg, TN Sat., 8:30 am-12 pm, May-Oct. 865-640-7190 gatlinburgfarmersmarket.com

Across from Food City, 1222 E. Parkway 321.

#### Greeneville Farmers' Market 💳 🚥

Tusculum, TN Sat., 9 am-1 pm, May-Oct. 423-552-3023 greenevillefarmersmarket.com

Doak House Museum on Tusculum University Campus, 690 Erwin Hwy. Year-round online market with curbside pickup at *gfm.locallygrown.net*.

#### Johnson City Farmers' Market 💳 🚥

Johnson City, TN Sat., 8 am-1 pm, Apr.-Oct. 423-467-5327 johnsoncityfarmersmarket.org

100 E. Market St.

#### Johnson County Farmers Market 💳 🚥

Mountain City, TN Sat., 9 am-12 pm, May-Oct. johnsoncountyfm.org

Ralph Stout Park, 353 N. Shady St., across from ball fields near stage area of park.

#### Jonesborough Farmers Market 💳 🚥

Jonesborough, TN Sat., 8 am-12 pm, May-Oct. 423-753-4722 jonesboroughlocallygrown.org

Downtown beside the Washington County Courthouse, just off Main St.

#### Main Street Marketplace 💳

Sweetwater, TN daily, year-round 423-337-6979 sweetwatertn.net

Across from People's Bank, 105 S. Main St. Vendors choose their own hours.

#### Market at Mary Costa Plaza 💳 🚥

Knoxville, TN Sat., 9 am-1 pm, May-Nov., 10 am-1 pm, Dec. 865-805-8687 nourishknoxville.org

500 Howard Baker Jr. Ave., by the Knoxville Civic Auditorium and Coliseum. Free parking in Garage A, across the street from the Plaza.

#### Market Square Farmers' Market

Knoxville, TN Wed., 10 am-1 pm, May-Nov. 865-805-8687 nourishknoxville.org

North Market Square, near Wall Ave.

#### New Harvest Farmers' Market 💳 🚥

Knoxville, TN Thu., 3-6 pm, Apr.-Sep. 865-805-8687 nourishknoxville.org

New Harvest Park behind the East Knoxville Target Shopping Center.

#### **Newport Farmers' Market**

Newport, TN Wed. and Sat., 9 am-1 pm, May-Sep. 423-487-4001

Corner of Cosby Hwy. and Mulberry St., near the Tanner Cultural Center and the Community Center.

#### Nourish Knoxville's Winter Farmers' Market = 🚥

Knoxville, TN Sat., 11 am-1 pm, Jan.-Apr. 865-805-8687 nourishknoxville.org

500 Howard Baker Jr Ave. by the Knoxville Civic Auditorium and Coliseum. Free parking in Garage A, across the street from the Plaza.

#### Seymour Farmers' Market

Seymour, TN Sat., 8 am-12 pm, Jun.-Oct. 865-453-0130 seymourfarmersmarket.org

11621 Chapman Hwy., in the lower parking lot of Seymour First Baptist Church.

#### Town of White Pine Farmers' Market

White Pine, TN Sat., 9 am-1 pm, Apr.-Oct. 865-674-2556 whitepinetn.com

Parking area next to Farrar Funeral Home at corner of Main St. and Walnut St.

#### VIRGINIA

# Independence Farmers Market Independence, VA Fri., 9 am-1 pm, May-Oct. 276-768-0597 independencefarmersmarket.org

Downtown at corner of Hwy. 58 and Hwy. 21 across from the Historic 1908 Courthouse. Online market year-round with pickup Wednesdays 4-6 pm at 104 Courthouse St.

#### Rural Retreat Farmer's Market =

Rural Retreat, VA Wed., 3-6 pm, dates TBA 276-200-5323

Located in the historic Rural Retreat Depot.



#### **SMOKY MOUNTAINS**

**Franklin Farmers Tailgate Market** *Franklin, NC* 

Jackson County Farmers Market Sylva, NC

The 'Whee Market Cullowhee, NC

#### **SOUTHERN MOUNTAINS**

Henderson County Curb Market Hendersonville, NC

**Polk County Winter Farmers' Market** Saluda, NC

**Transylvania Farmers Market** *Brevard, NC* 

#### **CENTRAL MOUNTAINS**

**ASAP Farmers Market** *Asheville, NC* 

**River Arts District Farmers Market** *Asheville, NC* 

**WNC Farmers Market** *Asheville, NC* 

#### FOOTHILLS

Rutherford County Farmers Market Forest City, NC

#### **HIGH COUNTRY**

**Boone Winter Farmers' Market** Boone, NC

#### **SOUTH CAROLINA**

Hub City Farmers Market Spartanburg, SC

The Toasty Farmer Greenville, SC

#### TENNESSEE

Nourish Knoxville's Winter Farmers' Market Knoxville, TN





# Artisan Foods

Using techniques passed down for generations, the artisan makers and caterers in this section handcraft breads, baked goods, beverages, preserves, and meals that honor the food traditions of the Southern Appalachians. These Appalachian Grown partners source ingredients from local farmers or grow their own to be transformed into distinctive and delicious products. Many of the farms listed beginning on page 48 also create artisan products, such as cheese. Search all farms and artisan producers by product at appalachiangrown.org.

Asheville Goods 828-252-9175 info@ashevillegoods.com ashevillegoods.com

Asheville Goods gift boxes are perfect for sharing your love of Asheville-grown and locally made products with clients, friends, and family. Easy online shopping 24/7. Custom and large orders for conferences and events accepted. Nationwide shipping.

#### **Carolina Honey Bee Company**

864-610-2337 sales@carolinabeeco.com carolinabeeco.com

We are a family-owned-andoperated business with deep roots here in WNC. Beekeeping has been a part of our families for over 100 years. We are committed to providing the highest quality honey, creamed honey, and infused honey. **Eat More Bakery** 828-713-5222 eatmorebakery@gmail.com eatmorebakery.com

Eat More Bakery specializes in glutenfree breads and pastries. We welcome individual and wholesale customers. We feature eggs, fruits, and veggies from local farms, including Farside Farms, New Moon Herbs Farm, McConnell Farms, and Myseanica Family Farm.

#### **Food Experience Catering**

828-687-0233 asheville@myfoodexperience.com myfoodexperience.com

Food Experience Catering creates custom menus for weddings, rehearsal dinners, corporate events, and every event you want to celebrate using scratch-made and locally focused foods. Order takeout and prepared meals at our West Asheville location. **Global Chef** 404-906-3626 globalchefservice@yahoo.com globalcheftc.com

Personal chef service featuring weekly meals. Also available for dinner parties and special events. Breakfast vendor at the Transylvania Farmers Market. We also make and sell Hellbender Hot Sauce. Local ingredients, global flavors!

#### **Round Mountain Creamery**

828-669-0718 adam@roundmountaincreamery.com roundmountaincreamery.com

The first Grade A goat dairy in the state of NC, producing excellent goat cheeses. A farm, dairy, and cheese tasting tour is available by appointment.

#### Sentelle's Homemade Sausage

423-329-1306 sentelleshomemadedausage@yahoo.com Our hogs are USDA-inspected and we built our own TDA-inspected processing building on our farm, so we do all of the butchering ourselves. You can be assured of the finest quality pork products we can offer. Heritage chickens available in 2021!

#### Shanti Elixirs

828-351-4879 info@shantielixirs.com shantielixirs.com

Inspired by honeybees, we smallbatch brew a sparkling probiotic green tea called Jun using raw honey and unique flavor combinations. We strive to combine the wisdom of ancient traditions with as many locally sourced foods as possible.

#### Smoking J's Fiery Foods

828-230-9652 store@smokingjsfieryfoods.com smokingjsfieryfoods.com

WNC's largest chili grower and sauce manufacturing company. We offer the area's biggest selection of rare and unusual peppers as well as an extensive selection of original handcrafted salsas, hot sauces, barbecue sauces, and spices.

#### Stockwild Kitchen

828-284-6260 stockwildkitchen@gmail.com stockwildkitchen.com

We serve healthy "fast food" from our mobile kitchen. Selections change with the season's bounty. We focus on locally grown and produced ingredients. Our menus are mostly vegetarian with frequent special items that may include locally raised meat.

#### Vandele Farms on Cedar Creek

828-429-9312 kat@vandelefarms.com vandelefarms.com

Family-owned farm raising and processing pastured pork in our NCDA facility right on our farm in Lake Lure. Providing the public as well as local restaurants and businesses with whole and half carcasses and specialty cuts and products.

#### **Well Seasoned Table**

828-365-8801 wellseasonedtable@gmail.com wellseasonedtable.com

Local and sustainable farmhouse seasonings, infused sea salt and

sugars, and herbal beverages. We grow, wildcraft, and locally source 80 percent of our ingredients. We believe it is important to know not just where your vegetables come from but also your spices.



### 

### Quality Meats Raised and Processed on our Farm



Producing Free Roaming Pasture Raised Pigs since 2010

Retail/Wholesale

NCDA Inspected Facility processing dates now available for local Farmers!!

www.vandelefarms.com 828-625-0978 M-F 9am-5pm ande/

**NCDA** Inspected

# Grocery Stores

Appalachian Grown partner groceries, co-ops, and neighborhood markets make it easy to include certified local produce, meats, cheeses, and artisan products in your everyday shopping. Look for Appalachian Grown signage and logos throughout the stores listed here—and if you don't see them, ask! When you advocate for local products in the aisles, you help create change throughout the entire food system.

#### **Apple Brandy Prime Cuts**

347 Thomas St., North Wilkesboro, NC 336-667-1346 abprimecuts@gmail.com applebrandybeef.com

USDA-inspected abattoir and retail storefront for Apple Brandy Beef.

#### **Be Natural Market**

273 Boone Heights Dr., Boone, NC 828-262-5592 contactus@benaturalmarket.com benaturalmarket.com

Be Natural Market is a locally owned independent health food store that specializes in locally sourced goods and produce, herbs and supplements, and healthy foods. Just be natural!

**Bee Well Honey Natural Market** 

205 Hampton Ave., Pickens, SC

(864-897-9955 info@beewellhoneynaturalmarket.com beewellhoneyfarm.com

Bee Well Honey Natural Market & Coffee Bar has a large selection of locally produced milk, eggs, butter, meats, spices, health and beauty, soaps and essential oils, and, of course, our own Bee Well Honey!

#### **Boone Street Market**

101 Boone St., Jonesborough, TN 423-753-4722 bsm@jonesboroughlocallygrown.org jonesboroughlocallygrown.org

A 100-percent producer-only market featuring local and seasonal produce, meats, specialty foods, and convenient grab and go meals—all sourced from within 100 miles of Jonesborough, TN, and Central Appalachia.

#### The Chop Shop Butchery

100 Charlotte St., Asheville, NC 828-505-3777 info@chopshopbutchery.com chopshopbutchery.com

Asheville's only all-natural, wholeanimal butcher shop. Specializing in dry-aged beef, local lamb, pastureraised pork, and all-natural poultry. Proudly offering our housemade sausages (fresh and smoked), artisan meats, and housemade charcuterie.

#### **Darnell Farms**

2300 Governors Island Rd., Bryson City, NC 828-488-2376

afton.darnellfarms@gmail.com darnellfarms.com

We are a working farm located along the banks of the Tuckaseegee river in Bryson City, NC. We have in-season fruits and vegetables. Amish butter, cheese, fresh eggs, cold drinks, food, canned goods, and educational agritourism activities.

#### Hendersonville Community Co-op

60 S. Charleston Ln., Hendersonville, NC

828-693-0505 outreach@hendersonville.coop hendersonville.coop

Local and organic produce, dairy, wine and beer, fresh breads, health and beauty aids, and supplements. With a focus on local products, the co-op works to source produce and value-added foods from our region. Come visit us in our eco-friendly store!

#### Ingles Markets, Inc

Stores throughout the region 828-669-2941 ingles-markets.com/store\_locations

Ingles carries a wide variety of local grocery items and meats and is the largest purchaser of local produce in WNC. Laura Lynn Milk only comes from local cows.

#### **Madison Natural Foods**

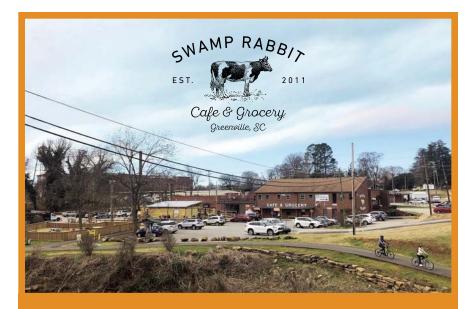
101 N. Main St., Marshall, NC 828-649-2100 madisonnaturalfoods@gmail.com

We are a family-owned natural grocery store in charming downtown Marshall. We offer a large selection of natural and organic groceries, produce, fresh bread, body care, and supplements, and we strive to feature as many local offerings as possible.

#### **Mills River Creamery & Dairy**

4193 Haywood Rd., Mills River, NC 828-891-4007 info@millsrivercreamery.com millsrivercreamery.com

We retail and wholesale locally produced milk in gallon and halfgallon sizes. At our store in Mills River, we also retail fresh butter, farmstead cheese, cheese curds, fresh eggs, local jams and jellies, and homemade ice cream by the scoop.



#### Bakery • Grocery • Cafe • Catering • Wholesale Food Hub

Online Shopping, Curbside Pickup, & Delivery Available

### EAT LOCAL. RIDE BIKES.

Honeybee Gift Shop Local Honey Beekeeping Supplies Classes & more! 828-484-9466 23 Merrimon Avenue Weaverville, NC 28787 www.honeyandthehivenc.com

#### Swamp Rabbit Cafe and Grocery

205 Cedar Lane Rd., Greenville, SC 864-255-3385 swamprabbitcafe@gmail.com swamprabbitcafe.com

We are a grocery store, bakery, and cafe specializing in artisan goods, wholesome ingredients, and locally sourced food. Our vision is to



support a just and sustainable food system that allows small local farmers to thrive.

#### **Trout Lily Deli & Market**

1297 Charlotte Hwy., Fairview, NC 828-628-0402 troutlilymarket@gmail.com troutlilymarket.com



#### 60 South Charleston Lane Hendersonville, NC 28792

828.693.0505

Monday - Saturday 7 am - 9 pm Sunday 8 am - 8 pm

#### everyone can shop, anyone can join

Locally owned market and deli dedicated to supporting local farms and artisans. We offer top-quality natural and organic groceries, wines, and local beers, fresh-made deli items, and locally roasted coffee. Outdoor patio seating.

#### West Village Market & Deli

771 Haywood Rd., Asheville, NC 828-225-4949 rosanne@westvillagemarket.com westvillagemarket.com

West Village Market features natural foods, organic/local produce, grab and go deli, and Sunflower Diner (vegan). Locally produced cheese, meat, eggs, beer, wine, grocery, and handcrafted items. Natural medicine/herbs/ supplements. Now offering Double Up EBT!

#### Yonder Community Market

151 Hillcrest Ave., Franklin, NC 704-605-6919 yondernc@gmail.com eatrealfoodinc.com

We curate relationships with local and regional farmers and artisanal makers to provide the freshest, high-quality foods and goods to our community. In-store shopping and online ordering available.



hickorynutgap.com



# **LOCAL MEAT** (No, seriously.)

**Apple Brandy** and **The Chop Shop Butchery** invite you to take part in one of the shortest supply chains in the country.

Located in Wilkes County, NC, **Apple Brandy Beef** raises some of the finest all-natural dry-aged beef in the country! 100% natural, fully-pastured on rolling hills and finished on a specific grain diet we control ourselves. The quality and taste are undeniable!

Apple Brandy dry-aged beef is featured in some of the finest restaurants in the area. The **Chop Shop Butchery** works exclusively in our partnership offering retail, wholesale, and custom processing. Even private chef services and butchery classes are available!





Apple Brandy Prime Cuts is our USDA inspected abattoir and processing facility. All of our beef is processed and packaged here under our watchful eye. When you choose to use Apple Brandy Prime Cuts, you're choosing the team that WE use for our own beef!

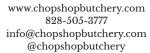
"We take great pride in our work and we believe that it shows! If you're raising your own livestock, you can trust us to do a quality job with your beef, pork, lamb, goats, and even ostrich!"

-Seth Church Fourth Generation Owner of Apple Brandy



www.applebrandybeef.com 336-696-2721 applebrandybeef@charter.net @applebrandybeef







www.abprimecuts.com 336-667-1346 abprimecuts@gmail.com @abprimecuts

# Wholesalers & Distributors

Behind the scenes, area wholesalers and distributors connect the dots between hundreds of farmers and area restaurants, caterers, grocery stores, and artisan producers. These distributors provide a consistent supply of seasonal Appalachian Grown products to partner businesses, as well as offering options for the general public. Use these listings to find wholesalers and distributors that sell products by the bushel or create custom collections delivered to your doorstep. Discover more at appalachiangrown.org.



#### **Apple Brandy Prime Cuts**

North Wilkesboro, NC 336-667-1346 abprimecuts@gmail.com applebrandybeef.com

USDA-inspected abattoir and retail storefront for Apple Brandy Beef.

#### **C.L. Henderson's Best Produce** *Hendersonville, NC*

828-692-3752 ahenderson@hendersonsbest.com hendersonsbest.com

At C.L. Henderson's Best Produce, we've been bringing fresh food to the dinner table for more than 85 years. Today we remain an independent family farm committed to sending our best to you. We welcome you to this site and hope you enjoy your visit.

