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January–March, 10 am–1 pm

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www.motherearthfood.com
LOCAL FOOD GUIDE

This is your definitive guide for discovering local food in the Southern Appalachian region, brought to you by ASAP (Appalachian Sustainable Agriculture Project). Use the listings to find Appalachian Grown™ farms and farmers markets, plus partner restaurants, artisan food producers, grocery stores, and other businesses that are committed to sourcing locally. Learn more about Appalachian Grown and what we mean by local on page 8. The companion online guide at appalachiangrown.org is updated throughout the year and includes more listings, details, and search capabilities.

Throughout this guide you will find opportunities to connect with local food and farms, this community, and each other. The local food movement is all about building these connections and finding a sense of place. Whether you come to the table to support working farms, taste fresh food at the peak of the season, or meet your neighbors, you are welcome.

Local food is directly tied to economic, social, and physical health. Recent years have shown us how interconnected individual and community health are. Our choices matter! Visiting farms, shopping at farmers markets, sharing recipes, or participating in a CSA (Community Supported Agriculture) encourages us to eat more fresh fruit and vegetables, get outside, and cook together with friends and family. These simple acts have the potential to make us healthier and happier, while also supporting strong farms and thriving local food economies. We’re calling this vision “Farm Fresh for Health,” and are using it to approach ASAP’s work.

We hope you experience some of this as you use this guide to learn about and connect with local food and farms in our region.

On the Cover: Salvador Moreno and his son on Moreno Family Farm in Clay County, NC. Photo by Camilla Calnan Photography.

All photos were taken in the Southern Appalachians. We appreciate all of the photo contest submissions, volunteer photographers, interns, and ASAP staff who contributed.

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.

©2022 ASAP. ASAP’s Local Food Guide is an annual publication with a distribution of 100,000 copies.
Twenty years ago, when ASAP published the first *Local Food Guide*, we listed 58 farms, 32 tailgate markets, and 19 restaurants sourcing local ingredients. Today, the online *Local Food Guide* includes more than 800 farms, more than 100 markets, and more than 200 restaurants. The first guides were also limited to Western North Carolina, whereas today ASAP’s Appalachian Grown region encompasses parts of Virginia, Tennessee, Georgia, and South Carolina.

Browsing through the early editions, you’ll spot a few familiar names. Some of these—including B&L Organic, Full Sun Farm, Green Toe Ground Farm, Hickory Nut Gap, Jake’s Farm, and Thatchmore Farm—are still regulars at area tailgate markets. And while many farms and businesses from the original guide have ceased operations, others have transitioned to new structures or new operators. Catch up with a few “then and now” snippets in the sidebar on the following page.

The effort that would eventually become ASAP started in the mid-1990s with a small group of farmers and agriculture supporters working to prevent farm loss in Western North Carolina. For more than a century, tobacco had been the region’s most important crop, especially in Buncombe and Madison counties. But dramatic changes were coming to federal tobacco programs and subsidies that could potentially decimate small farms in the region. Around the same time, apple growers in Henderson County were grappling with the closure of the Gerber plant, which since 1959 had been the primary processor for the area’s significant apple crop.

Defined and constrained by the mountains, farms in our region are small—more than half have fewer than 50 acres. They are half the size of the state average and a quarter of the size of the national average. Farms here couldn’t grow at the scale needed to serve national or global markets or grow large-scale commodity crops like corn and soybeans.

ASAP’s founders saw a solution in local food. Farms could transition to growing or producing for direct markets, like tailgate markets, farm stands, Community Supported Agriculture, and u-pick, as well as for local retail markets, like groceries and restaurants. In 2000, ASAP launched the Local Food Campaign to raise awareness about agriculture, educate consumers about the benefits of buying local food, and create viable market alternatives.
Connect with ASAP!

Find Us Online

asapconnections.org is the primary home for ASAP’s work, including programs for farmers, food system resources, Local Food Research Center, and ways to discover and connect with local food and farms.

appalachiangrown.org is the online Local Food Guide, with more than 1,500 food and farm listings and advanced search options, as well as a wholesale directory.

growing-minds.org is the home of our Growing Minds farm to school work, with lesson plans and resources for educators, children’s literature database, kid-friendly local food recipes, and more.

Subscribe to Our Newsletters & Listserv

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

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

Weekly Farmers Market Report on what’s fresh at Buncombe County markets, community events, and local food news

Asheville City Market sends a weekly vendor list for ASAP’s Saturday morning farmers market

ASAP’s Listserv is a weekly digest of community events and classified ads related to food and farms

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 to connect with ASAP’s services and be listed free online, with the opportunity to be included in the next printed edition of the Local Food Guide.

Make the Local Food Guide Possible!

Your support makes a difference! ASAP produces and distributes this free guide so that you can find local food and farm connections in your community. Together, we all benefit from a vibrant local food economy. To make a secure donation, visit asapconnections.org or mail a check to ASAP, 306 W. Haywood St., Ste. 200, Asheville, NC 28801. Donations are tax deductible. ASAP is a 501(c)(3) nonprofit organization. For more information on sustaining ASAP’s work, contact Nora Scheff at giving@asapconnections.org.
Then and Now

The first Local Food Guide was published 20 years ago. Catch up with updates from a few of the farms and restaurants listed in the original publication and still going strong today.

In 2002, William Shelton was operating a small, diversified farm with tomatoes, strawberries, peppers, squash, half runner beans, and greenhouse lettuce as the fourth generation to farm his family’s land in Whittier, NC. Today Shelton Family Farms grows hydroponic bibb lettuce and tomatoes for Ingles and other major retailers in the region.

Going back to 1980, John Roland was farming 16 acres of Certified Organic wholesale produce and flowers at R Farm in Weaverville, NC. Today Hannah Jeske and Quail Romano, who have worked with John for years, have taken on the farm business.

Aaron Grier—now co-owner of Gaining Ground Farm—appeared in the original Local Food Guide as the farm manager for Mulberry Gap Farm in Marshall, NC. He later met his wife, Anne, also a farmer, and combined forces to start Gaining Ground, which is now an important supplier for area restaurants in addition to selling at farmers markets, at their farm stand, and through a large CSA.

Farmer Annie Louise Perkinson first appeared with Trout Lily Market, which she co-founded with Susan Bost in 1998. Annie stepped down from Trout Lily a few years later to focus on Flying Cloud Farm (which, in the 2002 guide, was called Hickory Nut Gap Farm–Organic Market Gardens). Today Trout Lily has new owners and continues to be an important community grocery and deli sourcing from area farms.