#### Swamp Rabbit Food Hub

Greenville, SC 864-326-8351 justin@swamprabbitcafe.com swamprabbitcafe.com

We have partnered up with other food hubs throughout the region to increase the markets for our farmers and extend the season for our customers. Local restaurants use our food hub to source farmfresh ingredients. WNC Small Businesses and Farms: Contact us to learn about & apply for the Rural Energy for America Program (REAP) and our AgEnergy cost-share!

### (828) 649-5115 or info@energycap.org



### **WNC** FARMERS MARKET

Our Market features high quality fruits & vegetables, mountain crafts, jams, preserves, sourwood honey, plants and other farm fresh items.



570 Brevard Rd., Asheville, NC Open 7 days a week, year round. 828-253-1691 www.facebook.com/wncfarmersmarket



# Restaurants

Savoring the match between a chef and a farm is one of the most exciting ways to appreciate local food. The restaurants listed in this section source ingredients directly from family farms and from Appalachian Grown partner wholesalers and distributors. Restaurant workers have faced immense challenges over the past year and now, more than ever, it is critical to support these relationships. Search restaurants by location at appalachiangrown.org and keep an eye on websites and social media for the most up-to-date information on takeout, curbside pickup, dine-in, and delivery.

#### **SMOKY MOUNTAINS, NC**

Cherokee, Clay, Graham, Haywood, Jackson, Macon, Swain counties

#### **Guadalupe Cafe**

606 W. Main St., Sylva, NC 828-586-9877 guadalupecafe.com

Located in a cozy 1920s soda shop, Guadalupe is beloved for our quirky marriage of global food traditions prepared using local ingredients: curried goat, fried okra spears, pastureraised burgers, weekend brunch, sweets, and locally made goodies.

#### **SOUTHERN MOUNTAINS, NC**

Henderson, Polk, Transylvania counties

#### Hendersonville Community Co-op

60 S. Charleston Ln., Hendersonville, NC 828-693-0505 outreach@hendersonville.coop hendersonville.coop

Local and organic produce, dairy, wine and beer, fresh breads, health and beauty aids, and supplements. With a focus on local product, the co-op works to source produce and value-added foods from our region. Come visit us in our eco-friendly store!

#### The Rural Seed Restaurant

322 E. Mills St., Columbus, NC 828-802-1097 theruralseedrestaurant@gmail. com theruralseedrestaurant.com

We provide the people of our community with food, pastry, and breads made by hand with care and attention to quality, using the freshest ingredients. We source from farms such as Colfax Creek Farm and Hickory Nut Gap Farm.

#### **CENTRAL MOUNTAINS, NC**

#### Buncombe, Madison, Yancey counties

#### **Biscuit Head**

733 Haywood Rd., Asheville, NC 828-333-5145 jason@biscuitheads.com biscuitheads.com

We pride ourselves on working with local farms and vendors. Enjoy traditional southern favorites with a unique twist. Indulge in the biggest selection of homemade gravies, jams, hot sauces, and all the fixins' this side of the French Broad.

#### **Biscuit Head Biltmore**

417 Biltmore Ave., Asheville, NC 828-505-3449 chefroy@hotmail.com biscuitheads.com

We pride ourselves on working with local farms and vendors. Enjoy traditional southern favorites with a unique twist. Indulge in the biggest selection of homemade gravies, jams, hot sauces, and all the fixins' this side of the French Broad.

#### Bistro—Biltmore Estate

Biltmore Estate, Asheville, NC 828-225-6230 biltmore.com

Bistro offers estate-raised and regionally sourced ingredients expertly crafted by our chefs in this vibrant, casual setting that embodies the charm of Europe. Watch the chefs prepare meals in the open kitchen as you sip award-winning Biltmore wines.

#### The Blackbird Restaurant

47 Biltmore Ave., Asheville, NC 828-254-2502 theblackbirdrestaurant.com

Our goal is to nourish and delight our guests with cooking grounded in the traditions and ingredients of the Carolinas. Enjoy our affordable and vibrant menu that changes seasonally to reflect the fresh flavors of the region.

#### Blue Ridge

290 Macon Ave., Asheville, NC 828-252-2711 omnihotels.com/groveparkinndining Offering chef-inspired dine-in experience with panoramic views of the majestic Blue Ridge Mountains. Don't miss our daily breakfast and award-winning attendant-served buffet stations: Friday night seafood, Saturday night prime rib, and Sunday brunch.

#### **Buxton Hall Barbecue**

32 Banks Ave., Asheville, NC 828-232-7216 info@buxtonhall.com buxtonhall.com

Buxton Hall Barbecue on Asheville's South Slope serves traditional Eastern Carolina barbecue. Wood-smoked, whole-hog. The kitchen run by Chef Elliott Moss offers local pasture-raised hogs and produce from local farmers.

#### Cedric's Tavern—Biltmore Estate

Biltmore Estate, Asheville, NC 828-225-1320 biltmore.com

Cedric's features global pub fare alongside robustly flavored American cuisine. The atmosphere is friendly and relaxed—the perfect spot to unwind with lunch or dinner, plus live entertainment in the evenings.

#### Chai Pani

22 Battery Park Ave., Asheville, NC 828-254-4003 info@chaipani.net chaipaniasheville.com

Located in in the heart of downtown Asheville, Chai Pani serves delicious Indian street food. We obsess over authentic, fresh ingredients, local produce, and natural meats. Come taste what the buzz is all about.

#### Chestnut

48 Biltmore Ave., Asheville, NC 828-575-2667 talktous@chestnutasheville.com chestnutasheville.com

Chestnut is an independent restaurant located in the heart of downtown Asheville. Open seven days a week, we serve lunch, dinner, and brunch on the weekends. Reservations may be made for any meal and easy parking is available beneath the Aloft Hotel.

#### The Clean Plate

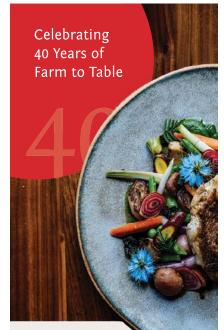
3206 US Hwy. 70, Black Mountain, NC 210-789-9866 cat@tcpblackmountain.com tcpblackmountain.com

A cozy breakfast and lunch spot in Black Mountain. We specialize in clean, Texas-style comfort foods made with seasonal Appalachian fare and pastured meats, eggs, and dairy. We also cater and have a food truck ready to roll for your special event!

#### **Copper Crown Restaurant**

1011 Tunnel Rd., Asheville, NC 828-505-7531 coppercrownavl@gmail.com coppercrownavl.com

Our focus as a small neighborhood restaurant is to have something on the menu that everyone will enjoy. Our cuisine pays homage to New Orleans, Italy, and the American South while utilizing the relationships that we have built with local farmers.



Craft Cocktails · Dinner Live Music · Weekend Brunch



marketplace-restaurant.com 20 Wall St. Downtown Asheville

#### **Corner Kitchen**

3 Boston Way, Asheville, NC 828-274-2439 talktous@thecornerkitchen.com thecornerkitchen.com

Corner Kitchen has become an Asheville icon since opening in 2004. Located in one of the original 1895 cottages in Historic Biltmore Village, we use meats, produce, cheese, jams, honey, and beer from several local and regional farms and manufacturers.

#### Cucina 24

24 Wall St., Asheville, NC 828-254-6170 info@cucina24restaurant.com cucina24restaurant.com

The freshest local and seasonal ingredients highlight our menu, which changes daily. The farms of WNC help add local flavor to classic Italian dishes.

#### Cúrate

13 Biltmore Ave., Asheville, NC 828-239-2946 info@curatetapasbar.com katiebuttonrestaurants.com Cúrate is a celebration of Spain's lively tapas culture. Taste traditional dishes along with an all-Spanish wine list, vermutería, and the best jamón Ibérico. Experience Spain in downtown Asheville with Chef Katie Button and team...one plate at a time.

#### Deerpark Restaurant—Biltmore Estate

Biltmore Estate, Asheville, NC 828-225-6260 biltmore.com

Deerpark features mouth-watering Southern cuisine in a peaceful, rustic setting with lovely views. Friday/ Saturday lunch buffet features seasonal and regional specialties. Sunday brunch expands to include breakfast favorites and hand-carved meats.

#### The Deli Bakery Ice Cream Shop at Western North Carolina Farmers Market

570 Brevard Rd., Asheville, NC 828-691-2075 endeface@yahoo.com

Come see us at the WNC Farmers

Market for deli sandwiches, homemade sides, freshly churned ice cream, and an assortment of fresh baked goods! We also offer catering!

#### EDISON, craft ales + kitchen

290 Macon Ave., Asheville, NC 828-252-2711 omnihotels.com/groveparkinndining

EDISON, craft ales + kitchen is an inventive restaurant that brings together the food culture and local flavors of Asheville with spectacular views of the mountains. EDISON serves NC craft beer, hand-crafted cocktails, and regionally inspired food.

#### Farm Burger Downtown Asheville

10 Patton Ave., Asheville, NC 828-348-8540 info@farmburger.com farmburger.com

Farm Burger is defined by its farms and community. Our 100-perecnt grassfed burgers are from cattle raised on the grasses of the Southeast and never fed antibiotics, hormones, or grain. It's local farmers and ranchers who make your burger as good as it is.

# SESSION CAFE & BAR

Part of the experience at Citizen Vinyl is a vinylthemed cafe and bar, headed up by a team that is dedicated to keeping the heart in Asheville. Chef Graham House, who grew up in Brevard and earned his chops in San Francisco, and Susannah Gebhart of OWL Bakery, are collaborating on a playful menu that finds the soulful spot where nostalgic deli classics meet WNC's vibrant local food scene.

Citizen Vinyl / 14 O'Henry Avenue / Asheville, NC 28801

We are able to source our ingredients locally thanks to: Hickory Nut Gap Sunburst Trout Farm Farm to Home New Roots Market Garden Highgate Farm Chop Shop Butchery Lee's One Fortune Farm



#### Farm Burger South Asheville

1831 Hendersonville Rd., Asheville, NC 828-575-2393 farmburger.com

Farm Burger is defined by its farms and community. Our 100-perecnt grassfed burgers are from cattle raised on the grasses of the Southeast and never fed antibiotics, hormones, or grain. It's local farmers and ranchers who make your burger as good as it is.

#### **French Broad Chocolate**

10 S. Pack Square, Asheville, NC 828-252-4181 info@frenchbroadchocolates.com frenchbroadchocolates.com

Intent on nurturing connections, we source cacao and other wholesome ingredients to create our pastries, confections, and chocolates, which we serve at both the Chocolate Lounge downtown and our Chocolate Factory & Cafe in the Ramp Studios.

#### Garden Deli

107 Town Square, Burnsville, NC 828-682-3946 gyuziuk@gmail.com garden-deli.com

Garden Deli has been plating the highest quality deli sandwiches in NY deli style and fresh extravagant salads on Burnsville's Historic Town Square since 1987. Voted one of the best in the region for years. Committed to serving local food when available.

#### **Glass Onion**

18 N. Main St., Weaverville, NC 828-645-8866 glassonionchefs@hotmail.com glassonionasheville.com

Our diverse menu features Northern Italian dishes, made "global" by the chef's insistence on using local, organic ingredients from area farmers and suppliers. Glass Onion is open every day: lunch 11:30 am–3 pm, dinner 5–9 pm, Sunday brunch 11:30 am–3 pm.

#### Gypsy Queen Cuisine Deli, Market, Food Truck

807 A Patton Ave., Asheville, NC 828-575-2758 suzy@gypsyqueencuisine.com gypsyqueencuisine.com

Lebanese deli, market, and food truck! Best brunch in town! Local meats and produce when available from our amazing farmers. Everything is made from scratch, fresh and saturated with love! Custom catering!

#### The Hop Ice Cream Cafe

640 Merrimon Ave., Asheville, NC 828-254-2224 721 Haywood Rd., Asheville, NC 828-252-5155 56 Patton Ave, Asheville, NC 114 Cherry Street, Black Mountain, NC 828-357-5461 hopicecreamcafe@yahoo.com thehopicecreamcafe.com

Ice cream homemade with love in Asheville since 1978. Dairy and vegan flavors feature berries, peaches, plums, pears, figs, paw-paws, beets, kale, spinach, and other fruits and veggies from Appalachian Grown farms. Coffee, espresso, and Wi-Fi.

#### The Market Place

20 Wall St., Asheville, NC 828-252-4162 contact@marketplace-restaurant.com marketplace-restaurant.com

Located in the heart of downtown Asheville, The Market Place specializes in handcrafted cuisine from seasonal, local ingredients, many of which come from within a 100-mile radius of Asheville. Bringing the local harvest to the table since 1979.

#### Posana Restaurant

1 Biltmore Ave., Asheville, NC 828-505-3969 info@posanaavl.com posanarestaurant.com

Posana is a contemporary American restaurant in downtown Asheville. With a focus on serving local, seasonable, and sustainable cuisine, Posana sources unprocessed, premium ingredients from nearly 65 different local purveyors and farmers.

#### Snap Dragon

107 Town Square, Burnsville, NC 828-682-3946



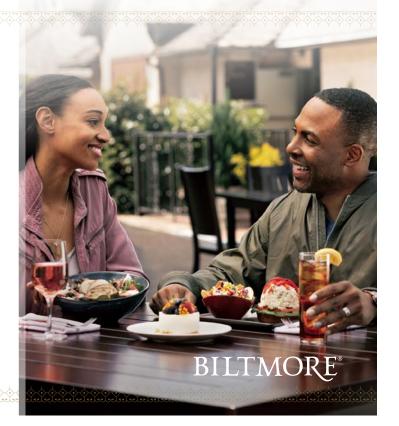
SAVOR A YEAR OF BILTMORE

when you purchase a new Annual Pass at biltmore.com/annualpass.



#### Sample Your Benefits

- Save on estate dining and Biltmore wine purchased in our shops and online.
- Bring friends to Antler Hill Village & Winery after 5 p.m.
- Make reservations to bring guests for dinner and Sunday brunch.
- Enjoy special dining and wine events and much more!



#### gyuziuk@gmail.com garden-deli.com

A nautically themed pub located on Burnsville's historic town square honoring Burnsville's namesake, Captain Otway Burns, and his heroic efforts aboard his ship, Snap Dragon. Our pub menu features burgers (local beef), wings, and local spirits.

#### Stable Cafe—Biltmore Estate

Biltmore Estate, Asheville, NC 828-225-6370 biltmore.com

Located in the historic Stable area next to Biltmore House, Stable Cafe serves housesmoked meats, Carolina barbecue, grilled burgers, and more. Biltmore tickets or a twelve-month pass are required to access all restaurants.

#### **Sunset Terrace**

290 Macon Ave., Asheville, NC 828-252-2711 omnihotels.com/groveparkinndining

The Sunset Terrace features hand-cut steaks, premier chops, and fresh seafood.

Partnering with local farmers, our chefs and staff are committed to providing you with a truly memorable Asheville dining experience with an incomparable view.

#### The Dining Room at The Inn on Biltmore Estate

Biltmore Estate, Asheville, NC 828-225-1699 biltmore.com

Experience expertly prepared cuisine that emphasizes estate and local ingredients, with world-class service inspired by the Vanderbilts. White linen tablecloths, Vanderbilt china, and crystal add to the luxury of savoring carefully executed meals.

#### Trout Lily Deli & Market

1297 Charlotte Hwy., Fairview, NC 828-628-0402 troutlilymarket@gmail.com troutlilymarket.com Locally owned market and deli dedicated to supporting local farms and artisans. We offer top-quality natural and organic groceries, wines and local beers, fresh-made deli items, and locally roasted coffee. Outdoor patio seating.

#### Village Social at Village Hotel on Biltmore Estate

Biltmore Estate, Asheville, NC 828-257-5968 biltmore.com

Gather at Village Social in Village Hotel to relax with friends over signature cocktails and enjoy share plates as you design the next day's adventure. The menu focuses on sustainable seafood with an inspired cuisine flair.

#### Vue 1913, An American Brasserie

290 Macon Ave., Asheville, NC 828-252-2711 omnihotels.com/groveparkinndining

Vue 1913 offers guests a stylish setting for a leisurely meal



### Respect for the land is our heritage

BILTMORE.COM/AGRICULTURE

#### MORE THAN ONE HUNDRED YEARS AGO,

George Vanderbilt came to Asheville to pursue his dream of creating a working estate supported by agriculture—a vision we proudly continue to honor today.

Our pastures are home to a variety of livestock, our vineyards yield grapes for wine production, and our gardens offer lush produce to our chefs. We also work with area farmers and artisans to source the freshest local ingredients whenever possible.



BILTMORE

overlooking the majestic Blue Ridge Mountains. The brasserie style format allows our chef the flexibility to showcase the best local ingredients of each season.

#### Writer's Bistro at The Renaissance Asheville Hotel

31 Woodfin St., Asheville, NC renaissanceasheville.com

Writer's Bistro features farm-to-table dining with a variety of local flavor and ingredients. Inspired by North Carolina's rich literary history, the Writer's Bistro offers a casual yet chic environment to enjoy a meal with the freshest ingredients.

#### **FOOTHILLS, NC**

Burke, Caldwell, McDowell, Rutherford counties

#### The Restaurant at Gideon Ridge Inn

202 Gideon Ridge Rd., Blowing Rock, NC 828-295-3644 innkeeper@gideonridge.com gideonridge.com

Fine dining in an elegant mountaintop setting. Executive Chef Hunter Womble prepares dishes using classic European technique and the best-quality organic, locally produced ingredients. We offer a full bar and select wine list.