Founded in 1979 by chef Mark Rosenstein, The Market Place Restaurant stands out in the 2002 guide for calling itself “a downtown destination for more than 20 years.” Today’s chef and owner, William Dissen, has continued the tradition of featuring local seasonal product on the menu and recently celebrated the restaurant’s 40th year in business.

The Biltmore Estate restaurants have been serving local products for more than a century. The 2002 guide mentions their estate-grown fruits and vegetables and Biltmore lamb and beef. Today Biltmore restaurants source from a variety of local farms and consistently participate in ASAP’s annual Grower-Buyer Meetings to connect with new growers.
This publication is made possible with support from:

**DOGWOOD HEALTH TRUST**

[Logo]

**Asheville Regional Airport**

[Logo]

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Certified Local

Appalachian Grown™ 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. The Appalachian Grown region is made up of the 60 counties located within 100 miles of Asheville, NC, the market center. The Appalachian Grown brand supports family farms and offers a sense of place and a context to the story behind our food.

appalachiangrown.org
SMM Farm and Moreno Family Farm: Rediscovering the Past

Shortly after signing the papers on their dream farm property in Hayesville, NC, Salvador and Alyssa Moreno took a walk with their kids, ages six and four. They found what turned out to be an old American hazelnut variety. “I said, ‘I think it’s poisonous and it will definitely kill us,’” laughs Salvador. “But we looked it up, and it was right there in the book.”

Discoveries like these on their new land—which have also included scuppernong vines and persimmon trees—are energizing the Moreno family as they take a regenerative approach for Moreno Family Farm.

“I’ve grown up doing conventional farming my whole life,” says Salvador. “You’re bending Mother Nature under an iron fist and wondering why we get our butts kicked every year. The system that we’re trying to use here feels like an innovation, but it’s how agriculture happened 100 years ago. Things like compost teas and cover crops aren’t new, but I’ve never heard of them used on a commercial scale. That’s exciting to me.”

For the past two decades, Salvador has farmed alongside his father at SMM Farm, growing staple crops like tomatoes, corn, beans, and strawberries for a wholesale broker as well as retail at their fruit stand. Salvador Sr.’s farming roots stretch back to his childhood in Guanajuato, Mexico, where he herded goats. He came to the U.S. in 1977 and farmed seasonally around the country before settling near Bryson City, NC, in the mid-1990s with his wife, Jesus, and two sons. In 2004, he found a large piece of land for lease in Hayesville, near the Georgia border, and he established SMM Farm.

A New Farm Vision

As they work to get Moreno Family Farm up and running, Salvador and Alyssa will continue to be a part of SMM Farm, which is five minutes up the road from the new property. They’ll use the fruit stand as a base of operations and share equipment with Salvador Sr. They’re also looking for ways to make their own vision complement the existing farm, from focusing on perennial crops, like asparagus and cane fruits, to filling niches missing in the current fruit stand lineup.

“Anything that Senior is already doing, we don’t want to mess with,” says Alyssa, who manages the fruit stand. “Strawberries tend to go through June, but after that don’t have any fruit for customers or restaurants
until watermelons and cantaloupes. We’re hoping to fill that in with a few things, like paw paw, apples, peaches.”

They’ll also introduce heirloom varieties that might appeal to some of the fruit stand’s newer customers—and maybe win over some old customers used to more traditional vegetables. “There’s an heirloom carrot from Uzbekistan, which is straight yellow, with a fruity, sweet flavor,” says Alyssa. “We’ll see how people feel about a yellow carrot.”

Population growth and shifting demographics in Clay County have brought in customers who ask more questions about how the food is grown, sometimes with preconceived ideas about organic versus low-spray practices.

“At end of the day Senior is still a commercial farm and he has to be able to sell to a wholesaler,” says Alyssa. “But we have an opportunity to talk about what a commercial operation looks like and what a regenerative operation looks like. The more customers ask questions and the better you are able to answer, the more relationship you are able to have. Other fruit stands don’t have those relationships.”

Preserving the Land

Changing customer tastes are one challenge that the Morenos have responded to in recent years. But the bigger obstacle, says Alyssa, is weather.

“It’s been shifting for the past 15 years or so and getting worse,” she says. “Farming is always working with Mother Nature, but this is that to an extreme. We’re not getting the colder winters now and we see serious production issues through the year. Crazy pests come in. We’re hit by drought really hard, then a deluge, but that’s all the rain you’re going to get for the year. Plants have a hard time keeping up.”

All of this plays into the decision to use more regenerative practices for Moreno Family Farm. As much as possible, they want to work with Mother Nature, not against her. That means encouraging the native plants and trees they’re finding on the property—including some that would be considered weeds on a conventional farm, but play a role in soil health. Instead of clear cutting 10 wooded acres, they’ll use it for mushroom production.

“We’re trying to educate ourselves on how we did it in the past,” says Salvador. “My dad used to talk about growing peas and beans in the corn so you didn’t have to trellis. It saved work. Now that we have more education on what happens in soil, we know legumes are wonderful at drawing up nitrogen, so nitrogen-heavy plants like corn and wheats just love it to death. They were doing some really cool, advanced, regenerative practices and had no idea about it. That’s part of my excitement.”

So is the idea that he can pass that knowledge, as well as the land, on to his children, continuing the multigenerational farming legacy. Since SMM Farm’s land is leased, there is always some uncertainty about the future.

“This is a life preserver for us,” says Alyssa. “Doing it on our own land gives us that much more of benefit. We’re able to preserve something for our family.”

They’re also able to preserve farmland in Clay County, which has become a bigger concern as they’ve watched similar tracts become RV parks or housing subdivisions. Being able to raise their kids beside them is also a huge incentive to keep farming. “They’re out there, playing with bugs, seeing how things grow, and I get to see that,” says Alyssa.

Ten years ago, Salvador and Alyssa bought a house on Jarrett Road, which winds along pastureland parallel to the Hiwassee River. At one time, the land all belonged to a single farm, but has been broken up over time. The dream, they said to each other at the time, was to someday own the whole road, in order to preserve it as farmland. “It is beautiful and wholesome and we want our kids to see it that way in the future if we can,” says Alyssa. The new farm property sits on 30 acres, right across the street from their house, bringing that dream just a bit closer to reality.
WHY BUY LOCAL?
Our Choices Matter.