#### **HIGH COUNTRY, NC**

Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes counties

#### Bistro Roca & Antlers Bar

143 Wonderland Tr., Blowing Rock, NC 828-295-4008 cobbmilner@mac.com bistroroca.com

One of Blowing Rock's most popular restaurants serving inventive American bistro cuisine in a rusticelegant setting. We combine efficient service with gracious hospitality and offer a great selection of wines and mixed drinks in Antlers.

#### Casa Rustica

1348 Hwy. 105 Ext., Boone, NC 828-262-5128 casarusticaboone@gmail.com casarustica1981.com

We're a family-owned business in operation since 1981. We pride ourselves in being Boone's authentic Italian restaurant, offering traditional family recipes that include only the freshest local ingredients.

#### F.A.R.M. Cafe

617 W. King St., Boone, NC 828-386-1000 programs@farmcafe.org farmcafe.org

F.A.R.M. Cafe is a nonprofit, donatewhat-you-can cafe dedicated to building a healthy and inclusive community. It provides high quality and delicious meals produced from local sources whenever possible. The cafe operates Tuesday–Friday, 11 am–2 pm.

#### Gamekeeper Restaurant

3005 Shull's Mill Rd., Boone, NC 828-963-7400 gamekeepernc@gmail.com gamekeeper-nc.com

Locally treasured for its eclectic menu and atmosphere, the Gamekeeper offers adventurous fare from ostrich and wild boar, beef and duck, along with locally grown delicacies. We are known for the "best emu in the USA."





#### Writer's Bistro

With a menu inspired by farm-to-table dining and offering locally grown and raised ingredients, you'll have a new understanding of eating fresh!

Join us for lunch or dinner and present this ad to receive 10% off your entrée and dessert....

31 Woodfin Street Asheville, NC 28801 828.252.8211 www.renaissanceasheville.com



#### **SOUTH CAROLINA**

#### Belle's Bistro at Chattooga Belle Farm

454 Damascus Church Rd., Long Creek, SC 864-647-9768

info@chattoogabellefarm.com chattoogabellefarm.com

Serving lunch in season, featuring artisan sandwiches, soups, and salads made with local food and produce from the farm. Please come visit and enjoy what is becoming everyone's "favorite place on the planet!"

#### Swamp Rabbit Cafe and Grocery

205 Cedar Lane Rd., Greenville, SC 864-255-3385 swamprabbitcafe@gmail.com swamprabbitcafe.com

We are a grocery store, bakery, and cafe specializing in artisan goods, wholesome ingredients, and locally sourced food. Our vision is to support a just and sustainable food system that allows small local farmers to thrive.





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Warren Wilson College is a vibrant, independent college with an innovative curriculum that purposefully integrates the liberal arts with community engagement and work experiences to prepare students for not only professional success, but also a life of meaning.

#### WARREN WILSON COLLEGE FARM

THANK YOU FOR SUPPORTING YOUR LOCAL COLLEGE FARM & SUSTAINABLE AGRICULTURE IN THE SWANNANOA VALLEY.

For more information about purchasing Warren Wilson meat, vegetables, and forest products, and our innovative sustainable agriculture practices, please visit our website. We offer a variety of beef, pork, chicken and lamb, as well as seasonal shares in our CSA. You can order online at **warrenwilsoncollegefarm.grazecart.com**, and visit us anytime at the ASAP tailgate market in Asheville this season.



# Travel Destinations

Experience the best of the Southern Appalachians firsthand. The farms, historic sites, and lodgings in this section offer travel-worthy experiences, including classes in traditional crafts, outdoor adventures, wine tastings, historic tours, or celebrations. Find lodging here or in our Farms to Visit charts (pages 45-47) or search at appalachiangrown.org.

#### **Biltmore Estate**

1 Lodge St., Asheville, NC 828-225-1453 farmsales@biltmore.com biltmore.com

Biltmore has long operated a sustainable farm and field-to-table program. Fresh produce, hormonefree and antibiotic-free beef and lamb, eggs from free-range hens, and fine wines are supplied by the estate and incorporated into recipes.

#### **Broadwing Farm Cabins**

Hot Springs, NC 828-622-3647 pete@broadwingfarmcabins.com broadwingfarmcabins.com

Three unique cabins for nightly rental on our 85-acre farm. Each cabin has its own private hot tub filled with only fresh mineral water for your arrival. Stay tuned in 2021 for our event barn, available for weddings and events for up to 100 guests.

#### Four Daughters Farm

Walland, TN 865-850-8371 rachel@fourdaughtersfarmtn.com fourdaughtersfarmtn.com

Four Daughters Farm is a family-owned operation nestled in the foothills of the Smoky Mountains. We use regenerative practices and grow quality produce and eggs for the Blount County area. We also make homemade jams, jellies, preserves, and crafts.

#### John C. Campbell Folk School

1 Folk School Rd., Brasstown, NC 800-365-5724 info@folkschool.org folkschool.org

Founded in 1925, we offer classes in traditional craft, music, dance, cooking, gardening, nature studies, photography, and writing. Visitors are welcome to tour the studios, walk the trails and gardens, and browse the Craft Shop and History Center.



#### Logan Turnpike Mill

80 Town Square, Ste. B, Blairsville, GA 800-844-7487 loganturnpikemil@windstream.net loganturnpikemill.com

Our stone-grinding process utilizes the whole grain. We grind at a much lower temperature than most. We travel the country fair circuit to let folks know about good nutrition and freshly ground grains. We are open Tuesday–Saturday, 10 am–5 pm.

#### **Renaissance Asheville Hotel**

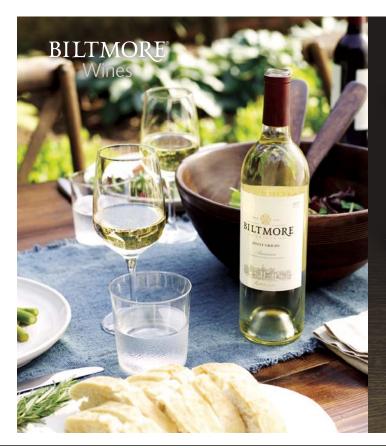
31 Woodfin St., Asheville, NC 828-252-8211 delightedtoserve@wcghotels.com renaissanceasheville.com

All of our guest rooms feature floor-to-ceiling windows with breathtaking views of the beautiful Blue Ridge Mountains or the stunning city skyline of Asheville. Our full-service hotel will be sure to please both business and leisure travelers alike!

## THE FOLK SCHOOL CHANGES YOU.

Engaging hands and hearts since 1925. Come enjoy making crafts and good friends on 300 natural, scenic acres in western North Carolina.

JOHN C. CAMPBELL FOLK SCHOOL folkschool.org BRASSTOWN 1-800-FOLK-SCH NORTH CAROLINA



Local Wines

#### HANDCRAFTED SINCE 1895

Our winemaker begins with the finest grapes—including fruit from estate and regional vineyards—to craft award-winning Biltmore<sup>®</sup> wines. Savor our legacy of supporting local farms and growers, and taste how deep our roots run in Western North Carolina.

**BILTMOREWINES.COM** 

## Visiting the Farm—VIRTUALLY

Even as pandemic restrictions begin to lift, farm experiences continue to look a little different. While some farms have found ways to keep safe agritourism activities going (for more on that, see the charts on page 45–47), farm field trips and farmer classroom visits are still on hold for most students. To help kids—as well as their teachers and families—stay connected to local food and farms, ASAP's Growing Minds Farm to School Program developed a series of virtual farm tours, available for free at *growing-minds.org*.

The Meet Your Farmer video series features tours and interviews with farmers from across Western North Carolina. They were designed with remote learning in mind, but are also a fun way to explore farms that may be too far away to visit in person.

"Teachers who might be using various educational platforms to share content with their students remotely could plug in a video of an interview with a local farmer and then use our resources for a supplemental lesson around that video," explains Growing Minds program coordinator Gwen Hill.

It's also a great resource for kids and families looking for ways to connect with their local community. Paired with each video are links to Growing Minds lesson plans, recommended books, activities, and additional resources for various ages that dig deeper into the topics highlighted in the short videos. These farmer introductions can spur history projects, cooking lessons, or simply a reason to try out new foods with your family.

Many of the videos include tours from the "junior farmers," kids who have grown up on these farms and have a unique perspective on farm life. Ariel Lee, daughter of farmers Chue and Tou Lee of Lee's One Fortune Farm in McDowell County, digs for sweet potatoes and shows off a few bugs. Leah Littman, daughter of farmers Anna and Paul Littman of Ivy Creek Family Farm in Barnardsville, NC, points out the omnivorous bluebirds that eat both beetles and plants.



teet Your Farmer - Junior Farm Tour of Ivy Creek Family Farm
Streese, - Aug 11, 2020

Join junior farmers Leah and Abe Littman for a tour of their family's farm in Western North Carolina. See how tomatoes are grown in a greenhouse, find out when different orops are ready to





Stunks is the Mother Town-or original home-of the Cherokee people. The Cherokee have a tom giscultural halow, with community at its core. Join three members of the Easters Band of Homesian-T) Bigd, East Adversio, and Mathe Chores-to learn board but history of this accred black. See how TS, Band, Mike and others contrast to fam their ancestral fund community, mongo core Big Adversion, cardin mattain given collecting, purpose, server core, and blackeen for the contrast of the server of the contrast of the server of the server

eet Your Farmer - Kituwah Fan

asapconnections.org

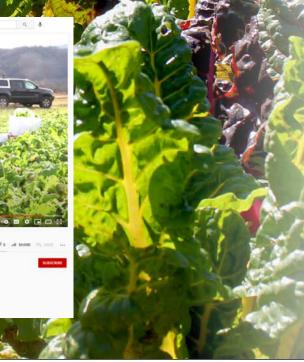




e's One Fortune Farm

on with farmer Chue Lee and her doughter Ariel at Lee's

The Let's given many interesting output of their family family following the public block chay seen in this video, plan and Asian parama and perimitrono, bitter melon, rice, and mow. The Let's self their produce at farmers markets throughout see about their familihers. https://appalachiangrown.org/fating/.



Other entries delve more into the history and culture of a place. In one, you can journey to Kituwah Farm, located at the Mother Town, a sacred Cherokee site with a long agricultural history. Ty Boyd, David Anderson, and Mike Crowe—members of the Eastern Band of Cherokee Indians—describe some of the history of Kituwah mound and how they continue to farm communally, growing crops like potatoes, curly mustard greens, collards, pumpkins, sweet corn, and blueberries.

"We're unique as far as many modern indigenous communities are concerned, unfortunately," says Mike Crowe. "We're still in our ancestral homeland when many modern communities are severely displaced."

Using the gathered resources, students can go on to learn about the Cherokee Removal of 1838, the history of agriculture within the Cherokee nation, or specific agricultural practices such as weeding, planting, and harvesting.

As with many things this past year, this method of sharing farm experiences represents a shift for ASAP's Growing Minds, which has typically foregrounded place-based, experiential learning. But the program goals remain the same.

"Farm to school is all about connecting kids and families with locally grown food in order to connect them with members of their community," says Gwen. "It's also to get kids more excited about eating local food and eating fruits and vegetables, and to get them interested in the outdoors and the wonder and the joy that comes from being outside."

Growing Minds will continue to expand the Meet Your Farmer series through 2021. Even after students are able to return to farm field trips, the videos provide a unique opportunity to see a variety of our region's farms as well as get a kid's point of view.

"Since this was our team's first deep dive into making videos geared towards students and families, we're planning to take what we learned and continue improving the resource," Gwen says. "We're excited to visit more farms during the summer months when they're in full production mode so we can capture all of that activity and excitement. We especially want to continue filming the Junior Farm Tours whenever we can, because we love the videos of kids teaching other kids."

Find the Meet Your Farmer video series and other free resources from Growing Minds at growing-minds.org.

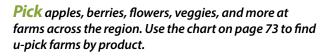
appalachiangrown.org

## arms

**to Visit** Opportunities to visit farms still exist even as COVID-19 precautions continue. Many farms in the region welcome visitors and offer a variety of experiences for residents or tourists to enjoy, including u-pick fruit and veggies, farm stands or stores, on-farm lodging, guided tours, wine tastings, camps, workshops, and more. Use the charts on the following pages to find farms and experiences by region. Always contact farms and businesses before visiting to confirm if reservations are needed or if there are any changes to hours and offerings.







**Farm Stands** range from self-serve sheds to yearround stores. Take a drive through county roads and buy direct from the farm.

**Stay** at area farms to experience gorgeous views and freshly harvested food. You don't have to travel far to experience a mountain getaway.

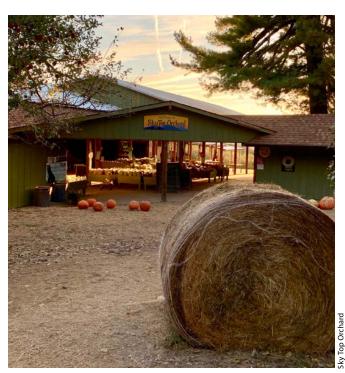


**Activities** on the farm can range from guided tours to classes and workshops to seasonal farm dinners. Check farm listings and websites to see what these farms offer to visitors.

Always contact the farm before visiting, as offerings may change throughout the year. Find contact information and more details at appalachiangrown.org.

### SMOKY MOUNTAINS

	erokee, Clay, Graham, Haywood, ckson, Macon, Swain counties	Ő			*
		pick	stand	stay	activity
50	Boyd Mountain Tree Farm				
53	Darnell Farms				
53	Deal Family Farm				
57	Frog Holler Organiks				
61	High Mountain Meadows Farm				
62	J.W. Mitchell Farms				
62	Jehovah Raah Farm				
63	KT's Orchard and Apiary				
64	Long Family Farms and Gallery				
66	Otter Creek Trout Farm				
67	Qualla Berry Farm				
67	River Birch Bees				
68	Shelton Family Farm				
69	Sunburst Trout Farms				
69	Talking Rock Farm				
70	The Ten Acre Garden				
70	Walnut Hollow Ranch				
71	Wehrloom Honey and Essentials				
71	Winding Stair Farm and Nursery				
71	Yellow Branch Cheese				





#### SOUTHERN MOUNTAINS NC

Henderson, Polk, Transylvania counties pick stand activity stay 48 Appalachian Ridge Artisan Ciders 49 Apple House & Owenby Orchards 49 Bearwallow Valley Farms 49 Bee-utiful Farm and Garden 53 Coston Farm Apple House 53 Creasman Farms 53 Deep Woods Mushrooms 59 Grandad's Apples 61 Heirloom Apples at Freeman Orchards 61 Henn's Plant Farm 61 Holt Orchards 62 Justus Orchard 63 Linda's Plants and Shrubs 65 Mills River Creamery & Dairy 66 North River Farms 66 Our Tiny Farm 66 Overmountain Vineyards and Winery 66 Owenbys Fruit Stand 67 Queens Produce and Berry Farm 68 Rooster Head 68 Saint Paul Mountain Vineyards 68 Sideways Farm & Brewery 69 Sky Top Orchard 69 Stepp's Hillcrest Orchard 69 Sunny Creek Farm 70 TK Family Farm Wright-Way Nursery and Landscaping 71

### **CENTRAL** MOUNTAINS

Buncombe, Madison, Yancey counties

				7
	pick	stand	stay	activity
48 Addison Farms Vineyard				
49 The Berry Farm				
51 Broadwing Farm				
51 Cane Creek Asparagus & Cor	npany CSA 🛛 💻			
51 Cara's Corner				
51 Carolina Flowers				
51 Cloud 9 Farm				
53 Creekside Farm				
54 Dogwood Hills Farm				
54 East Fork Farm				
55 FarmGirl Flowers				
55 Farmhouse Beef				
56 Flying Cloud Farm				
58 Gaining Ground Farm				
59 Gladheart Farm				
59 Good Fibrations				
59 Green Toe Ground Farm				
61 Hickory Nut Gap				
61 Highgate Farm				
62 Honey and the Hive				
62 Ivy Creek Family Farm				
62 Johnny's Got Worms				
63 Lady Luck Gardens				
63 Laughing River Farm				
64 Long Branch Environmenta	l Ed Ctr 🛛 💻			
65 Mountain Harvest Organics	5			
65 Myco Rhizing				
65 Myseanica Family Farm				
65 The Never Ending Flower Fa	arm 📕			
66 Olivette Farm				
67 Pink Boot Farms				
67 Reems Creek Nursery				
68 Ross Farm				
68 Round Mountain Creamery	,			
68 Sandy Mush Herb Nursery				
69 Smoking J's Fiery Foods				
69 Spinning Spider Creamery				
69 Sweet Pea Farm and Farm (	Camp			
70 Warren Wilson College Farr	n			
70 Watershed Forest Farm				
		-	I	



nu					
				A	
		pick	stand	stay	activity
48	A Way of Life Farm				
50	Bluebird Farm				
53	Colfax Creek Farm				
53	Cove Creek Nursery Farm				
61	Her Heartbeat Farm				
61	Highlands Family Farm				
62	JB Farm				
65	New Beginnings Historic Farm				
66	New Life Farm				
66	Perry's Berry's Vineyard & Winery				
67	<b>Recovery Ventures/Farm Fresh Ventures</b>				
67	Red Hill Farm				
69	Sweet Betsy Farm				
70	Vandele Farms on Cedar Creek				
69	Sweet Betsy Farm				



## HIGH COUNTRY

Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes counties

			/***
pick	stand	stay	activity
	pick	pick stand	pick     stand     stay       Image: Stand Image: St





### BORDER STATES

Georgia, South Carolina, Tennessee, Virginia

		pick	stand	stay	activity
48	7M Family Farms				
55	Ellijay Mushrooms				
55	The FarmHouse Bakery				
65	MtnHoney				
70	Turning Creek Artisans				
71	Wolfcreek Wilderness Farm				
51	Carolina Honey Bee Company				
51	Chattooga Belle Farm				
55	Eastatoee Community Farm				
59	Growing Green Family Farms				
61	The Happy Berry				
62	Horsecreek Apiaries & Honey Farm				
65	Mushroom Mountain				
49	Bauernhof Kitsteiner				
57	Four Daughters Farm				
62	Hoodley Creek				
63	Lick Skillet Farm				
63	Little Mountain Microgreens				
65	The Mockingbird Farm				
66	Oak Grove Farm				
67	Rocky Field Farm				
68	Shy Valley Farm				
61	Harvest Table Farm				
63	Laughing Water Farm				
66	Old Rich Valley Farm				

## Family Farms

Know your farmers! The family farms listed in this section are the anchors of our local food system. By buying directly from these farms, you help to strengthen the local economy and build healthy communities. Get to know these farmers and seek out their products at tailgate markets, grocery stores, and restaurants. Visit their farms for u-pick, farm stores, or tours. Find more farms or search by product and location at appalachiangrown.org.

#### 7M Family Farms 🚳 💡

Blairsville, GA—Union Co. 706-835-1607 dmills706@yahoo.com 7mfamilyfarms.com

We are a fourth-generation farm. This is our 109th year farming naturally grown tomatoes, peppers, cucumbers, carrots, onions, eggplant, cabbage, cauliflower, broccoli, peas, herbs, lettuces, kale, collards, apples, strawberries, blackberries, blueberries, and eggs.

#### **A Berry Patch Farm**

West Jefferson, NC—Ashe Co. 336-982-5469 muvboots@skybest.com aberrypatchfarm.com

Organic produce and 100-percent raw honey and raw creamed honey.

#### A Way of Life Farm 🚳 💡

Bostic, NC—Rutherford Co. 828-287-1253 awayoflifefarm@gmail.com awayoflifefarm.com We support healthy people, a healthy economy, and healthy ecology through the production of really good food! Our pastured pork (organic, soy-free fed!) and Certified Organic produce are available through a CSA in Asheville, Rutherfordton, or Bostic.

#### Addison Farms Vineyard 💡

Leicester, NC—Buncombe Co. 828-581-9463 jfrisbee@addisonfarms.net addisonfarms.net

We invite you to visit our family-owned vineyard and winery just 17 miles from downtown Asheville. Call or visit our website for hours and directions.

#### Against the Grain 🚳 💡

Zionville, NC—Watauga Co. 828-406-4439 atgfarm@gmail.com atgfarm.com

Certified Biodynamic and Organic farm specializing in a broad spectrum of vegetables and Animal Welfare Approved pasture pork, beef, and turkey. Find us at Watauga County Farmers Market and High Country Food Hub or contact the farm directly.

#### Alta Vista Farm 🚳

Alexander, NC—Buncombe Co. 984-227-1057 altavistafarmnc@gmail.com altavistafarmnc.com

Alta Vista Farm grows organic vegetables year-round for a customized CSA subscription service and farmers market customers. Just 10 miles from downtown Asheville, we are committed to growing sustainable food, soils, and relationships.

#### Appalachian Ridge Artisan Ciders 💡

Hendersonville, NC—Henderson Co. 828-685-4002 barbara@saintpaulmountainvineyards. com saintpaulfarms.com

Specializing in artisan ciders and everything apples. Tasting room and retail store open daily!

#### Apple Brandy Beef 💡

North Wilkesboro, NC—Wilkes Co. 336-696-2721 applebrandybeeforder@gmail.com applebrandybeef.com

Enjoy our beef and take part in the shortest beef supply chain in the country. Apple Brandy Beef is raised on pasture, finished on corn, and processed at Apple Brandy Prime Cuts. All part of the same fourth-generation family farm in Wilkes County, NC.

#### Apple Hill Farm 💡

Banner Elk, NC—Watauga Co. 828-963-1662 applehillfarmnc@gmail.com applehillfarmnc.com

Visit our unique mountaintop alpaca farm and store and connect to what matters—yourself, your family, a real farm experience. We are open yearround offering guided tours of our working alpaca farm.

#### Apple House & Owenby Orchards የ

Hendersonville, NC—Henderson Co. 828-685-9917 gregowenby@yahoo.com gratefulbedfarm.com

Family-owned and operated wholesale farm store. Offering 18 varieties of apples from mid-August through October. We also have in-season peaches, pears, and more! We are open seven days a week, July through Thanksgiving. Please call ahead to check hours.

#### Avery Farms 💡

Newland, NC—Avery Co. 828-733-5052 averyfarms3@gmail.com averychristmastrees.com

Our family has owned and farmed the same land for over 200 years. We promise to provide our customers with the freshest and best selection of trees, wreaths, garlands, vegetables, and berries from our farm.

#### **Barry Farms**

appalachiangrown.org

Mills River, NC—Henderson Co. 828-778-6409 barryfarmsnc@gmail.com barryfarmsnc.com Our farm is family-owned-andoperated. We grow varieties of herbs, succulents, and various plants. After spring plant shows we continue to field grown production of produce and cut flower bouquets. Farm visits and events venue information available by request.

#### Bauernhof Kitsteiner 💡

Bulls Gap, TN—Greene Co. 615-939-5658 wkitsteiner@gmail.com thebauernhof.com

Bauernhof Kitsteiner is the family farm of the Kitsteiner family. We are an East Tennessee permaculture farm raising organic-fed, pasture-raised, and pasture-finished lamb, broiler chickens, and chicken eggs.

#### Bearwallow Valley Farms 🚳 🕈

Hendersonville, NC—Henderson Co. 828-674-8023 office@bearwallowvalleyfarms.com bearwallowvalleyfarms.com

The CSA with choices. We work with local employers as well as individuals to provide a CSA designed just for you. Easy payment plans and worksite delivery to business locations in Henderson, Buncombe, and Transylvania counties.

#### Bee-utiful Farm and Garden 🚳 🕈

Hendersonville, NC—Henderson Co. 828-243-7492 steinerfrog@hotmail.com bee-utifulfarmandgarden.square.site

We grow and produce plants, produce, honeybees, and honey. We strive to be a sustainable farm by being chemically responsible or chemical-free when possible. We offer our products at the Hendersonville Farmers Market or CSA.

#### The Berry Farm 💡

Marshall, NC—Madison Co. 828-206-2056 pam@theberryfarmllc.com theberryfarmllc.com

The Berry Farm is a family-ownedand-operated u-pick blackberry and raspberry farm, established in 1999 and located in the mountains of WNC.

## AGAINST



zionville, nc

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#### **Black Trumpet Farm**

Leicester, NC—Buncombe Co. blacktrumpetnc@gmail.com blacktrumpetnc.com

Located outside of Asheville, NC, Black Trumpet Farm offers reliable, year-round production of gourmet mushrooms and high-quality medicinal herbs. We embrace community-based, renewable practices that honor forest ecology and ethical land stewardship.

#### Blackburn Community Outreach 🚳

Todd, NC—Ashe Co. 828-434-6522 jaimecommunityoutreach@gmail.com blackburncommunityoutreach.org

Blackburn Community Outreach offers fresh, affordable produce through our market stand, Todd's Table, our CSA share program, and our community garden, Beatitude Gardens.



#### Blazing Star Flowers ®

Alexander, NC—Buncombe Co. 828-484-1123 blazingstarflowers@gmail.com blazingstarflowers.com

Blazing Star Flowers is a small cut-flower farm and floral design studio. Our gorgeous flowers are sustainably grown with care. Online ordering is available for deliveries and flower CSA shares. See our website for details on wedding and event designs.

#### Blue Meadow Farms 🚳

Hendersonville, NC—Henderson Co. 828-712-9166 info@bluemeadowfarms.com bluemeadowfarms.com

We're a family-owned produce farm dedicated to using organic farm production practices. We provide a wide variety of locally grown produce to our customers.

#### Bluebird Farm 🚳 💡

Morganton, NC—Burke Co. bluebirdfarmnc@gmail.com bluebirdfarmnc.com

We feed our livestock Certified Organic, GMO-free grains. Pastured pork and beef available by the cut and bulk packs. Our flavorful vegetables and pastured livestock are cared for using techniques that build living soils.

#### Boyd Mountain Tree Farm 💡

Waynesville, NC—Haywood Co. 828-926-8888 trees@boydmountain.com boydmountainchristmastreefarm.com

Choose-and-cut and wholesale Christmas tree farm. You select the tree, we cut it, bale it, and tie it on your vehicle. You can also use our bow saws and cut it yourself. Specializing in high-quality Fraser Firs.

#### BRG Farms 💡

Elk Park, NC—Avery Co. 828-963-0536 brgfarms@gmail.com brgfarms.com

Registered Angus seedstock. Grassfed beef, pasture-raised pork, and honey. Customers may purchase direct from the farm by the pack, half, or whole. Call ahead to make an appointment.

#### **Brittain Farms**

Mills River, NC—Henderson Co. 828-891-3332 Ifbrittain@hotmail.com

Brittain Farms is a seventh-generation family farm in the Mills River valley. We grow a variety of crops throughout the season, following organic practices. Our products can be found at the Mills River Farmers Market.

#### Broadwing Farm 💡

Hot Springs, NC—Madison Co. 828-622-3647 mary@broadwingfarmcabins.com broadwingfarmcabins.com

Broadwing Farm offers u-pick blueberries during the growing season. Plenty of parking, flat and mowed paths. Children welcome. Picking baskets and weighing station, priced per pound. Cash or check only. Call or email for picking days/availability.

#### Brushy Mountain Berry Farm 💡

Moravian Falls, NC—Wilkes Co. 336-414-9958 cody@brushymountainberryfarm.com brushymountainberryfarm.com

Fresh and delicious blueberries and seasonal fruits/vegetables. Blueberries are available pre-packaged or for u-pick in a beautiful, idyllic mountain setting. Please contact us for current hours of operation and product availability.

#### C.L. Henderson's Best Produce

Hendersonville, NC—Henderson Co. 828-692-3752 ahenderson@hendersonsbest.com hendersonsbest.com

At C.L. Henderson's Best Produce, we've been bringing fresh food to the dinner table for more than 85 years. Today we remain an independent family farm committed to sending our best to you.

#### Candy Mountain Farm 🚳

Murphy, NC—Cherokee Co. 828-494-2083 juhlin@peoplepc.com

Twelve-month mixed vegetable production farm. Products available by direct sales and Franklin Farmers Market. No chemical pesticides or fertilizer used. Call or email for appointment prior to visiting. Summer and fall CSA available on a limited basis.

#### Cane Creek Asparagus & Company CSA @ ?

Fairview, NC—Buncombe Co. 828-628-1601 canecreekcsa@gmail.com canecreekcsa.com

One hundred percent of our family farm income is derived from our CSA. One hundred percent of our effort goes to our CSA member shares. Convenient pickup locations and home delivery available in some areas. Flexible payments available. Join us!

#### Cara's Corner 💡

Candler, NC—Buncombe Co. 828-258-5358 davidpaulbryant@att.net

We grow on five acres raising goats, bees, and chickens. We also have a small organic orchard with stone fruits, apples, berries, and more. There is also fresh produce in our mix. We sell at the WNC Farmers Market and by appointment at the farm.

#### Carolina Flowers 🚳 💡

Marshall, NC—Madison Co. 828-649-8500 info@carolinaflowers.com carolinaflowers.com

Carolina Flowers grows specialty blooms in the mountains near Asheville, NC, including tulips, poppies, and dahlias. We provide full-service design and installation for weddings and events, and we sell blooms at local tailgate markets.

#### Carolina Honey Bee Company 💡

Travelers Rest, SC—Greenville Co. 864-610-2337 sales@carolinabeeco.com carolinabeeco.com

We are a family-owned-and-operated business with deep roots here in WNC. Beekeeping has been a part of our families for over 100 years. All of us are committed to providing the highest quality honey, creamed honey, and infused honey.

#### Chattooga Belle Farm 💡

Long Creek, SC—Oconee Co. 864-647-9768 info@chattoogabellefarm.com chattoogabellefarm.com

Sustainable 200-acre u-pick fruit farm offering over 20 kinds of fruit, grassfed Black Angus beef, wines, brandies, and whiskey. We have a farm store, lunch bistro, 18-hole disc golf course, wedding and event venue, hardware/ feed store, and gorgeous views of the mountains.

#### **Chilly Water Farm**

Sparta, NC—Alleghany Co. 336-703-7408 chillywaterfarm@gmail.com chillywaterfarmllc.com

Chilly Water Farm specializes in raising grassfed beef naturally with lots of love and respect. We use no hormones or antibiotics and our cattle is 100-percent grassfed.

#### Cloud 9 Farm 💡

Fletcher, NC—Buncombe Co. 828-628-1758 cloud9relaxation@gmail.com cloud9farm.net

Vacation rentals for families or couples (cabins), wedding event area, pastured poultry, and u-pick blueberries in





## Eating with the Seasons

Local food and farm experiences, like shopping at farmers markets, participating in a CSA, or visiting a farm stand, encourage us to eat more fresh fruit and vegetables, raise our level of physical activity, cook more at home, and eat together with friends and families—all of which has the potential to make us a healthier and happier.

Learning to eat with the seasons can be incredibly rewarding: Think about tomatoes harvested at their peak or frost-sweetened spinach picked in the winter. But it can also be a challenge, especially when we're accustomed to finding most fruits and vegetables all year long at the grocery store. Knowing what to look for and when can help you make the most of the seasons. On the next pages find common and unique varieties of produce available across the Southern Appalachians and when you might spot it at markets, at farm stands, or in your CSA box. (There are many microclimates across the mountains, so seasonality may vary.) We've also included a simple vegetable-forward recipe for each season to encourage you to try something new.

In addition to fresh produce, farmers markets and even some farm stands and CSAs offer meat, eggs, cheese, bread, baked goods, honey, and other value-added products to round out your meals.



summer. Skincare products derived from our beehives. Honeybee education and tours by appointment. Proud land stewards.

#### Coffey's Orchard at Coffey Grounds የ

Boone, NC—Watauga Co. 828-964-2645 nancynjerry@charter.net

Our small Century Farm sells apples in season. We do not allow u-pick. Please call for varieties and quantities available and for directions (GPS is not always reliable). Buy apples and enjoy beautiful scenery.

#### Colfax Creek Farm 🚳 💡

Bostic, NC—Rutherford Co. 828-817-5233 info@colfaxcreekfarm.com colfaxcreekfarm.com

Fifth-generation farmers producing 100-percent grassfed beef, pastured pork, pastured poultry, and eggs with the highest regards to ethical animal welfare and regenerative farming practices.

#### Coston Farm Apple House & Pick Your Own Orchard **?**

Hendersonville, NC—Henderson Co. 828-685-8352 apples@costonfarm.com costonfarm.com

Fourth-generation orchard offering many kinds of North Carolina apples. U-pick or we-pick apples. AC while you shop for cider, jams and jellies, fried apple pies, baked goods, pottery, candles, etc. Enjoy rockers on the porch, playground area, and picnic shed.

#### Cove Creek Nursery Farm 💡

Old Fort, NC—McDowell Co. 828-442-3720 covecreeknurseryfarm@yahoo.com

A century-plus small family farm raising produce and grains for humans and animals, as well as large black hogs. We also offer a small selection of fruit.

#### Creasman Farms 💡

Hendersonville, NC—Henderson Co. 828-685-7728 creasmanfarms@hotmail.com creasmanfarmsnc.com Third- and fourth-generation apple orchard and farm providing locally grown fruit and produce to our communities.

#### Creekside Farm 🚳 💡

Arden, NC—Buncombe Co. creeksidefarmcsa@gmail.com creeksidefarmwc.com

We grow vegetables on three acres and sell produce, flowers, and eggs through a CSA program, farmers market, and direct purchases by local restaurants. Our farm also includes 45 acres of pasture for chickens and a grassfed cow-calf program.

#### Creeksong Farm ®

Zionville, NC—Ashe Co. 336-385-6302 creeksongfarm@gmail.com creeksongfarm.com

Sustainably grown vegetables, grassfed beef, pastured pork, freerange eggs since 1979. Find us at Watauga County Farmers Market or join our 100-member CSA.

#### D & D Gilbert Orchards

Hendersonville, NC—Henderson Co. 828-606-2010 gilbertorchards@gmail.com gilbertapples.com

We grow a variety of apples including Honey Crisp, Fuji, Gala, Granny Smith, Red Delicious, Golden Delicious, Rome Beauty, Stayman, and Mutsu. We sell wholesale and bulk apples. You can also find us at the WNC Farmers Market.

#### Darnell Farms 🚳 💡

Bryson City, NC—Swain Co. 828-488-2376 afton.darnellfarms@gmail.com darnellfarms.com

We are a working farm located along the banks of the Tuckaseegee River in Bryson City, NC. We have in-season fruits and vegetables as well as Amish butter, cheese, fresh eggs, cold drinks, food, canned goods, and education agritourism activities.

**Deal Family Farm (© ?** *Franklin, NC—Macon Co.*  828-524-5151 joedealfarms@gmail.com dealfarms.com

Farming local since 1951. We're located on Hwy. 64 W. and have a variety of fresh produce and agritourism services.