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.

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.

Strengthen community ties. Purchasing products made or grown by our neighbors builds relationships. These relationships create opportunities for greater civic engagement.

Support our health. Shopping for local food is a way to be mindful about how we eat. We’re more likely to cook for ourselves and eat more whole, unprocessed foods, especially fruits and vegetables.

Create the food system we want. When we choose 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 farmers can keep farming. This helps to preserve our mountain landscape and unique Appalachian culture.

As part of ASAP’s new Farm Fresh Produce Prescription, healthcare providers can prescribe a trip to the farmers market or local produce through a delivery service or CSA box.

Find out more at asapconnections.org.

Connecting kids to where food comes from.
Supporting educators and communities.

• Funding for farm to school projects
• Free seeds for school gardens
• Seasonal lesson plans, activity guides, recipes, and children’s literature
• Resources and training for university and community college programs
• Farm to Preschool Toolkit (aligned with Early Childhood and Infant/Toddler Environment Rating Scales)

Learn more at growing-minds.org.
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Our Choices Matter.
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Supporting the region’s best agriculture for farmers & food producers to deliver the highest quality products to consumers & businesses.

WNC Farmers Market: 24/7, 361 days a year
Market Shops: 7 days a week, 8 am-5 pm
Wholesale and Truck Sheds: 7 days a week

570 Brevard Road, Asheville NC 28806
(828) 253-1691

appalachiangrown.org
Local Food Guide 13
A trip to the farmers market is more than just a chance to pick up the freshest Appalachian Grown produce, meat, cheese, eggs, and artisan products possible. You’re building a healthier community and supporting your own wellness. You’re discovering new foods and committing to cook for yourself and your family. By buying directly from the farmers growing, raising, and producing food in our community, you build relationships, support family farms, and strengthen the local food economy. And you fill your market basket with the best food the mountains have to offer!

Some markets extend their seasons for the holidays 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.

Markets highlighted in green were listed in the original Local Food Guide, published 20 years ago.

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. 64 W., across the street from the Shops of Brasstown.

Franklin Farmers Tailgate Market
Franklin, NC
Sat., 8 am-12 pm, Apr.-Oct., 10 am-noon, Nov-Mar.
Parking lot between 226 and 268 E. Palmer St. across from Drake Software.

Graham County Farmers Market
Robbinsville, NC
Sat., 8 am-12 pm, May-Nov.
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.
828-655-5305
waynesvillefarmersmarket.com
HART Theater/Shelton House (Museum of NC Handicrafts) parking lot at 250 Pigeon St./Hwy. 276 S.

Jackson County Farmers Market
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.
villagegreencashiersnc.com/about-the-village-green
The Village Green Commons, 160 Frank Allen Rd. next to the Cashiers post office.

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

Smathers Farmers & Public Market
Canton, NC
Thu., 3:30-6:30 pm, May-Oct.
207-400-2901
greeneaglecanton.com/smathers-farmers-public-market
118 Main St. in the Smathers & Smathers Law Office parking lot.

The ‘Whee Market
Cullowhee, NC
Tue., 3-6 pm, year-round

In addition to accepting SNAP/EBT, some markets also offer SNAP incentives, such as Double SNAP or Double Up Food Bucks. Programs vary; check with individual markets to confirm details.
**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.

**Etoawah Lions Farmers Market**
Etoawah, NC
Wed., 3-6 pm, May-Oct.
252-495-2808

Located at 447 Etoawah School Rd.

**Flat Rock Farmers Market**
Hendersonville, NC
Thu., 3-6 pm, Apr.-Oct.
828-595-2222

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 Ave.

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

Historic Train Depot downtown at 650 Maple St.

---

**HENDERSONVILLE FARMERS MARKET**
HISTORIC SEVENTH AVENUE DISTRICT

Saturdays, 8am – 1pm, May through October
30+ local vendors every Saturday
Live music, kid’s activities and cooking demos
Double your SNAP/EBT dollars

hendersonvillefarmersmarket.com

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Use your SNAP/EBT card to buy farm-fresh food at participating farmers markets. Look for the EBT icon next to the market name. Some markets offer SNAP incentives like Double SNAP or Double Up Food Bucks. These are noted with a + sign next to the EBT icon. Find out more at asapconnections.org/snap or ask at your market’s information booth.
Mills River Farm Market  Bills River, NC
Sat., 8 am-12 pm, May-Oct.
828-891-3332
The parking lot of Mills River Elementary School, 94 School House Rd.

Saluda Tailgate Market  Saluda, NC
Fri., 4:30-6:30 pm, May-Oct.
828-894-2281
polkcountyfarms.org
Parking lot on W. Main St.

Saluda Winter Market  Saluda, NC
2nd & 4th Sat., 9 am-12 pm, Nov-Apr.
828-894-2281
polkcountyfarms.org
Downtown at the Saluda Center next to the Thrifty Barn at 64 Greenville St.

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.

Yadkin Valley Marketplace  downtown North Wilkesboro
Late April — September
Saturdays 7:30 am-noon
Tuesdays 3:30-5:30 pm

Ashville City Market  Asheville, NC
Sat., 9 am-12 pm, Apr-Dec.,
10 am-1 pm, Jan-Mar.
828-348-0340
ashevillecitymarket.org
N. Market St., between Woodfin and Walnut in downtown Asheville.

Appalachian Farmers and Artisan Market  Burnsville, NC
Wed., 3-6 pm, Apr-Oct.
theappfam.com
Between US-19 and W. Main St. at Homeplace Beer Company and Hog Hollow Wood Fired Pizza. Next to the garden in the grassy field.

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

Central Mountains, NC
Buncombe, Madison, Yancey counties

Asheville City Market  Asheville, NC
Sat., 9 am-12 pm, Apr-Dec.,
10 am-1 pm, Jan-Mar.
828-348-0340
ashevillecitymarket.org
N. Market St., between Woodfin and Walnut in downtown Asheville.

Appalachian Farmers and Artisan Market  Burnsville, NC
Wed., 3-6 pm, Apr-Oct.
theappfam.com
Between US-19 and W. Main St. at Homeplace Beer Company and Hog Hollow Wood Fired Pizza. Next to the garden in the grassy field.