#### Deep Woods Mushrooms 💡

Mills River, NC—Henderson Co. 828-243-3589 greg@deepwoodsmushrooms.net deepwoodsmushrooms.net

Cultivating medicinal and gourmet mushrooms grown naturally. We offer farm tours by appointment, winter mushroom log inoculation, wild mushroom identification classes in season, cultivation supplies, and growing consultations on your property.

#### **Dirtcraft Organics**

Marshall, NC—Madison Co. 828-649-5161 livingsoil@dirtcraftorganics.com dirtcraftorganics.com

Manufacturer of potting soils for growers and gardeners in WNC. Our



## **Spring** with the Seasons

As the first farmers markets of the season begin to open in April, farms will typically have root vegetables like **carrots**, **radishes**, **beets**, and **turnips**. You'll find lots of cold-hardy greens like **kale**, **collards**, **chard**, **spinach**, **mustard**, **cabbage**, and **bok choy**, as well as **head lettuce** and **salad greens** like **arugula**, **watercress**, and **pea tendrils**. Look for varieties you don't usually see in grocery stores, like **nettles**, **sorrel**, **sochan**, or **miner's lettuce**.

Toward the end of April or in early May, you might spot **strawberries** and **rhubarb** (time for pie!). **Asparagus** has a very short window of availability. Be on the lookout for springtime alliums, like **spring onions**, **leeks**, **green garlic**, **garlic scapes**, and especially **ramps**, which are usually foraged, not farmed. **Mushrooms** in our region are both farmed and foraged and are often available year-round, but **morels** are emblematic of spring. By late May and June you can expect to find **snap peas**, **summer squash**, and **cucumbers**.

Spring pesto with roasted asparagus: Traditionally featuring basil, pesto is a great way to embrace the bite of some of spring's sharply flavored greens. Sorrel, for example, packs a lemony punch, while arugula and watercress are peppery. Try using green garlic, which can be used stem and all (discarding tough ends and roots). To make pesto, combine 1 cup greens in a food processor with 1/2 cup chopped green garlic, 1/4 cup grated Parmesan or other hard cheese, and 1/4 cup nuts (any kind). Process to a paste, then drizzle in 1/4 cup olive oil. Season to taste with with salt, pepper, and lemon juice. Experiment with adding herbs like parsley and mint or using ramps instead of garlic. Serve over roasted **asparagus** or other spring veggies.





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#### Dogwood Hills Farm 💡

Weaverville, NC—Buncombe Co. dogwoodhillsfruitandberry@gmail.com

Ten-acre mountain valley u-pick farm with blueberries, blackberries, Concord grapes, and heirloom apple varieties. Growing organically, not certified. Call or email for availability and hours.

#### **Earth Blooms Flower Farm**

Mountain Rest, SC—Oconee Co. 864-723-0909 kelly@earthblooms.net earthblooms.net

Our small acreage farm is nestled in the hills of South Carolina. We do everything from growing to designing. Let us design for your private party, wedding, or any other special occasion! Need flowers? We are happy to help!

#### East Fork Farm 💡

Marshall, NC—Madison Co. 516-993-4055 john@eastforkfarm.net eastforkfarm.net

We're a small family farm that produces pastured meats, eggs, and stoneground heirloom corn. Our mission is to provide sustainably raised products that are nourishing, wholesome, and superior tasting. Stay at the farm! Check out our vacation cottages.

#### Eastatoee Community Farm 🚳 🕈

Sunset, SC—Pickens Co. 864-898-2324 sam@eastatoeecommunityfarm.com eastatoeecommunityfarm.com

Eastatoee Community Farm grows high-quality vegetables without the use of synthetic fertilizers, herbicides, or pesticides. We also offer grassfed beef, pastured pork, and pastured broilers (non-GMO feed).

#### **Edgewood Farm**

Penrose, NC—Transylvania Co. 828-553-1295 edgewoodfarmnc.com

We supply beef, pork, chicken, and eggs that are locally raised and all natural with no added hormones or antibiotics. We also have molasses and have just started offering corn grits, cornmeal, and corn flour!

#### Ellijay Mushrooms 💡

Ellijay, GA—Gilmer Co. 678-570-6888 howard@ellijaymushrooms.com ellijaymushrooms.com

Ellijay Mushrooms is a unique mushroom farm located in the foothills of the Appalachian Mountains in Ellijay, GA. Our mission is to produce the healthiest, best tasting, and highest quality shiitake and oyster mushrooms. Order online.

#### Faith Mountain Farm 💡

Creston, NC—Ashe Co. 828-265-6263 wilkesjt@gmail.com faithmtnfarm.com

A diverse family farm operated by James and Shannon Wilkes and their children and grandchildren. We have honeybees and sometimes pigs and chickens. We grow numerous vegetables and sunflowers for sale at the market and produce a variety of baked goods.

#### The Farm at Spring Creek

Greeneville, TN—Greene Co. 423-609-3304 Info@thefarmatspringcreek.net thefarmatspringcreek.net

The Farm at Spring Creek is a farm and farm-stay in Greeneville, TN. We



are four generations of family now living in north Greene County in East Tennessee. We produce and sell pasture-raised, pasture-finished (grassfed) beef.

#### FarmGirl Flowers 🚳 💡

Asheville, NC—Buncombe Co. 828-450-3268 lauri@farmgirlgardendesigns.com farmgirlgardendesigns.com

Naturally grown flowers for all seasons and any occasion. Year-round flower CSA with delivery or pickup available. As a farmer-florist, I love to grow, harvest, and arrange for restaurants, weddings, and special events! I specialize in edible flowers.

#### The FarmHouse Bakery at DaweWood Farms ?

Cornelia, GA—Habersham Co. farmhousepoundcakes@gmail.com farmhousepoundcakes.com

We are a small family farm located in the foothills of the Appalachian Mountains in beautiful Habersham County, GA. Our bakery is housed in an 1832 farmhouse where we bake with many locally grown ingredients!

#### Farmhouse Beef 💡

Marshall, NC—Madison Co.

770-856-9694 carolyn@farmhousebeef.com farmhousebeef.com

Our cattle are grown on 100 acres of lush green pastures that consist of premium fescue, orchard grass, alfalfa, and clover. Our pastures are overseeded with winter annuals to promote winter grazing. Visit our website to place an order.

#### **Farside Farms**

Alexander, NC—Buncombe Co. 828-683-3255 tobacco911@aol.com

We produce fresh cage-free eggs. We have been packing eggs fresh daily for over 20 years. All feed is ground on our farm with no antibiotics or hormones added.

#### Fire From the Mountain

Zionville, NC—Watauga Co. 828-297-7956 hotsauce@firefromthemountain.com firefromthemountain.com

We grow jalapeno, habanero, and other peppers that we smoke over applewood for use in our hot sauces and salsa. We package our products at WNC Blue Ridge Food Ventures in Asheville.

## Summer Eating with the Seasons

As days grow hotter, market tables grow heavier. June brings an abundance of fruits, including **cherries**, **blueberries**, **raspberries**, **wineberries**, **peaches**, and **plums**. By the first of July expect to see many varieties of **tomatoes**, **beans**, **potatoes**, **eggplants**, **okra**, and **peppers**. **Corn** and **melons** will show up around the beginning of August.

As summer starts to transition to fall look for **muscadine grapes**, **figs**, and **sweet potatoes** (you might also find **sweet potato greens**, which can be cooked like spinach or chard, but have a milder flavor). Summer's end is a time for preserving by pickling, canning, drying, freezing, and making jam.

**Ratatouille:** The classic French dish melds some of summertime's best flavors. Heat **2 tablespoons olive oil** in a sauce pan. Sauté **1 onion** (chopped) and **3 garlic cloves** (sliced) until soft. Add 6 tomatoes (diced). Simmer until reduced to a sauce. Season with salt and pepper and spread in a baking dish. Slice **4 tomatoes** (such as plum or Roma), **1 eggplant** (slender Asian varieties work well), **1 zucchini**, **1 yellow squash**, and **2–3 sweet peppers** into 1/4-inch rounds. Lay in overlapping rows, alternating vegetables. Drizzle with **1 tablespoon olive oil** and season with salt and pepper. Top with fresh **thyme** and **oregano**. Cover with parchment paper and bake in a 375-degree oven until vegetables are slightly brown at edges, about 45 minutes. For a simple main course, serve over whole grain pasta, rice, or barley with crumbled local feta on top.



#### Fishel Organic Farm

Grassy Creek, NC—Ashe Co. 336-384-3337 grct14@gmail.com

Located at 1461 John Halsey Rd., in Grassy Creek, NC. We grow many different varieties of quality USDA GAP Certified Organic produce. Our specialty is heirloom tomatoes, which we sell at the Watauga County and Ashe County farmers markets.

#### **Flourish Flower Farm**

Asheville, NC—Buncombe Co. 828-348-7981 hello@flourishflowerfarm.com flourishflowerfarm.com

Flourish Flower Farm is a specialty cut-flower farm and boutique floral design studio in Asheville. We offer high-quality blooms to florists, grocery stores, businesses, and restaurants and host on-farm workshops and private classes.

#### Flower Riot Gardens and Nursery

Weaverville, NC—Buncombe Co. 828-645-7139 flowerriotgardens@gmail.com

We are a bee-friendly and environmentally conscious plant nursery focusing on native and nonnative pollinator plants, cut flowers, medicinal herbs, dried flowers, and ornamental grasses. Plastic and peatfree products.

#### Flying Cloud Farm 🚳 💡

Fairview, NC—Buncombe Co. 828-768-3348 flyingcloudfarmnc@gmail.com flyingcloudfarm.net

Growing food sustainably, our practices rely on cover cropping, amending the soil, crop rotation, and planning for insect and weed issues. We value our relationships with our customers through the markets, our farm stand, our CSA, and floral design.

#### Foothills Nature Farm 🚳 🎗

Glade Valley, NC—Alleghany Co. 336-927-3211 foothillsnaturefarm@gmail.com foothillsnaturefarm.com Vegetable farm offering a wide variety of naturally grown produce. Vegetables can be purchased through our online store on a weekly basis (April to December), through seasonal CSA subscriptions, and at two local farmers markets.

#### **Fork Mountain Farm**

Bakersville, NC—Mitchell Co. 828-766-0904 patiapplefarm@yahoo.com

Naturally grown apples, persimmons, cider, berries, pears, grapes, and winter squash. I farm in solidarity with traditional cultures around the world while enjoying the personal and global rewards of a simple and sustainable lifestyle.

#### Four Daughters Farm 🚳 💡

Walland, TN—Blount Co. 865-850-8371 rachel@fourdaughtersfarmtn.com fourdaughtersfarmtn.com

Four Daughters Farm is a familyowned operation nestled in the foothills of the Smoky Mountains. We use regenerative practices and grow quality produce and eggs for the Blount County area. We also make homemade jams, jellies, preserves, and crafts

#### Franny's Farm

Leicester, NC—Buncombe Co. 828-708-5587 farmmanager@frannysfarm.com frannysfarm.com

Thirty-eight-acre organic farm offering lodging and cabins, wedding and private events, goat yoga, farm camp, and BARNAROO festival. Tour gardens and visit the animals and farm store. Only 10 miles from downtown Asheville. Visit our website for more information.

#### Frog Holler Organiks 💡

Waynesville, NC—Haywood Co. frogholler.net

Offering biodynamic composted garden soil with Steiner's Bio-preps 500-508 plus organic biochar. Plan a memorable vacation in the mountains at The Gardener's House at Frog Holler, a 100-year-old farmhouse on an organic farm (sleeps nine adults).



## Eating with the Seasons

September means **apples** and **pears**. Winter squash and **pumpkins** weigh down market bags (tender-skinned types like delicata or honeynut can be eaten without peeling; fluffy kabocha is great for curries and stews; versatile butternut makes creamy soups and "pumpkin" pie). Fennel, celeriac, and parsnips can be found alongside carrots and potatoes. Cruciferous vegetables like broccoli, cauliflower, cabbage, and kohlrabi make a brief appearance at the start of summer, but have a longer run in fall once temperatures cool off (this is the time for brussels sprouts as well). Leafy greens also return to markets in full force.



**Ginger** and **turmeric** are harvested in October. These tropical rhizomes have become increasingly popular among Southern Appalachian farmers in the past decade. Young ginger is less fibrous and can be eaten skin and all. Freeze it whole to use in recipes all year long. Fresh turmeric can be used anywhere you would use the powdered spice (use one tablespoon grated for every teaspoon called for in a recipe).

Apple-squash soup with fresh ginger and turmeric: Rich and creamy squash soup benefits from the addition of sweet-tart apples, such as Pink Lady, Honeycrisp, Fuji, Senshu, Crimson Crisp, or Swiss Gourmet. Sauté 1 onion (diced) in 1 tablespoon olive oil until translucent. Add 3 cloves garlic, 1 tablespoon ginger, and 1 tablespoon turmeric (all minced) and sauté another minute. (If fresh ginger and turmeric aren't available, substitute 1 teaspoon of powdered.) Add 1 apple and 3 cups butternut squash (both peeled and diced). Stir to coat vegetables. Add 3 cups vegetable broth and 2 tablespoons cider vinegar. Bring to a boil then reduce to simmer, cover, and cook until squash is tender, about 15 minutes. Blend soup in batches until smooth. Season with salt and pepper. Garnish with cilantro leaves, toasted squash seeds, and a dollop of yogurt or coconut cream.



#### Full Sun Farm 🚳

Leicester, NC—Buncombe Co. 828-683-1607 fullsunfarm@gmail.com fullsunfarm.com

Located in the beautiful Sandy Mush Valley, we cultivate five acres of vegetables, cut flowers, and berries. We've sold our naturally grown produce at local tailgate markets since 1997 and through our CSA since 2001.

#### Gaining Ground Farm 🚳 🎙

Leicester, NC—Buncombe Co. 828-545-2362 gainesground@gmail.com gaininggroundfarm-nc.com

For more than 20 years, we've produced a variety of seasonal vegetables, flowers, and herbs for sale at local tailgate markets and restaurants. We offer CSA shares. We use ecologically responsible growing methods.

#### Garner Farm Products 🚳

Kodak, TN—Sevier Co. 865-223-1178 garnerfarmproducts@gmail.com Garner Farm Products grows all sorts of vegetables, flowers, and cut flowers, and offers a flower and vegetable CSA! Beginning in 2021 we are excited to be offering USDA Organic and pastureraised chicken as well as sweet corn!

#### **Gibson Berry Farm**

Greeneville, TN—Greene Co. 828-385-4442 gibsonberryfarm@gmail.com gibsonextracts.com

A family-operated Certified Organic farm. We grow small fruits, blueberries, black raspberries, strawberries, currants, ginger, watermelon, and hemp. We also make elderberry syrup, pesto, hemp oil, and salve.

#### Gladheart Farm 💡

Asheville, NC—Buncombe Co. 912-399-6946 lee@gladheartfarm.org gladheartfarm.org

All are welcome at Gladheart Farm. Our farm market at 9 Lora Lane will carry our produce in season. You are welcome to walk the fields and even harvest what you need. We raise dairy goats in a natural way. Come see and pet the goats.

#### **Golden Foo Dog Mushrooms**

Black Mountain, NC—Buncombe Co. 917-225-3699 goldenfoodog@gmail.com goldenfoodogmushrooms.com

Seasonal cultivator and forager of culinary and medicinal mushrooms. Featured at Black Mountain Tailgate Market, Saturday mornings, May through October. Product line includes fresh and dried mushrooms, tinctures, and shiitake seasonings.

#### **Good Fibrations**

Barnardsville, NC—Buncombe Co. 828-778-6278 goodfibrations@charter.net good-fibrations.com

Marcia's colored and white Angora goats produce mohair for her handpainted, custom-spun yarn. By appointment only, visit the farm to meet the goats and their kids and the shop to learn more about mohair and our process.

#### Grandad's Apples 💡

Hendersonville, NC—Henderson Co. 828-685-1685 info@grandadsapples.com grandadsapples.com

U-pick or we-pick apples as well as fresh cider, pumpkins, and peaches. On weekends beginning at Labor Day we have a corn maze, jump pillow, and cow train ride. We have a large bakery with hot apple cider doughnuts! Lots to do. All kinds of apple products in our gift shop. Lots of fun.

#### Granville's Garden

Franklin, NC—Macon Co. 828-371-0761 sylvarocks@aol.com

At Granville's Garden, our goal is to grow the healthiest veggies we can year-round. While not Certified Organic, we do our best grow ethically, sustainably, and organically. Almost everything we grow is in large high tunnels and in raised beds.

#### Grassroots Farm & Dairy ®

Marshall, NC—Madison Co. 828-545-9202 info@grassrootsdairy.com grassrootsdairy.com We're a small-scale family-run sheep dairy in Madison County. We milk about 40 ewes seasonally and we sell raw sheep milk through a herdshare program. We also sell feta, labnah, pastured lamb, sheepskins, wool bedding, and wool sponges.

#### Green Toe Ground Farm 💡

Burnsville, NC—Yancey Co. 828-284-7715 greentoegroundfarm@gmail.com greentoegroundnc.com

We started practicing biodynamic farming on the land in 2004. We feel it speaks to our philosophy and perspective of approaching our farm as a whole organism. We grow vegetables of all kinds, a mix of heirlooms and hybrids.