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

Saluda Winter Market  Saluda, NC
2nd & 4th Sat., 9 am-12 pm, Nov-Apr.
828-894-2281
polkcountyfarms.org
Downtown at the Saluda Center next to the Thrifty Barn at 64 Greenville St.

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.
North Asheville Tailgate Market
Candler, NC
Sat., 8 am-12 pm, Apr.-Nov., 10 am-1 pm, Nov.-Dec.
828-484-6296
northashevilletailgatemarket.com
UNC Asheville, 3300 University Heights, parking lot P28. 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, Jan.-Apr.
radfarmersmarket.com
Plēb Urban Winery, 289 Lyman St.

Southside Community Farmers Market
Asheville, NC
1st Sun., 12-3 pm, May-Oct.
instagram.com/southsidecommunityfarm
Behind the Arthur R. Eddington Center in the parking lot next to the Southside Community Farm. Featuring all BIPOC vendors.

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North Asheville Tailgate Market
Candler, NC
Fri., 3-6 pm, Apr.-Oct.
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

Mars Hill Farmers & Artisans Market
Mars Hill, NC
Sat., 10 am-1 pm, Apr.-Oct.
828-484-6796
marshillmarket.org
College St. on the campus of Mars Hill University.

Enka-Candler Tailgate Market
THURSDAYS
3-6PM
MAY- OCT
Come See Us!
College St., MHU campus
linktr.ee/marshillfarmersmktnc
Saturdays 10-1
April-October
Offering Local Produce,
EBT/SNAP/credit cards accepted.

Enka-Candler Tailgate Market
THURSDAYS
3-6PM
MAY- OCT
SUPPORTING LOCAL FARMS AND FAMILIES
Come See Us!
Shopping at our market not only supports local farmers, it also goes towards a diversity scholarship fund at Asheville Farmstead School
appalachiangrown.org
Sundays on the Island
Marshall, NC
Sun., 12 pm, Apr.-Oct.
Cross the river at the courthouse on Main St. in downtown Marshall and immediately turn right onto the island.

Weaverville Tailgate Market
Weaverville, NC
828-484-6796 weavervillemarket.com
New location at Weaverville Community Center, 60 Lakeshore Dr. Winter market January to March is inside the center.

West Asheville Tailgate Market
Asheville, NC
Tue., 3:30-6:30 pm, Apr.-Nov., 3:30-5:30 pm, Nov.-Dec.
westashevilletailgatemarket.com
718 Haywood Rd., in the parking lot of the Grace Baptist Church.

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-1 pm, May-Oct.
828-260-6159
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

Voted #1 Farmers Market in WNC
NorthAshevilleTailgateMarket.com
@northashevilletailgatemarket
Holiday Bazaar late Nov-Dec, 10am-1pm

Weaverville Tailgate Market
Wednesdays 3-6 pm
Weaverville Community Center
60 Lakeshore Dr.
WeavervilleMarket.com
parking lot, 202 S. Center St. Handicapped restroom available.

**Historic Marion Tailgate Market**
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.

**Rutherford County Farmers Market**
Forest City, NC
Sat., 8 am-12 pm, Apr.-Oct., 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. Winter market runs on 1st and 3rd Saturdays November to March, except January which will run 3rd and 5th Saturdays.

**Town of 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 Farmers Market**
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., 3:30-6 pm, Apr.-Oct.
averycountyfarmersmarket.net
On the lawn in front of the old Banner Elk Elementary School on Shawneeaw Ave.

**Bakersville Main Street Farmer's Market**
Bakersville, NC
Sat., 9 am-12 pm, May-Nov.
704-819-0729
On Crimson Laurel Way (US Hwy. 226), between Maple St. and Hemlock Dr., across from the Creek Walk.

**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.

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**Yancey County Farmers' Market**
Downtown Burnsville, NC
Seasonal Produce
Jams and Jellies
Pasture Raised Meats and Eggs
Local Crafts
Cheese
Pastries

**Gluten Free Baked Goods**
**Fresh Seasonal Flowers**
**Mushrooms**
**Plants**
**Honey**
**Garden Starts**
**Live Music**

Find us each Saturday from mid-April through mid-November 8:30 AM (9AM Oct and Nov) to 12:30 PM each Saturday Rain or Shine!

 Located on the SW corner of Main St in historic

www.facebook.com/yanceymarket
**Boone Winter Farmers’ Market**  
Boone, NC  
Sat., 9 am-12 pm, Dec.-Mar.  
828-386-1537  
farmersmarkets.brwia.org

On the corner of Main St. and Park Ave.

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

In front of the Watauga County Social Services building just off King St.

**Watauga County Farmers’ Market**  
Boone, NC  
Sat., 8 am-1 pm, Apr.-Oct., 9 am-1 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

**Lavonia Farmers Market**  
Lavonia, GA  
Wed. & Sat., 7-11 am, year-round  
706-356-1926

1269 E. Main St., across from the gazebo in downtown.

**Union County Farmers Market**  
Blairsville, GA  
Sat., 8 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 Kyle 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.

**Clemson Farmers Market**  
Clemson, SC  
dates and hours TBA  
864-654-1200  
clemsonfarmersmarket.org

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

**Foothills Heritage Market**  
Seneca, SC  
Sat., 8 am-12 pm, May-Nov., Tue.,  
Jun.-Aug.  
864-247-7843  
farmoconee.org

2063 Sandifer Blvd. in Seneca, off Hwy. 123, just east of intersection of Hwy. 11/ 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-Aug.  
864-237-3644  
Across from the Depot downtown,  
111 N. Trade Ave.

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.

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.

Walhalla Farmer’s Market  
Walhalla, SC  
Wed. & Fri., 7 am-12 pm, Jun.-Aug.  
864-977-0222  
In the parking lot of the Walhalla Performing Arts Center at 101 E. North Broad St.

TENNESSEE

Dandridge Farmers’ Market  
Dandridge, TN  
Sat., 8 am-12 pm, May-Oct.  
865-397-7420  
Corner of Gay and Meeting St.

Depot Street Farmers’ Market  
Greeneville, TN  
Sat., 9 am-1 pm, May-Oct.  
423-525-2621  
depotstreetfarmersmarket.com  
Greene County Partnership parking lot, 115 Academy St.
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, May-Oct.
423-467-5327
johnsoncityfarmersmarket.org
Located at the pavilion in downtown Johnson City.

**Johnson County Farmers Market**
Mountain City, TN
Sat., 9 am-12 pm, May-Dec.
johnsoncountyfm.com
Located at the pavilion in downtown Johnson City.

**Jonesborough Farmers Market**
Jonesborough, TN
Sat., 8 am-12 pm, May-Oct.
423-753-2401
jonesboroughlocallygrown.org
Downtown Jonesborough behind the Washington County Courthouse.

**Main Street Marketplace**
Sweetwater, TN
Daily, 8 am-dark, year-round
423-337-6979
sweetwatertn.net
Downtown across from People’s Bank, 105 S. Main St. Vendors choose their own hours.

**Market Square Farmers’ Market**
Knoxville, TN
Wed., 10 am-1 pm, Sat., 9 am-1 pm, May-Dec.
865-805-8687
nourishknoxville.org
Historic Market Square in downtown Knoxville.

**Maryville Farmers’ Market**
Maryville, TN
Sat., 8:30 am-11:30 am, Apr.-Nov.
330 E. Broadway Ave. in downtown Maryville between Church Ave. and Broadway near CBBC Bank, Founders’ Square.

**Mountain Farm & Craft Market**
Mountain City, TN
Sat., 9 am-12 pm, Apr.-Oct., 11:30-1:30, Nov.-Apr.
423-281-2614
Schoolhouse Commons of Neva, 5500 Roan Creek Rd.

**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. & 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.

**Norris Farmers’ Market**
Norris, TN
Wed., 3-6 pm, Jun.-Nov.
865-498-3276
facebook.com/norrisfarmersmarket
In front of Norris Middle School.

**Nourish Knoxville’s Winter Farmers’ Market**
Knoxville, TN
Sat., 10 am-2 pm, Jan.-Mar.
865-805-8687
nourishknoxville.org
Historic Market Square in downtown Knoxville.

**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.
865-742-2558
whitepinea.com
Parking area next to Farrar Funeral Home at corner of Main St. and Walnut St. In White Pine.

**Townsend Farmers’ Market**
Townsend, TN
Sat., 9 am-12 pm, Apr.-Sep.
440-474-3712
fourdaughtersfarmtn.com
Trillium Cove Shopping Center, Hwy. 321/E. Lamar Alexander Parkway. Park at the Garden Center.

**VIRGINIA**

**Abingdon Farmers Market**
Abingdon, VA
Tue., 3-6 pm, Apr.-Sep.; Sat., 8 am-12 pm, Apr.-Oct.; Sat., 10 am-noon, Nov.-Dec., 1st & 3rd Sat., 10 am-12 pm, Jan-Mar.
276-620-4095
abingdonfarmersmarket.com
Corner of Remsburg Dr. and Cummings St.

**Independence Farmers Market**
Independence, VA
Wed., 4-6 pm, Fri., 9 am-1 pm, May-Oct.
276-768-0597
independencefarmersmarket.org
Across from the Historic 1908 Courthouse, 104 Courthouse St. Holiday market on Nov. 25 and Dec. 3.

**Wytheville Farmers Market**
Wytheville, VA
Sat., 8 am-1 pm, May-Oct.
276-620-4095
wythevillefarmersmarket.com
210 W. Spring St.
Winter Markets

January through March

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

FOOTHILLS
Rutherford County Farmers Market
Forest City, NC

HIGH COUNTRY
Boone Winter Farmers’ Market
Boone, NC

GEORGIA
Lavonia Farmers Market
Lavonia, GA

SOUTH CAROLINA
Hub City Farmers Market
Spartanburg, SC

TENNESSEE
Main Street Marketplace
Sweetwater, TN
Mountain Farm & Craft Market
Mountain City, TN
Nourish Knoxville’s Winter Farmers’ Market
Knoxville, TN

VIRGINIA
Abingdon Farmers Market
Abingdon, VA
Artisan Foods

Using techniques passed down for generations and across communities, 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 46 also create artisan products, such as cheese. Search all farms and artisan producers by product at appalachiangrown.org.

Carolina Honey Bee Company
864-610-2337
sales@carolinabeeco.com
carolinabeeco.com

We are a family-owned-and-operated business with deep roots here in the western Carolinas. 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.

Global Chef
404-906-3626
globalchefservice@yahoo.com
globalcheftc.com

Personal chef service featuring a weekly meal service. Also available for dinner parties and special events. We also make and sell Hellbender Hot Sauce. Local ingredients, global flavors!

Hickory Nut Gap Farm
828-628-1027
sales@hickorynutgap.com
hickorynutgap.com

Hickory Nut Gap is both a working farm and a meat wholesaler in Fairview, NC. Family-owned since 1916, today we are a leading brand for regeneratively raised, 100-percent grassfed beef, pasture-raised pork, and pasture-raised chicken in NC and the southeast.

Eat More Bakery
828-713-5222
eatmorebakery@gmail.com
eatmorebakery.com

Eat More Bakery specializes in gluten-free breads and pastries. We welcome individual and wholesale customers. We feature eggs, fruits, and veggies from local farms including Farside Farm, New Moon Organic Farm, McConnell Farm, and Myseanica Farm.

Gypsy Queen Cuisine Deli, Market, Food Truck
828-575-2758
suzy@gypsyqueencuisine.com
gypsyqueencuisine.com

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

Mount Gilead Farm and French Broad Creamery
828-515-0120
mtgileadfarm@gmail.com
mtgileadfarm.com

Mount Gilead Farm and its French Broad Creamery offer a variety of fresh, bloomy-rind, and aged goat cheeses, as well as berry jams and cajeta (Mexican goat-milk caramel sauce). The farm also offers farm stays and farm tours.
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. Farm tours and cheese tastings are available by appointment.

Sideways Farm & Brewery
828-595-3445
sidewaysfarm@gmail.com
sidewaysfarm.com

Small 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 Jun kombucha, u-pick flowers, and farm animals.

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.

Stickboy Kitchken
828-265-4141
lisa@stickboybread.com
stickboybread.com

Visit Stick Boy Kitchen for a sit-down breakfast and lunch, offering sandwiches, quiche, and soups. Our original bakery offers fresh-baked breads, pastries, cakes, and pies. Both locations offer a full espresso bar and smoothies.

Sugar Skull Hot Sauce
704-609-4002
rob.d@sugarskullhotsauce.com
sugarskullhotsauce.com

Sugar Skull Hot Sauce is truly where flavor meets heat! Our sauce is handmade in small batches, featuring a mix of fiery hot peppers and aromatic vegetables balanced with a perfect blend of spices and a hint of sweet fruit flavor.