#### Growing Green Family Farms 🚳 💡

Anderson, SC—Anderson Co. 864-309-2474 growinggreenfamilyfarm@gmail.com growinggreenfamilyfarms.com

Growing Green Family Farms specializes in fresh vegetables from arugula to tomatoes without any pesticides or herbicides. We offer a year-round CSA with convenient



## **Winter** Eating with the Seasons

Winter is the time to explore greens, as some farmers in our region make use of greenhouses or high tunnels to continue harvesting throughout the colder months. Beyond standbys like **kale**, **collards**, and **spinach**, look for Asian varieties such as **tatsoi**, **bok choy**, or **gai lan**. Bitter chicories like **escarole**, **radicchio**, and **endive** can be tamed into delicious salads with lemony dressing and rich cheese. For the first signs that spring is near, look for raabs when plants in the cruciferous family start to flower. **Broccoli raab** is the most common, but you may also see bok raab, kale raab, or other variations.

Storage crops, like **apples**, **carrots**, **winter squash**, **turnips**, **potatoes**, and **sweet potatoes**, are available through much of the winter. Several varieties of sweet potatoes can be found, including traditional orange-fleshed types as well as those with purple or white interiors.



Sweet potato gnocchi with broccoli raab: In an oven or microwave, cook 1 pound sweet potatoes until tender. Scoop out the flesh and mash with a fork. Place mashed sweet potato on a floured work surface. Sprinkle with 1 teaspoon salt and a pinch nutmeg. Gradually work in 1–2 cups flour until you form a smooth dough that doesn't stick to your hands. Roll dough into several 1-inch-thick ropes. Cut into 3/4-inch pieces and transfer to a floured baking sheet (it's fine if they're imperfectly shaped!). You can roll your gnocchi against the tines of a fork to create a ridged surface or leave them smooth. Bring a large pot of salted water to a rapid



boil. Add gnocchi and cook until they float to the top. Remove with a slotted spoon and place them on a buttered or oiled platter, tossing to coat. You can eat them just like this, topped with grated cheese and accompanied by sautéed **broccoli raab** or other winter greens. Or take a second step of sautéing the gnocchi in brown butter or olive oil until golden.

For more recipes and seasonal meal ideas, subscribe to ASAP's weekly Farmers Market Report e-newsletter at asapconnections.org. pickup sites and home delivery to make access to clean and sustainably grown food easy.

#### The Happy Berry 💡

Six Mile, SC—Pickens Co. 864-350-9345 walker@thehappyberry.com thehappyberry.com

U-pick blueberries and blackberries, seedless table grapes, figs, persimmons, seedless muscadines, and muscadines near 18,000-acre Lake Keowee. We also have jams, eggs, frozen berries, willow and dogwood plant stems, and grow kits.

#### **Happy Valley Farms**

Lenoir, NC—Caldwell Co. 828-230-1726 jesseplaster@gmail.com

We raise heritage-breed hogs that are known for their exceptional meat quality and ability to thrive on pasture. We offer all market cuts and specialty linked sausage.

#### Harrell Hill Farms 💡

Bakersville, NC—Mitchell Co. 828-467-0280 harrellhillfarms@aol.com harrellhillfarms.com

Harrell Hill Farms has been a family farm for over 200 years, producing quality products for seven generations. We offer grassfed beef featuring Limousin cattle. We offer fresh pure sorghum syrup molasses.

#### Harvest Table Farm 🚳 💡

Meadowview, VA—Washington Co. 907-802-1607

farmer@harvesttablerestaurant.com

We are a small-scale, Certified Naturally Grown family farm in Meadowview, VA. Building nutrient-dense, living soil is our focus. We employ permaculture and market gardening principles. We grow salad greens, root veggies, dark leafy greens, seasonal veggies, and herbs.

#### Heirloom Apples at Freeman Orchards የ

Hendersonville, NC—Henderson Co. 828-685-3311

#### heirloomapples@yahoo.com heirloomapples.net

Family-owned-and-operated since 1934. We grow more than 50 varieties of apples. Come for our local peaches and grapes. Offering baked goods, produce, cider, preserves, and pickles. Apple tasting and orchard walks. Open Tuesday to Sunday from August to November, 8:30 am to 5 pm.

#### Henn's Plant Farm 💡

Fletcher, NC—Henderson Co. 828-684-2321 hennsplantfarm@gmail.com hennsplantfarm.com

Located in Fletcher for 48 years. Annual flowering, vegetable plants, herbs, perennials, hanging baskets, ferns, foliage, ground covers, azaleas, rhododendrons, and evergreen and flowering shrubs. Fall-hardy mums, pansies, and shrubs. Open all year.

#### Her Heartbeat Farm 🚳 የ

Old Fort, NC—McDowell Co. 828-719-2998 pantherblues@hotmail.com

Year-round multi-farm produce and egg CSA with local goat cheese and bakery available. Blackberries, strawberries, and berry plants. No synthetic pesticides. Handcrafted leather goods and rawhide drums! Find us at Black Mountain Tailgate Market.

#### Hickory Nut Gap 🚳 💡

Fairview, NC—Buncombe Co. 828-628-1027 sales@hickorynutgap.com hickorynutgap.com

Hickory Nut Gap is both a working farm and a meat wholesaler in Fairview, NC, that has been in the family since 1916. Today we are a leading brand for 100-percent grassfed beef, pastureraised pork, and pasture-raised chicken in North Carolina and the Southeast.

#### High Mountain Meadows Farm & Creamery 9

Hayesville, NC—Clay Co. 828-506-5566 donnagains@yahoo.com

Our creamery produces feta, aged gouda, butter cheese, and a variety of

flavored chèvre. We also offer freerange eggs. We offer cheese-making classes and overnight stays. Join us this spring for a picnic and yoga with our goats!

#### Highgate Farm 🚳 💡

Marshall, NC—Madison Co. 828-450-0709 highgatefarm@earthlink.net

Certified Naturally Grown market garden providing mixed produce at tailgate markets and CSA in River Arts District, West Asheville, Black Mountain, and Marshall. We promote sustainable farming and homesteading by hosting youth groups, WWOOFers, and apprentices.

#### Highlands Family Farm 💡

Connelly Springs, NC—Burke Co. 828-302-3326 highlandsfamilyfarm@gmail.com highlandsfamilyfarm.com

All our meats are grown in the beautiful Appalachian foothills of North Carolina. We raise our own meats on our farm in Icard, NC. Our humanely grown beef, chickens, turkeys, and sheep graze pastures with all-natural feed supplement and no growth hormones.

#### **Holly Spring Farm**

Mills River, NC—Henderson Co. 828-891-4968 paulbshoemaker@gmail.com

We use sustainable practices to produce 30 varieties of tomatoes, specializing in heirlooms, and specialty vegetables. We supply local restaurants and sell at the Flat Rock, Mills River, and Cashiers farmers markets.

#### Holt Orchards 💡

Flat Rock, NC—Henderson Co. 828-551-7266 info@holtorchards.com holtorchards.com

We are a brother/sister team, working to keep our stepfather's dream of having an apple farm alive. We grow many varieties of apples that reach their peak of freshness from August to November. Our products are available at our farm store.

#### A-B Tech's Small Business Center and Business Incubation Program



Supporting the business of farming through our programs and partners at A-B Tech Enka:

- Agribusiness
- Natural Product Development
- BioNetwork Test Kitchen
- NC BioNetwork Natural Products Lab
- Blue Ridge Food Ventures

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#### Honey and the Hive 💡

Weaverville, NC—Buncombe Co. 828-484-9466 info@honeyandthehivenc.com honeyandthehivenc.com

Honey and the Hive stocks the most extensive array of beekeeping supplies in the Asheville area. We also sell an array of local honey, beeswax candles, jewelry, t-shirts, cards, housewares, and body care products.

#### **Honeybee Bliss**

Hendersonville, NC—Henderson Co. 828-337-8799 thebuzz@honeybeebliss.com honeybeebliss.com

Treat yourself to the luxury and power of nature from our apiary in the beautiful North Carolina mountains. Our honey is always pure and raw. Modern luxurious apothecary goods are lovingly created in micro-batches with dedication to purity.

#### Hoodley Creek 💡

Afton, TN—Greene Co. 615-478-9335 hoodleycreek@gmail.com hoodleycreek.com

Seventh-generation Tennessee Century Farm, in continuous livestock production since it was established in 1850. Specializing in breeding Katahdin sheep and producing high-quality lamb. No hormones, no antibiotics fed

#### Horsecreek Apiaries & Honey Farm 💡

Chesnee, SC—Cherokee Co. 864-237-1026 horsecreekhoney@gmail.com

We are a certified 100-percent raw honey farm offering local honey across the region. We also carry honeybee packages in the spring months for beginner and experienced beekeepers.

#### Ivy Creek Family Farm 🚳 💡

Barnardsville, NC—Buncombe Co. 828-713-8383 wncfarm@gmail.com ivycreekfamilyfarm.com

We produce seasonal vegetables, cut flowers, and shiitake mushrooms using organic and sustainable growing practices. We sell our produce through our CSA, at local tailgate markets, at our farm stand, in our online store, and at area restaurants.

#### Ivy Point Farm 💡

West Jefferson, NC—Ashe Co. 336-846-2470 jcbarlow@skybest.com

North Carolina Century Farm specializing in u-pick berries and choose-and-cut Christmas trees.

#### J.W. Mitchell Farms 💡

Franklin, NC—Macon Co. 828-349-2725 jwmitchellfarms.com

We grow 30-plus varieties of vegetables. Most items on our farm are available for u-pick. Visit our roadside stand at the farm. Availability subject to season and weather. Make it a family affair and bring the kids and grandparents.

#### JB Farm 💡

Granite Falls, NC—Caldwell Co. 828-228-6000 paulaboles@embargmail.com

Family farm nestled in the foothills of the Blue Ridge Mountains featuring Appalachian Grown fresh vegetables year-round! Summer crops are grown in the fields and irrigated from two nearby ponds. Winter crops are grown indoors in an aquaponic facility.

#### Jehovah Raah Farm 💡

Clyde, NC—Haywood Co. 828-779-0397 psalm23jw@bellsouth.net jehovahraahfarm.com

We raise fiber animals, including Shetland sheep, alpaca, llamas, Angora goats, and Angora rabbits, for our hand-spun yarn. We also offer grassfed beef from Scottish Highland cattle, spinning/weaving lessons, Lendrum spinning wheels, and vacation farm rental. Call for appointment.

#### Johnny's Got Worms 💡

Marshall, NC—Buncombe Co. 828-338-8207 johnnysgotworms@gmail.com johnnysgotworms.com

Johnny's Got Worms is a small worm composting business. We create sustainable loops with food waste, worms, and compost to grow new food! We offer premium worm castings, Red Wiggler worms, and seed/casting blends to beautify your garden!

#### Justus Orchard 💡

Hendersonville, NC—Henderson Co. 828-243-7235 mdjustus@yahoo.com justusorchard.com



For more information.

Fourth-generation family farm growing apples and blackberries for u-pick or we-pick. We also offer seasonal fried apple pies, apple cider donuts, apple cider, canned goods, local vegetables, and pumpkins already picked in many shapes and sizes.

#### KT's Orchard and Apiary 💡

Canton, NC—Haywood Co. 828-279-5614 kt158@att.net ktsorchard.com

We have a wide variety of apples, peaches, nectarines, black/red raspberries, blackberries, pears, jams, jellies, and local honey. Our fruit is available July through December. We sell a full line of bee supplies, lip balm, beeswax cream, and bees.

#### Lady Luck Gardens 💡

Leicester, NC—Buncombe Co. 828-407-0893 ladyluckgardens@gmail.com ladyluckflowerfarm.com

We grow flowers and herbs in the beautiful Sandy Mush Valley. We are a venue for all life's special events, hosting up to 150 people. We are open on select days for u-pick flowers and sell flowers by the bucket all season.

#### Last Penny Farm Alpacas

Weaverville, NC—Buncombe Co. 828-777-3568 lastpennyfarmalpacas@gmail.com lastpennyfarmalpacas.com

We are a fiber farm, specializing in producing the finest alpaca fleeces year after year. We focus on providing fiber for local fiber artists along with finished products such as hats and socks. We also offer educational farm tours.

#### Laughing River Farm **Q**

Mars Hill, NC—Madison Co. 828-689-5016 laughingriverfarm@gmail.com laughingriverfarm.com

Laughing River Farm is located on the lvy River in Mars Hill, NC. We feature heirloom and hard-to-find vegetables, asparagus, medicinal and culinary herbs, honey, shiitake mushrooms, and flower and herb teas using allorganic growing methods.

#### Laughing Water Farm 💡

Marion, VA—Smyth Co. 276-206-0810 laughingwaterfarm@comcast.net laughingwaterfarm.org

Growing naturally for you and our earth! We sustainably produce healthy Ossabaw Island pork, the flavorful "walking olive tree," grassfed and finished classically aged Angus beef, and lamb. No chemicals or artificial growth hormones.

#### Lee's One Fortune Farm

Marion, NC—McDowell Co. 828-803-1581 leesonefortunefarm@gmail.com

Lee's One Fortune Farm is a small family-owned business. We grow foods that are served on our table. Our specialty product is our rice. The heirloom seeds are from our old country in the mountains of Laos.

#### Lick Skillet Farm 💡

New Market, TN—Jefferson Co. farmers@lickskillet.farm lickskillet.farm

We sustainably and humanely raise forage-finished beef/lamb, pastured heritage pork, and pastured eggs on our Century Farm. We protect the ecosystem by not using synthetic inputs. We sequester carbon, support biodiversity, and focus on soil health.

#### Linda's Plants and Shrubs የ

Hendersonville, NC—Henderson Co. 828-685-0738 lindasplants@gmail.com lindasplants.com

A family business since 1984. Greenhouse crops include annuals, perennials, shrubs, herbs, and vegetable plants. We also grow a wide variety of tasty fruits and vegetables from apples to zucchini squash and Christmas trees. All are available seasonally.

**The Little Half Acre @ ?** *Bakersville, NC—Mitchell Co.* 

#### rice | asian vegetables | fruit | eggs

We strive to bring new foods into the local community and teach customers to widen their diet of fruits and vegetables.

LEE'S ONE FORTUNE FARM

Find us weekly at six farmers markets in Buncombe County

Chue and Tou Lee

#### jackie@thelittlehalfacre.com thelittlehalfacre.com

The Little Half Acre is a touring and teaching homestead located just outside Bakersville, NC, near historic Dellinger's Mill. We are open for tours from mid-May to mid-October by reservation.

#### Little Mountain Microgreens 🚳 💡

Kingsport, TN—Sullivan Co. littlemountainmicrogreens@gmail.com littlemountainmicrogreens.org

Little Mountain Microgreens is a Certified Naturally Grown urban farm specializing in microgreens. We also produce oyster mushrooms, edible flowers, and hand-blended teas. We have a biweekly subscription delivery service for our microgreens.



#### **The Living Seed Company**

Weaverville, NC—Buncombe Co. 828-484-7283 info@livingseedcompany.com livingseedcompany.com

The Living Seed Company is a family-owned organic and heirloom seed company preserving the diversity in our food through the distribution and growing of open-pollinated seeds and educating about the lifeaffirming art of seed saving.

#### **Living Web Farms**

Mills River, NC—Henderson Co. 828-891-4497 pat@livingwebfarms.org livingwebfarms.org

Where hands-on learning comes to life with experts in a variety of workshops and events throughout the year for growing food organically and sustainably. We video all our workshops then make them available on our website.

#### Long Branch Environmental Education Center የ

Leicester, NC—Buncombe Co. 828-683-3662 paul@longbrancheec.org longbrancheec.org

Come explore our solar/ecodemonstrations, cider, chestnuts, edible landscape, trout pond, and u-pick organic blueberries, raspberries, and apples. Hike exhilarating trails on 1,635 acres in the Newfound Mountains. Waterfalls, wildflowers, wildlife.

#### Long Family Farms and Gallery 💡

Murphy, NC—Cherokee Co. 828-736-9340 longnan1035@yahoo.com

A Cherokee Indian family farm growing fruits and heirloom vegetables using organic practices. Heirloom seeds and vegetable starts, Mulefoot pigs, heritage chickens, and eggs. Gallery and farm store with Cherokee pottery. Farm sales welcome. Call to see what's available.





We are a family-owned and operated seed company, providing a wide selection of organic and heirloom varieties since 2011. We are now proudly based in Weaverville, NC.

We are dedicated to preserving the diversity in our food through the distribution and growing of open pollinated seeds and educating about the life affirming art of seed saving.

Our varieties are selected to be widely adapted, highly productive, Non GMO, extreme weather tolerant, disease resistant, flavorful, multi purpose, nutritious, and beautiful. They are true teasures!

www.livingseedcompany.com

#### Lunar Whale Herbs 🚳

Alexander, NC—Buncombe Co. 845-527-1084 noel@lunarwhaleherbs.com lunarwhaleherbs.com

Lunar Whale Herbs is a small-scale, community-driven medicinal and culinary herb farm. We are a no-till, no-spray operation offering a fresh herb CSA as well as bulk fresh and dry herbs and apothecary products all made from the farm.

#### M & M Berry Farm

Hendersonville, NC—Henderson Co. 828-785-3067 mandmberryfarm@yahoo.com

We are a sixth-generation farm with 150 acres. We grow in high tunnels giving us the advantage of a longer season. Our forced-air cooler rapidly cools produce extending shelf life. We are expanding both fruits and vegetables with specialty varieties.

#### Maple Creek Farm

Rutherfordton, NC—Rutherford Co. 828-429-1959 kitty@blueridgedesignllc.com

We offer pasture-grazed Longhorn beef, which is leaner with less cholesterol than chicken, yet is higher in B12, iron, and selenium. Selenium may reduce the risk of heart disease and certain types of cancer.