Vandele Farms on Cedar Creek
828-625-0979
kat@vandelefarms.com
vandelefarms.com

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

Well Seasoned Table
828-365-8801
info@wellseasonedtable.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.
Groceries highlighted in green were listed in the original Local Food Guide, published 20 years ago.

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. Shopping for local foods also fills your cart with whole, unprocessed foods that made only a short trip to the grocery shelves. Look for Appalachian Grown signage and logos throughout the stores listed here—and if you don’t see them, ask! When you advocate for locally grown products in the aisles, you help create change throughout the entire food system.

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, beer, mead, wine, health and beauty, soaps and essential oils, and of course, our own Bee Well Honey!

Belue Farms Natural Market
3769 Parris Bridge Rd., Boiling Springs, SC
864-578-0446
market@beluefarms.com
beluefarms.com

Open all year with organic groceries, fruit, and vegetables. Source grassfed beef from Belue Farm, raw milk, pastured meats and eggs, wild-caught seafood, cheeses, gluten-free products, and a wide variety of supplements to support a healthy lifestyle.

Food Matters Market
1 Market St., Brevard, NC
210 Avery Ave., Morganton, NC
828-885-3663
marketing@foodmattersmarket.com
foodmattersmarket.com

Locally owned markets offering a wide variety of fresh, natural, and organic foods, an amazing selection of beers and wines, a great lunch menu, vitamins, supplements, and more. Quality meat, seafood, produce, honey, eggs, and dairy sourced from local farms.

French Broad Food Co-op
90 Biltmore Ave., Asheville, NC
828-255-7650
info@frenchbroadfood.coop
frenchbroadfood.coop

Asheville’s only community-owned natural foods grocery. Organic and local produce, groceries, body care, vitamins, beer and wine, bulk items, and much more! Serving our community since 1975! Offering Double Up Food Bucks. Inquire for more info.

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!

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. We strive to feature as many local offerings as possible.

**Mills River Creamery & Dairy**  
4193 Haywood Rd., Mills River, NC  
828-891-4007  
millsrivercreemery@gmail.com  
millsrivercreemery.com  
We retail and wholesale locally produced milk in gallon and half-gallon 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.

**Mother Earth Food**  
29 Hawk Hill Rd., Asheville, NC  
828-275-3500  
customer care@motherearthfood.com  
motherearthfood.com  
Mother Earth Food curates the healthiest organic food from local farms and food artisans for weekly delivery to families in the Asheville area. It’s like a farmers market delivered to your door!

**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  
Locally owned market and deli dedicated to supporting local farms and artisans. We offer top-quality natural and organic groceries, wine, local beer, and craft beverages, 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  

**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. We sell only organic produce. In-store shopping seven days a week, 10 am-5 pm.
Behind the scenes, area wholesalers and distributors connect the dots between hundreds of farmers and area restaurants, caterers, grocery stores, artisan producers, and consumers. 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 products by the bushel or create custom collections delivered to your doorstep. Discover more at appalachiangrown.org.
Mother Earth Food
29 Hawk Hill Rd., Asheville, NC
828-275-3500
customercare@motherearthfood.com
motherearthfood.com

Mother Earth Food curates the healthiest organic food from local farms and food artisans for weekly delivery to families in the Asheville area. It's like a farmers market delivered to your door!

Mountain Food Products
Asheville, NC
828-255-7630
local@mountainfoodproducts.com
mountainfoodproducts.com

Mountain Food Products has been working with local farmers since 1984 to help distribute products to the Asheville community. We offer wholesale distribution to restaurants and retail establishments as well as a multi-farm CSA program.

Sow True Seed
Asheville, NC
828-254-0708
info@sowtrue.com
sowtrueseed.com

Sow True Seed is an open-pollinated, non-hybrid, GMO-free veg, herb, and flower seed company specializing in heirloom, organic, and traditional Southern Appalachia varieties. It is our mission to encourage seed saving for a resilient food system.

TRACTOR Food and Farms
Burnsville, NC
828-536-0126
info@tractorfoodandfarms.com
tractorfoodandfarms.com

We're a group of more than 60 small family farms providing a diverse selection of quality local produce to individuals, restaurants, and grocery stores and those in need. We also offer a CSA.

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 teasers!

www.livingseedcompany.com
Restaurants

Savoring the combination of a chef and a farmer’s hard work and talent 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 businesses. Search restaurants by location at appalachiangrown.org.

SMOKY MOUNTAINS, NC
Cherokee, Clay, Graham, Haywood, Jackson, Macon, Swain counties

Guadalupe Cafe
606 W. Main St., Sylva, NC
828-586-9877
guadalupecafe.com
Open since 2004, Guadalupe is beloved for our quirky marriage of global food traditions prepared using local ingredients...like curried goat, fried okra spears, pasture-raised burgers, stuffed avocado, samosas, housemade organic desserts, and more.

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
Offering 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 Purple Onion
16 Main St., Saluda, NC
828-749-1179
thepurpleonionsaluda@gmail.com
purpleonionsaluda.com
Located in historic Saluda. We feature a variety of Mediterranean and regionally inspired dishes utilizing local trout, meats, and produce; locally roasted coffees; and a great selection of sustainably produced wines and craft beers.

The Rural Seed Restaurant
322 E. Mills St., Columbus, NC
828-802-1097

Restaurants highlighted in green were listed in the original Local Food Guide, published 20 years ago.
We provide the people of our community with food, pastry, and breads which are made by hand with care and attention to quality, using the freshest ingredients. We source from Colfax Creek Farms, Caitlyn Farms, and Headwaters Market Garden.

**Season’s at Highland Lake**
86 Lily Pad Ln., Flat Rock, NC
800-635-0287
\[email protected]\\hliresort.com\\hliresort.com/seasons

Where historic charm meets contemporary cuisine. Located in historic Flat Rock, our seasonal menus highlight the taste of fresh, sustainably sourced ingredients, offering a true culinary experience. Award-winning wine list and seasonal craft cocktails.