#### Meadow Cove Farm

Weaverville, NC—Buncombe Co. 828-658-0294 meadowcovefarm@gmail.com meadowcovefarm.net

Meadow Cove Farm grows a wide assortment of seasonal vegetables, berries, fruits, shiitake mushrooms, and chestnuts utilizing organic and biodynamic practices. We harvest rainwater for irrigation and use solar energy to power our production.

#### Mighty Gnome Market Garden 🚳

Marshall, NC—Madison Co. 828-649-5078 farmer@mightygnomemarketgarden.com mightygnomemarketgarden.com

Can't make it to market? Shop for fresh, local produce at our online store. We

provide weekly deliveries with several convenient pickup locations and offer both custom and traditional CSA offerings.

#### Mills River Creamery & Dairy 💡

Mills River, NC—Henderson Co. 828-891-4007 info@millsrivercreamery.com millsrivercreamery.com

We retail and wholesale locally produced milk in gallon and halfgallon sizes. At our store in Mills River, we also retail fresh butter, farmstead cheese, cheese curds, fresh eggs, local jams and jellies, and homemade ice cream by the scoop.

#### The Mockingbird Farm 💡

Seymour, TN—Blount Co. 865-235-8737 themockingbirdfarm@gmail.com The farm is now open to visitors and overnight guests. Book through airbnb. com or VRBO.com. Our farm produce is pesticide-free. We look forward to meeting you!

#### **Moss Farms**

Asheville, NC—Buncombe Co. 828-606-3245 bdixon87@hotmail.com mossfarmsnc.com

We are a family business and have been in operation for six generations. We grow, harvest, and pack over 15 varieties of delicious mountain apples. Visit us at the WNC Farmers Market from September to December.

#### **Mountain Grass Fed Beef**

Andrews, NC—Cherokee Co. 828-361-4161 wkwood3400@gmail.com mountaingrassfedbeef.com

Mountain Grass Fed Beef is a small family-owned farm that sells highquality Angus cross beef that is grassfinished with no added hormones or antibiotics. We sell packaged meat in half or whole beef quantities.

#### Mountain Harvest Organics 🚳 💡

Hot Springs, NC—Madison Co. 828-622-3654 farmer@mountainharvestorganics.com mountainharvestorganics.com Retreat, restore, rejuvenate. The farm atmosphere provides inspiration for finding and soothing your inner soul. Stay with us for a unique farm experience or subscribe to our CSA for fresh veggies and meats harvested weekly throughout our season.

#### MtnHoney 💡

Clarkesville, GA—Habersham Co. 706-754-7062 mtnhoney@windstream.net mtnhoney.com

Our honey is 100-percent pure, raw, and natural, just like the bees made it. Nothing is ever added. We extract our honey with minimal straining, never applying heat. When you first taste MtnHoney you will know you are eating extraordinary honey.

#### Mushroom Mountain 💡

Easley, SC—Pickens Co. 864-859-3080 sporeprints@gmail.com mushroommountain.com

Mushroom Mountain is a Certified Organic mushroom spawn laboratory and farm, located in Easley, SC. We carry over 100 different species of fungi that are used in mushroom cultivation, for medicinal purposes, and in mycoremediation.

#### Myco Rhizing 💡

Fairview, NC—Buncombe Co. 828-989-2556 natalie@mycorhizing.org mycorhizing.org

Myco Rhizing is a small family farm in Fairview, NC. We grow edible and medicinal mushroom and herbs. Our fungi and herbs are available fresh and dried, wholesale and retail. We offer a monthly subscription service for fresh mushrooms.

#### Myseanica Family Farm 💡

Candler, NC—Buncombe Co. 828-633-4132 julie.gunn21@icloud.com

We use biodynamic and organic practices. We offer fruits,

vegetables, and greens as well as organic, soy-free-fed, pasture-raised eggs; wool from our sheep; and handcrafted jewelry, knit items, and felted bags. You can find us at ASAP Farmers Market.

#### New Beginnings Historic Farm 💡

Rutherfordton, NC—Rutherford Co. 828-275-1683 newbeginningsfarm8@gmail.com newbeginningsfarms.com

History and heritage call us to a simpler time. Education about food, farming, and health. Our focus is on heirloom varieties, apothecary herbs, heritage breed animals, and homesteading. Historic home and grounds can be rented out for your event.

#### The Never Ending Flower Farm 💡

Barnardsville, NC—Buncombe Co. theneverendingflowerfarm.com

At The Never Ending Flower Farm we offer u-pick flowers daily from May through the October frost. We also offer full-service wedding floral design from our home-based studio. Check out our website and social media for more information.



LEARN MORE & JOIN THE CSA AT: MIGHTYGNOMEMARKETGARDEN.COM

#### New Life Farm 💡

Lenoir, NC—Caldwell Co. 828-719-0853 newlifefarm.nc@gmail.com newlifefarmnc.com

New Life Farm is a first-generation family farm that is dedicated to providing food that is both beneficial to the people who eat it and the environment in which it is grown. We produce all four seasons.

#### North Fork Farm 🚳 💡

Zionville, NC—Watauga Co. 828-297-5755 northforkfarm@skybest.com northforkfarmbeef.com

North Fork Farm is a small family farm in Watauga County, NC. Our beef, pork, and chicken are raised without antibiotics or added hormones. Our meats are prepackaged or custom cut for retail or wholesale. We offer a meat CSA and have a farm store.

#### North River Farms 💡

Mills River, NC—Henderson Co. 828-890-5316 northriverfarms3333@gmail.com northriverfarms.co

Growing corn, wheat, barley, tomatoes, peppers, celery, cucumbers, squash, beans, and horse hay. We offer farm tours, hay rides, u-pick, birthday parties, riverfront picnics, and a full service outfitter.

#### Oak Grove Farm 💡

Elizabethton, TN—Carter Co. 423-788-4237 benenkema@gmail.com oakgrove.farm

Free-range, rotational grazing, biodynamic, organic, permaculture farm. Oak Grove Farm features a relaxing bed and breakfast surrounded by a wildlife and nature sanctuary.

#### **Ocoee Creamery**

Old Fort, TN—Bradley Co. 423-584-3147 Info@ocoeecreamery.com ocoeecreamery.com

Inspired by the culture of the Ocoee River community, the Ocoee Creamery is a farmstead dairy nestled in the foothills of the Cherokee National Forest. Steeped in agriculture tradition, we use sustainable practices to produce a line of fresh, all-natural goat cheeses.

#### Old Rich Valley Farm 💡

Saltville, VA—Smyth Co. 276-780-8191 oldrichvalleyfarm@gmail.com oldrichvalleyfarm.com

We are a small family farm in Southwest Virginia where we raise pastured chicken, beef, and pork. None of our animals receive antibiotics or added growth hormones, and we use non-GMO feed. Our goal is to raise the healthiest possible animals for our family and yours.

#### Olivette Farm 🚳 💡

Asheville, NC—Buncombe Co. daniel@olivettefarm.com olivettefarm.com

Olivette Farm is a four-season, diversified vegetable farm located within the Olivette Community just north of downtown Asheville. Our focus is on growing year-round salad greens and specialty produce for farmers markets, chefs, and our CSA.

#### **Open Ridge Farm**

Burnsville, NC—Yancey Co. 828-284-7073 info@openridgefarm.com openridgefarm.com

Beyond organic, no-till annual vegetables, asparagus, apples, and grapes. Pica Rica Hot Sauces made from peppers grown and processed on-site in our farm kitchen. Familyfriendly farm dinners and "Summit to Supper." Ask about private dinners and events.

#### Ottanola Farm

Hendersonville, NC—Henderson Co. 828-685-3183 ottanola@bellsouth.net

Wholesale and retail sales. Apple varieties include Gala, Mutsu, Fuji, Honeycrisp, Empire, Stayman, Granny Smith, Jonagold, Gingergold, Red and Golden Delicious, Rome, and many more. Open August to October.

#### Otter Creek Trout Farm 💡

Topton, NC—Macon Co. 828-321-9810 ottercreektrout@yahoo.com

Farm-fresh rainbow trout whole or fillet, and live trout for stocking. We offer pond and creek fishing. Call ahead for school groups or public farm tours and learn more about aquaculture in WNC.

#### Our Tiny Farm 9

Hendersonville, NC—Henderson Co. 828-243-0806 jeaninedavisnc@gmail.com ourtinyfarmnc.blogspot.com

We produce pure, sweet honey and a few fresh herbs on our family farm in Etowah. We only use approved organic products in our gardens. We also board and raise donkeys and horses. Visits to see the donkeys can be arranged.

#### Overmountain Vineyards and Winery 🕈

Tryon, NC—Polk Co. 828-863-0523 info@overmountainvineyards.com overmountainvineyards.com

Overmountain Vineyards is a boutique winery that sits on a 70-acre familyowned farm in Tryon, NC. We grow 17 acres of french vinifera focusing primarily on Petit Manseng, an elegant aromatic white originally from southwest France.

#### Owenbys Fruit Stand

Hendersonville, NC—Henderson Co. 828-691-4397 wmdkowenby@hotmail.com

Cider, jam, specialties, pumpkins, peaches, cabbage, apples, and other vegetables. Fruit stand is located at 4500 Chimney Rock Hwy. and is open mid-August through mid-November. Seven days a week, 9 am-6 pm.

#### Perry's Berry's Vineyard & Winery 💡

Morganton, NC—Burke Co. 828-432-7631 perrysberrysnc@gmail.com perrysberrys.com

We're five minutes to Lake James and 10 minutes to the Fonta Flora Trail. Visit starting in March for sweet and dry fruit wines, general store, blueberry ice cream, and local honey. Starting in April we have greenhouse vegetable plants and flowers. From June to August we offer u-pick blueberries. Nightly rentals available.

#### Pink Boot Farms 💡

Burnsville, NC—Yancey Co. 828-536-0999 pinkbootfarmsnc@gmail.com pinkbootfarms.com

We use products sourced from our farm to produce gluten-free baked goods, confections, pickles, jams, Appalachian Chow Chow, goat cheese, and butter. We also produce various wood products such as cutting boards and furniture.

#### Qualla Berry Farm 💡

Hayesville, NC—Clay Co. 828-389-3551 quallaberryfarm@icloud.com quallaberryfarm.com

Organically grown fresh baby ginger for sale in October and November; fresh organic turmeric for sale in November and December. Fresh rhizomes are sold by the pound, recipes included. Order forms and news about classes and events on our website.

#### Queens Produce and Berry Farm 💡

Pisgah Forest, NC—Transylvania Co. 828-884-5121 leetuttle@citcom.net queensberryfarm.com

We're a small farm offering u-pick flowers, raspberries, blueberries, and blackberries. We have fruits, vegetables, flowers, and honey in season. Call for directions and availability or check our website.

#### **Raspberry Fields**

Fletcher, NC—Henderson Co. localraspberries@gmail.com raspberryfieldswnc.com

We grow red raspberries using organic practices and provide fresh raspberries, preserves, vinegar, sourdough bread, and baked goods to our customers each week at the Hendersonville Farmers Market. Goods can also be purchased through our online store (expected to be live in May).

#### Recovery Ventures—Farm Fresh Ventures 🕈

Old Fort, NC—McDowell Co. 336-514-0648 eugenejones1575@qmail.com

We offer state-of-the-art hydroponic technology as horticulture therapy for individuals suffering from chronic addiction to drugs and alcohol. We are the only long-term residential program in North Carolina to offer this treatment style.

#### **Red Bud Farm**

Blountville, TN—Sullivan Co. 423-574-7474 red\_bud\_farm@aol.com red-bud-farm.com

Red Bud Farm makes and sells worm castings OMRI (Organic Materials Review Institute) listed—nature's best fertilizer/plant food for all flowers/ vegetables/fruits/gardens/seeds/ shrubs/trees/grass. Use both indoors and outdoors. We make and sell compost.

#### Red Hill Farm 💡

Marion, NC—McDowell Co. 828-896-6431 Jsump6@gmail.com

Small-scale produce farm raising a variety of crops with the ever-changing seasons. We strive to provide the best local, fresh, quality vegetables possible. We also have a chemical-free apiary providing amazing honey. Come see us at Red Hill Farm!

#### Red Scout Farm @

Black Mountain, NC—Buncombe Co. redscoutfarm@gmail.com

Red Scout Farm is a Certified Organic family farm located in Black Mountain offering over 100 varieties of fresh, beautiful produce. Find our fruits and vegetables, as well as delicious baked goods, at the Black Mountain Tailgate Market.

#### Reems Creek Nursery 💡

Weaverville, NC—Buncombe Co. 828-645-3937

#### plantpeople@reemscreek.com reemscreek.com

We offer a beautiful selection of trees, shrubs, perennials, fruits, native plants, veggie starts and herbs, annuals, organic gardening supplies, and unique gifts. Many of our plants are grown at our propagation farm location in the Reems Creek Valley.

#### Revis Farms 🚳

Flat Rock, NC—Henderson Co. 828-778-5005 revisfarms@gmail.com revisfarms.com

Revis Farms is a fully integrated family farm in Flat Rock, NC, producing vegetables, apples, and beef cattle. We pride ourselves on providing only the highest quality in our fields, packing house, and weekly produce boxes.

#### **Righteous Rebels Farms**

Franklin, NC—Macon Co. 919-636-1695 alex@righteousrebelsfarms.com righteousrebelsfarms.com

Righteous Rebels Farms is a 30-acre farm that offers pastured poultry and vegetables grown using organic methods.

#### River Birch Bees የ

Franklin, NC—Macon Co. 828-349-6403 honeybees854@gmail.com riverbirchbees.com

We offer local honey, pure beeswax candles, and bees. Our hives are all located in Macon County, NC. From April to October you will find us at most festivals in Macon County or you can purchase direct.

#### Rocky Field Farm 💡

Afton, TN—Greene Co. 423-620-0184 wayne.hughes@fbitn.com rockyfieldfarm.com



Founded in 1796, we specialize in antibiotic-free, hormone-free Angus cattle. We grow various forages to support a 55-head cattle herd. We treat our cows humanely and the environment responsibly.

#### Rooster Head 💡

Brevard, NC—Transylvania Co. 828-702-9929 roosterheadbrevard@gmail.com roosterheadfarms.com

We are an open farm, meaning anyone can come visit anytime. We offer pasture-raised broilers, free-range eggs, cut wildflowers, pork, and fire wood. Our mission is not to feed the whole world, but provide quality products to our local community.

#### Ross Farm, formerly Jack Young Greenhouses የ

Candler, NC—Buncombe Co. 828-667-5555

Step into the magic of our naturally living greenhouses with annuals, perennials, trees, shrubs, and houseplants. Relax and enjoy our vegan, single-source derived, non-GMO Appalachian Standard hemp babies from our CBD bar.

#### Round Mountain Creamery 💡

Black Mountain, NC—Buncombe Co. 828-669-0718 adam@roundmountaincreamery.com roundmountaincreamery.com

The first Grade A goat dairy in the state of North Carolina, producing excellent goat cheeses. A farm, dairy, and cheese tasting tour is available by appointment. Welcome!

#### Saint Paul Mountain Vineyards 💡

Hendersonville, NC—Henderson Co. 828-685-4002 info@saintpaulmountainvineyards.com saintpaulfarms.com

Family-owned vineyard and winery. We grow 14 varieties of wine grapes at elevations of 2,300 and 3,000 feet. Pet friendly. Bring your family to meet ours.

#### Sandy Mush Herb Nursery 💡

Leicester, NC—Buncombe Co. 828-683-2014



#### plants@sandymushherbs.com sandymushherbs.com

Nursery and arboretum established in 1968. Tour gardens containing mature trees, shrubs, rock walls, ground covers, and many of the 1,500 plants we produce, including scented geraniums, herbs, perennials, ferns, conifers, lilacs, and native plants for pollinators.

#### Sentelle's Homemade Sausage

Bulls Gap, TN—Greene Co. 423-329-1306 sentelleshomemadedausage@yahoo.com

Our hogs are USDA-inspected and we built our own TDA-inspected processing building on our farm, so we do all of the butchering ourselves. You can be assured of the finest quality pork products we can offer. Heritage chickens available in 2021!

#### Shelton Family Farm 💡

Whittier, NC—Jackson Co. 828-497-5323 sheltonfamilyfarm@frontier.com sheltonfarms.info

A beautiful mountain farm located near Great Smoky Mountains National Park. Our farm produces field-grown vegetables for wholesale and to purchase at the farm. Hydroponic Bibb lettuce grown year-round. Strawberries available in 2021.

#### Shy Valley Farm 💡

Fall Branch, TN—Washington Co. 423-348-6570 shyvalley@aol.com shyvalleyfarm.com

Growers of nursery-propagated native plants, herbs, heirloom tomatoes, peppers, and other vegetable plants. Plants for edible landscaping, pollinator gardens, and sustainable landscaping. Cut flowers, goat's milk soap, and pottery studio on-site.

#### Sideways Farm & Brewery 🚳 💡

Etowah, NC—Henderson Co. 828-595-3445 sidewaysfarm@gmail.com sidewaysfarm.com

Small boutique farm brewery that is taking craft brewing back to its agricultural roots—to a time when farmers grew their own ingredients and crafted artisan ales by hand. Lots of outdoor seating, hard kombucha, u-pick flowers, and farm animals.