**Sierra Nevada Brewing Co. Mills River Taproom and Restaurant**
100 Sierra Nevada Way, Mills River, NC
828-681-5300
millsrivertaproom@sierranevada.com
sierranevada.com/brewery/north-carolina/taproom

Western North Carolina is known for its love of food and passion for great craft beer. At our Mills River Taproom and Restaurant you’ll find an abundance of both. Artful, chef-driven food and farm-to-table dishes sourced mainly from local suppliers.

**Central Mountains, NC**
Buncombe, Madison, Yancey counties

**Baked Pie Company**
4 Long Shoals Rd., Ste. A, Arden, NC
828-333-4366
\[email protected]\\bakedpiecompany.com
bakedpiecompany.com

We are a locally owned bakery with two locations in Asheville. We are known for our pie flights. We buy local from Creasman Farms (apples, pears, and peaches) and we get our pecans from Sunnyland Farms in Georgia.

**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, hormone-free and antibiotic-free beef and lamb, eggs from free-range hens, and fine wines are supplied by the estate and incorporated into recipes.

**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 sauce, and all the fixins’ this side of the French Broad.

**SAVOR A YEAR OF BILTMORE**
when you purchase a new Annual Pass
at [biltmore.com/annualpass](http://biltmore.com/annualpass).

**Sample Your Benefits**
- Save on dining at a variety of estate restaurants.
- Bring friends to Antler Hill Village & Winery after 5 p.m.
- Enjoy savings on Biltmore wine purchased in our shops and online.
- Delight in special dining and wine events and much more!
Bistro—Biltmore Estate
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
information@theblackbirdrestaurant.com
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 Dream Curry House
81 Patton Ave., Asheville, NC
828-258-2500
james@bluedreamcurry.com
bluedreamcurry.com

Blue Dream Curry House is an international journey of flavor serving curries from around the world at an affordable price using high-quality, fresh, locally sourced ingredients. We pay a living wage to all our employees.

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 with an in-house bakery. The kitchen, run by chef Elliott Moss, offers local, pasture-raised hogs and produce from local farmers.

Cedric’s Tavern—Biltmore Estate
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 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!

Corner Kitchen
3 Boston Way, Asheville, NC
828-274-2439
talktous@thecornerkitchen.com
thecornerkitchen.com
Respect for the land is our heritage

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.
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.

Cúrate Bar de Tapas
13 Biltmore Ave., Asheville, NC
828-239-2946
info@curatetapasbar.com
curatetapasbar.com

Cúrate is a celebration 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
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 Dining Room at the Inn on Biltmore Estate
1 Lodge St., 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.

Early Girl Eatery—AVL Downtown
8 Wall St., Asheville, NC
828-259-9292
info@earlygirleatery.com
everalgirleatery.com

Early Girl serves a wide variety of delicious southern dishes that’ll please every palate. “Made from scratch,” with many ingredients acquired from local farmers, our menu reflects the creative diversity of true southern cooking.

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

Early Girl Eatery—AVL West
444 Haywood Rd., Asheville, NC
828-259-9292
earlygirleatery.com

Early Girl serves a wide variety of delicious southern dishes that’ll please every palate. “Made from scratch,” with many ingredients acquired from local farmers, our menu reflects the creative diversity of true southern cooking.

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—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-percent 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.

**Farm Burger—South Asheville**  
1831 Hendersonville Rd, Ste. 100, Asheville, NC  
828-575-2393  
farmburger.com

Farm Burger is defined by its farms and community. Our 100-percent 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.

**Food Experience Catering**  
1501 Patton Ave. Ste. 2, Asheville, NC  
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 take-out and prepared meals at our West Asheville location.

**French Broad Chocolate Lounge**  
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.

**Gan Shan West**  
285 Haywood Rd., Ste. 20, Asheville, NC  
828-417-7402  
info@ganshanwest.com  
ganshanwest.com

We focus on a diverse array of Asian comfort dishes in a relaxed neighborhood environment. From ramen to rice bowls, we invite you to dine in, eat at our outdoor courtyard, or take your food to go.

**Garden Deli/Snap Dragon**  
107 Town Square, Burnsville, NC  
828-682-3946  
gyuziuk@gmail.com  
garden-deli.com

We offer highest quality NY deli sandwiches and extravagant salads. Adjacent pub featuring local spirits and pub food on Burnsville’s Historic Square since 1987. Voted one of the best in 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 for dinner Wednesday to Sunday, 5-8 pm.

**Isa's French Bistro**

Our menu showcases the high quality produce grown in our region, along with locally raised and produced cheese and meats. We believe local food simply tastes better and sustains a healthy community.
Hemingway’s Cuba  
15 Page Ave., Asheville, NC  
828-417-6866  
info@hemingwayscuba.com  
hemingwayscubaasheville.com

Located on the fourth floor terrace of the Cambria Suites in downtown Asheville, Hemingway’s Cuba offers the perfect marriage of Cuban cuisine with Asheville flair.

HomeGrown  
371 Merrimon Ave., Asheville, NC  
828-232-4340  
homegrown@slowfoodrightquick.com  
slowfoodrightquick.com

We serve local food that is affordable, convenient, and delicious. Our menu is full of comfort foods, classics, and uniquely Asheville dishes with loads of fresh sides. Vegetarian, gluten-free, and catering offerings.

Isa’s French Bistro  
1 Battery Park Ave., Asheville, NC  
828-575-9636  
info@isasbistro.com  
isasbistro.com

Serving breakfast, lunch, and dinner, seven days a week, as well as weekend brunch, executive chef Peter Crockett created Isa’s menu to celebrate the freshness of Western North Carolina’s seasonal harvest and fresh local produce.

Ivory Road Cafe & Kitchen  
1854 Brevard Rd., Arden, NC  
828-676-3870  
jill@ivoryroadavl.com  
ivoryroadavl.com

We’re an independently owned restaurant, bakery, and tea room in Arden serving all-day breakfast and lunch, as well as a wide variety of homemade baked goods. We always make everything from scratch, in-house, and we also welcome custom cake orders.

La Bodega by Cúrate  
32 S. Lexington Ave., Asheville, NC  
828-630-0330  
info@kbr.email  
curatetapasbar.com

An all-day cafe, wine bar and Spanish market offering pastries and coffee, breakfast, casual lunch, pintxos, and classic Spanish dishes with local and seasonal sourcing.

Laughing Seed  
40 Wall St., Asheville, NC  
828-252-3445  
busoffice@laughingseed.com  
laughingseed.com

A completely vegetarian restaurant specializing in international cuisine with vegan, raw, and gluten-free options. We use predominantly organic and local produce whenever possible. Serving lunch, dinner, and Sunday brunch for 20-plus years and counting.