#### Sigma Farm

Blairsville, GA—Union Co. 404-232-0220 Iboudreau50@qmail.com

Sigma Farm is the sum of good things: soil, water, sun, and community. Set on six acres of rolling hillside, we grow rhubarb, garlic, tomatoes, and basil.

#### Sky Top Orchard 💡

Zirconia, NC—Henderson Co. 828-692-7930 skytoporchard@gmail.com skytoporchard.com

Panoramic views of the mountains while picking 50 acres of apples, grapes, Asian pears, and pumpkins. School tours, wagon rides, farm animals, bamboo forest, playground, and picnic area. Hot apple cider donuts and pies. We press our own cider and also offer hard cider.

#### **Sleight Family Farm**

Marion, NC—McDowell Co. 828-803-7371 sleightfamilyfarm@gmail.com sleightfamilyfarm.com

Our family sustainably farms highquality microgreens, fruits, and vegetables. We also produce coldpressed wheatgrass juice. Our growing practices provide you with the most nutritious produce possible using organic practices.

#### Smoking J's Fiery Foods የ

Candler, NC—Buncombe Co. 828-230-9652 store@smokingjsfieryfoods.com smokingjsfieryfoods.com

WNC's largest chili grower and sauce manufacturing company. We offer the area's biggest selection of rare and unusual peppers as well as an extensive selection of original handcrafted salsas, hot sauces, barbecue sauces, and spices.

#### Spinning Spider Creamery 💡

Marshall, NC—Madison Co.

#### 828-206-5509

spinningspidercreamery@gmail.com spinningspidercreamery.com

We are a fully licensed family goat dairy offering handcrafted, award-winning artisan cheeses, including fresh chevre, bloomy rind, and aged goat cheeses. Look for our cheeses on the farm, at tailgate markets, and in restaurants and specialty stores.

#### Stepp's Hillcrest Orchard 💡

Hendersonville, NC—Henderson Co. 828-685-9083 ncapples@steppapples.com steppapples.com

Fifty-year, three-generation family farm offering u-pick apples, grapes, pumpkins, and sunflowers as well as apple cider and pumpkin donuts, honey, and apple cider. We offer school tours, corn maze, weekend wagon rides, jump pad, and apple cannon. Enjoy a fun farm experience.

#### Stepps Plants, etc.

Flat Rock, NC—Henderson Co. 828-243-5299 steppsplants@yahoo.com

We're a third-generation farm. In the spring, we sell exquisite hanging baskets, bedding plants, vegetable plants, and fresh asparagus that is harvested daily. During the summer and fall, we grow raspberries, blackberries, and blueberries.

#### Sunburst Trout Farms 💡

Waynesville, NC—Haywood Co. 828-648-3010 wes@sunbursttrout.com sunbursttrout.com

Sustainably and humanely farming rainbow trout in picturesque Haywood County, NC, with no pesticides, hormones, or antibiotics. Fresh fillets, smoked trout, dip, caviar, jerky, and more—available locally and across the US.

#### Sunny Creek Farm 💡

Tryon, NC—Polk Co. 828-393-4135 info@sunnycreekfarm.com sunnycreekfarm.com

We produce alfalfa, radish, clover, mung bean, broccoli sprouts, and crunchy

mixed bean sprouts. We do lab testing for Salmonella, Listeria, and E. coli on all of our sprout product line and facility. We also have a full line of local produce.

#### Sweet Betsy Farm 💡

Marion, NC—McDowell Co. 828-724-4444 info@sweetbetsyfarm.com sweetbetsyfarm.com

Local Glenwood produce, eggs, and award-winning honey. We manage our bees with no chemical treatments and bottle our honey raw and unfiltered. Self-serve stand is open daily from 10 am to 6 pm. Please call or check website/Facebook for updates.

#### Sweet Pea Farm and Farm Camp 💡

Marshall, NC—Madison Co. 828-230-5928 sweetpeafarmandcamp@gmail.com sweetpeafarmnc.com

A year-round local source for highquality, minimally processed organic dairy products and sustainably/ humanely raised meats. Our summer farm camp for children models land stewardship and shares the experience of farm living.

#### Talking Rock Farm 💡

Otto, NC—Macon Co. 828-369-0231 coweeta@gmail.com coweetaheritagecenter.com

We are a small, off-the-grid farm specializing in greens, herbs, onions, and garlic. We follow organic growing practices and are in production year-round. We offer tours of our farm, hydro-electric system, organic garden, trout pond, and woods.

#### Terra Lingua Growers 🚳

Landrum, SC—Greenville Co. 864-404-7692 spiegel@terralinguagrowers.com

Terra Lingua Growers is an independent farm business committed to sustainable practices. We operate in the beautiful Appalachian foothills of upstate South Carolina. We sell produce at several local farmers markets, through CSA, and to restaurants.

#### Thatchmore Farm ®

Leicester, NC—Buncombe Co. 828-683-1180 thatchmore@main.nc.us thatchmorefarm.com

We're a 10-acre Certified Organic family farm. We sell at the North and West Asheville Tailgate Markets. We offer a small CSA and a seasonal online store.

#### The Ten Acre Garden 🚳 🎙

Canton, NC—Haywood Co. 828-235-9667 farmboy53149@yahoo.com tenacregarden.com

Beautiful views surround The Ten Acre Garden. We specialize in u-pick strawberries and blackberries. Many varieties of vegetables and flowers are grown in this fertile river bottom, available April through October. CSA options available.

#### Tiny Bridge Farm 🚳

Hendersonville, NC—Henderson Co. 802-747-8173 tinybridgefarm@gmail.com tinybridgefarm.com

Diversified farm growing 40+ fruit and vegetable crops using organic methods. CSA farm shares available June to October with weekly pickups in Hendersonville and West Asheville for people who like to eat local, healthy, and cook two to three times a week.

#### TK Family Farm 💡

Rutherfordton, NC—Polk Co. 828-817-8348 tkfamilyfarm@gmail.com

We offer nine varieties of apples and a family-friendly atmosphere to tour Polk county's only high-density apple orchard and enjoy a small family farm. Self-serve farm stand open 7:30 am to dusk, seven days a week during apple season (starting mid-August).

#### **Tryon Mountain Farms**

Tryon, NC—Polk Co. 864-350-9021 tryonlavender@gmail.com tryonmountainfarms.com Organically growing food since 1964 and sharing with the public since 2016. We are "seed to bottle" farmers and food artisans who make salt blends and simple syrups with our farm-grown ingredients.

#### Tumbling Shoals Farm 🚳 💡

Millers Creek, NC—Wilkes Co. 336-452-2920 farmer@tumblingshoalsfarm.com tumblingshoalsfarm.com

Tumbling Shoals Farm produces top-quality Certified Organic fruits and vegetables for farmers markets, groceries, restaurants, and a fully customized CSA in northwestern North Carolina.

#### Turning Creek Artisans 💡

Clayton, GA—Rabun Co. 770-331-1941 bobg.rivercg@gmail.com turningcreekartisans.com

We produce some of the finest raw sourwood and wildflower mountain honey. We are Certified Naturally Grown to ensure the highest quality honey.

#### **Two Girls Honey Company**

Bryson City, NC—Swain Co. 828-788-1475 smith1412@gmail.com

Located on our farm in the shadows of the Great Smoky Mountains National Park, Two Girls Honey Company is a small familyowned business specializing in WNC mountain honey varietals.

#### Vandele Farms on Cedar Creek 💡

Lake Lure, NC—Rutherford Co. 828-429-9312 kat@vandelefarms.com vandelefarms.com

Fourth-generation orchard offering many kinds of North Carolina apples. U-pick or wepick apples. AC while you shop for cider, jams and jellies, fried apple pies, baked goods, pottery, candles, etc. Enjoy rockers on the porch, playground area, and picnic shed.

#### **Velvet Morning Farms**

Etowah, NC—Henderson Co. 828-575-4028 joe@velvetmorningfarms.com velvetmorningfarms.com

Velvet Morning Farms is a mid-sized, diversified vegetable farm growing seasonally for restaurants, wholesale outlets, and a farm stand within the Asheville area. We cultivate 15 acres of bottomland, growing a variety of annual vegetables in volume.

#### Walnut Hollow Ranch 💡

Hayesville, NC—Clay Co. 828-389-8931 info@walnuthollowranch.com walnuthollowranch.com

Come visit WNC's premier cattle ranch and excite your senses. The ranch offers farm tours, RV ranch, farm lodge, tent camping, events, and a farm store featuring premium Black Angus beef.

#### Wandering Walnut Meadows

Greenback, TN—Blount Co. wanderingwalnutmeadows@gmail.com highlandsfamilyfarm.com

Pastured poultry and grassfed lamb grown in East Tennessee for our local community, with a focus on sustainable land stewardship. We offer lamb, whole chickens, and duck and chicken eggs.

#### Warren Wilson College Farm 💡

Swannanoa, NC—Buncombe Co. 828-771-3014 farm@warren-wilson.edu warren-wilson.edu/farm

We're a 275-acre mixed crop and livestock farm raising grass-finished beef, pasture-raised pork, and pastured poultry. Our grains—corn and barley—are grown here on the farm. Meat sales in spring and fall.

#### Watershed Forest Farm 🚳 💡

Marshall, NC—Madison Co. 828-691-7333 michelleofthemoon@gmail.com watershedforestfarm.com

Watershed is a community-supported forest farm in Madison County, NC. Homegrown and wild-crafted produce, herbs, nursery plants, seeds, honey, eggs, mushrooms, walnuts, chestnuts, and value-added medicinal products.

#### Wehrloom Honey and Essentials 💡

Robbinsville or Asheville, NC— Graham Co. 828-735-2300 wehrloomhoney@icloud.com wehrloom.com

We have available varietal honey, homemade skin care, mead, and other fine things. Come visit our farm, production, and retail in Robbinsville. Or join us in Asheville at our taproom with mead in bottles and on draft as well as a small retail space.

#### Whynot Farm

Chuckey, TN—Greene Co. 704-402-4409 info@whynotfarm.net whynotfarm.net

We offer hyper-fresh, leafy greens, which we raise in a solar-powered hydroponic system using naturally occurring spring water. We do not use pesticides or herbicides. We will cheerfully deliver within 24 hours of harvest to your business.

#### Winding Stair Farm and Nursery 🚳 🕈

Franklin, NC—Macon Co. 828-369-9778 info@windingstairfarm.com windingstairfarm.com

Based in Franklin, NC, our private farm grows all organic heirloom produce and produces fresh eggs and meats from our happy, healthy animals. The nursery offers a diverse range of plants, including locally grown natives and organic veggie starts.

#### Wolfcreek Wilderness Farm 💡

Blairsville, GA—Union Co. 706-835-2737 wolfcreek@windstream.net

The most delicious naturally grown blueberries in the Appalachian Mountains. U-pick from mid-July through August. Open Saturday and Sunday 9 am to 5 pm or call for appointment. U-pick for \$2/pint, wepick for \$3/pt.

#### **Worley Farms**

Canton, NC—Haywood Co. 828-507-0746 barnfeeder@gmail.com

We are a Century Farm that has been in the family for over 100 years. We primarily raise pork and beef in season. We grow a variety of vegetables.

#### Wright-Way Nursery and Landscaping 💡

Waynesville, NC—Haywood Co. 828-507-5176 wcwright85@yahoo.com

Fresh-picked blueberries, blackberries, and raspberries in season. Twelve varieties of blueberries as well as yellow, red, and black raspberries. Wide variety of nursery plants available. Landscape services and installation of our locally grown plants available.

#### Yellow Branch Cheese 💡

Robbinsville, NC—Graham Co. 828-479-6710 mail@yellowbranch.com yellowbranch.com

Established in 1986, our awardwinning cheeses are made from the milk of a small herd of Jersey cows. The family farm is pasture-based and managed using sustainable organic practices. The cheeses are made from an original recipe in small batches.

#### Young Brothers' Farm 🚳 💡

Newland, NC—Avery Co. 828-387-7318 youngbrothersfarm@gmail.com youngbrothersfarm.com

We offer our organic seasonal produce, farm-raised pork, eggs, beef, chicken, and a variety of handmade crafts at our store located at 136 Big Horse Creek Rd., Newland, NC.







CSA & market farm in Henderson County tinybridgefarm.com



## U-Pick

Fill a basket or pail with delicious local fruits or vegetables and enjoy the satisfaction of picking your own. Call ahead about product availability and conditions before you visit. Find a full farm description, plus contact information, in the farm section on the page number listed on the chart.



### PRODUCT SEASONALITY

apples	June-November
blackberries	June-September
blueberries	June-November
Christmas trees	November-December
flowers	May-October
peaches	June-September
pumpkins	September-November
raspberries	May-October
strawberries	May-October
vegetables	June-October

Always call ahead for availability. Phone numbers are with farm listings starting on page 48.

### **FIND U-PICK BY REGION**

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<b>U-PICK BY REGION</b>		/	achber	Jeberri Jeberri	e <sup>5</sup> / 20	strees owers	jits loth	erles	in	spberri	anberry ve	detable
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SMOKY MOUNTAINS	/ 0	~ •	~ •		~	~ •	~ `	~ •	~			
62 J.W. Mitchell Farms, Franklin, NC												
2 Jehovah Raah Farm, Clyde, NC												
<b>o</b> The Ten Acre Garden, Canton, NC												
• Walnut Hollow Ranch, Hayesville, NC												
SOUTHERN MOUNTAINS												
3 Coston Farm Apple House, Hendersonville, NC												
3 Creasman Farms, Hendersonville, NC												
1 Holt Orchards, Flat Rock, NC												
2 Justus Orchard, Hendersonville, NC												
6 North River Farms, Mills River, NC												
6 Overmountain Vineyards and Winery, Tryon, NC												
7 Queens Produce and Berry Farm, Pisgah Forest, NC												
8 Sideways Farm & Brewery, Etowah, NC												
9 Sky Top Orchard, Zirconia, NC												
Stepp's Hillcrest Orchard, Hendersonville, NC												
CENTRAL MOUNTAINS												
The Berry Farm, Marshall, NC												
Broadwing Farm, Hot Springs, NC												
1 Cane Creek Asparagus & Company CSA, Fairview, NC												
1 Cloud 9 Farm, Fletcher, NC												
4 Dogwood Hills Farm, Weaverville, NC												
6 Flying Cloud Farm, Fairview, NC												
9 Gladheart Farm, Asheville, NC												
3 Lady Luck Gardens, Leicester, NC												
4 Long Branch Environmental Ed Ctr, Leicester, NC												
5 The Never Ending Flower Farm, Barnardsville, NC												
9 Smoking J's Fiery Foods, Candler, NC												
FOOTHILLS, NC												
<b>2 JB Farm</b> , Granite Falls, NC												
6 Perry's Berry's Vineyard & Winery, Morganton, NC												
7 Recovery Ventures—Farm Fresh Ventures, Old Fort, NC												
7 Red Hill Farm, Marion, NC												
HIGH COUNTRY, NC												
9 Avery Farms, Newland, NC												
Brushy Mountain Berry Farm, Moravian Falls, NC		-								-		
<ul> <li>2 Ivy Point Farm, West Jefferson, NC</li> </ul>			-									
GEORGIA AND SOUTH CAROLINA												
<b>7M Family Farms</b> , Blairsville, GA												
1 Wolfcreek Wilderness Farm, Blairsville, GA							-					
Chattooga Belle Farm, Long Creek, SC			-									
The Happy Berry, Six Mile, SC	-											
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### Why buy a CSA?

## CSA

Participating in a Community Supported Agriculture (CSA) program connects you directly with a local farm. You sign up to purchase a "share" of a farm's harvest upfront, before the season begins, and with that commitment early on, the farmer is able to focus more fully on growing the best possible food. In return, you receive a regular supply of the freshest Appalachian Grown produce, meat, or other farm goods. As CSAs have grown in availability and popularity, different models have developed, often allowing you to customize your subscription size, product mix, or payment plan. Read more about the programs offered by the farms listed here at appalachiangrown.org or look for ASAP's CSA guide, Full Share, in January.

#### Get the best flavor.

You receive a variety of the freshest produce, picked at its peak. Find new and heirloom varieties rich in flavor and color.

#### Know your farmer.

You're on a first name basis with the farmer that grew your food! As an integral member of the farm, you get to learn more about what they're growing and how they're growing it.

#### Shorten your food supply chain.

The food in your CSA box is traveling a much more direct route to your table than food you buy at a traditional grocery store.

#### Experience eating with the season.

Immerse yourself in the mountain seasons with anticipation and appreciation—tender greens in the spring and the first tomato of summer.

#### Try new things.

Let the farmer's harvest introduce you to new recipes and reconnect with old favorites.

#### Encourage a healthy lifestyle.

A weekly box of fresh produce gives you ample opportunities to infuse your diet with a wide variety of vegetables and fruits and do more cooking at home.

#### Support what you value.

Your commitment and financial support keeps farmers farming and preserves working farms, strengthening our capacity to build a food system that supports the wellbeing of our communities.

	CSA FARMS AND PRODUCTS	veggies	fruits	meats	eggs	flowers	season x
NC SMOKY	51 Candy Mountain Farm						
MOUNTAINS	53 Darnell Farms						
ay, Graham, Haywood, Macon, Swain counties	53 Deal Family Farm						
	71 Winding Stair Farm and Nursery						
C SOUTHERN	49 Bearwallow Valley Farms						
MOUNTAINS	49 Bee-utiful Farm and Garden						
Henderson, Polk,	50 Blue Meadow Farms						
Transylvania counties	67 Revis Farms						
	68 Sideways Farm & Brewery						
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