Limoness  
13 Eagle St., Asheville, NC  
828-575-9636  
limonesrestaurant@gmail.com  
limonesthesrestaurant.com

Around the corner from the Fine Arts Theater in downtown Asheville, we provide an inspirational mix of Mexican and Californian cuisine along with inventive bar selections served by a warm, professional staff.

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, seasonal, and sustainable cuisine, Posana sources unprocessed, premium ingredients from nearly 65 different local purveyors and farmers.

The Rhu  
10 S. Lexington Ave., Asheville, NC  
828-785-1799  
info@the-rhu.com  
the-rhu.com

The Rhu is downtown’s bakery, cafe, and pantry, located behind Rhubarb. Coffee, breakfast, lunch, pastries, wine, and beer are available alongside locally and regionally produced pantry goods and housewares for retail purchase.

Rhubarb  
7 SW Pack Square, Asheville, NC  
828-785-1503  
info@rhubarbasheville.com  
rhubarbasheville.com

Rhubarb is a comfortable place for friends, families, and strangers to simply lean in and enjoy the company. Menu is inspired by seasonal, local ingredients and pays homage to the bounty of regional and American cooking.

Stable Cafe—Biltmore Estate  
828-225-6370  
biltmore.com

Located in the historic stable area next to Biltmore House, Stable Cafe
YOU CAN’T REALLY
KNOW A PLACE
UNTIL YOU
ACTUALLY
TASTE IT.

Experience the delectable cuisine of Blue Ridge
located at The Omni Grove Park Inn.
Dine with us for farm-to-table buffets featuring
aged prime rib and fresh seafood.

OmniHotels.com/GrovePark
800-838-1766
Asap’s farm tour

September 17-18, 2022, 12-5 pm

ADVENTURE AWAITS
asapconnections.org
serves house-smoked 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, premiere 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.

**Trout Lily Deli & Market**
1297 Charlotte Hwy., Fairview, NC
828-628-0402
trottlilymarket@gmail.com
trottlilymarket.com

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

**Village Social at Village Hotel on Biltmore Estate**
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 overlooking the majestic Blue Ridge Mountains. The brasserie style format allows our chef to the flexibility to showcase the best local ingredients of each season.

**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 & go deli, and Sunflower Diner (vegan). Locally produced cheese, meat, eggs, beer, wine, grocery, and handcrafted items as well as natural medicine/herbs/supplements. Now offering Double Up EBT!

**HIGH COUNTRY, NC**
Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes counties

**F.A.R.M. (Feed All Regardless of Means) Cafe**
617 W. King St., Boone, NC
828-386-1000
programs@farmcafe.org
farmcafe.org

F.A.R.M. Cafe is a nonprofit, donate-what-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 to Friday, 11 am-2 pm.

**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. Enjoy wines made with fruit hand-picked from our vineyards and stop by our distillery for a sample of our award-winning spirits.

**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 to beef and duck, along with locally grown delicacies. We are known for the “best emu in the USA.”

**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. Enjoy wines made with fruit hand-picked from our vineyards and stop by our distillery for a sample of our award-winning spirits.

**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

For more information, visit: abtech.edu/SBC or call 828.398.7950
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 42–45) 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, hormone-free and antibiotic-free beef and lamb, eggs from free-range hens, and fine wines are supplied by the estate and incorporated into recipes.

Looking Glass Creamery
115 Harmon Dairy Lane, Columbus, NC
828-458-4715
andy@ashevillecheese.com
ashevillecheese.com

At heart we are a farmstead cheesemaker and dairy farm, but we also make ice cream, preserves, pickles, and hard cider to go along with our award-winning cheeses. Visit us at our original location in Fairview or the dairy and creamery in Columbus, NC.

The Omni Grove Park Inn
290 Macon Ave., Asheville, NC
800-438-5800
book.it@omnihotels.com
omnihotels.com/groveparkinnandining

The Omni Grove Park Inn, located just minutes from downtown Asheville, is one of America’s most celebrated resorts. The Inn offers panoramic mountain views, a Donald Ross–designed golf course, a world-class spa, and locally sourced restaurants.

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.
Local Wines

HANDCRAFTED SINCE 1895

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

BILTMOREWINES.COM
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.

**Pick** apples, berries, flowers, veggies, and more at farms across the region. Use the chart on page 73 to find u-pick farms by product.

**Farm Stands** range from self-serve sheds to year-round 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.
### SOUTHERN MOUNTAINS NC

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

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### SMOKY MOUNTAINS NC

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

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Plate photo by Hannah Furgiuele

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Plate photo by Hannah Furgiuele
### Central Mountains NC

Burke, Madison, Yancey counties

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### Foothills NC

Burke, Caldwell, McDowell, Rutherford counties

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### High Country NC

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

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*Photo by Colin Wiebe*
BORDER STATES

Georgia, South Carolina, Tennessee, Virginia

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<td>Old Rich Valley Farm</td>
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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.

Farms highlighted in green were listed in the original Local Food Guide, published 20 years ago.

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, eggs, cabbage, cauliflower, broccoli, peas, herbs, lettuce, kale, collards, apples, strawberries, blackberries, and blueberries.

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. Reservations are strongly encouraged.

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 pastured pork and beef. Find us at Watauga County Farmers’ Market, High Country Food Hub, or contact the farm directly.

805-490-5336  
theappalatinfarmstead@gmail.com  
theappalatinfarmstead.com

We are a farm and homestead located in the Appalachian Mountains of WNC practicing permaculture and regenerative agriculture. We grow nutritious fruit and vegetables,
including a variety of Latin peppers for our sauces and spices.

**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.

**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 year-round offering guided tours of our working alpaca farm.

**Apple House & Owenby Orchards**
Hendersonville, NC—Henderson Co. 828-685-9917
gregowenby@yahoo.com owenbysapplehouse.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 the hours.

**Apple Mill**
Saluda, NC—Polk Co. 828-749-9136
applemill@outlook.com ncapplemill.com

Apples, fresh cider, mulled cider, fruit butters and jams, and handmade wood gift boxes, magnets, cutting board, and other wood items. The farm kitchen and outlet store are located at exit 59 (Saluda exit) on I-26 and are open year-round. Closed on Tuesdays.

**Asimina Acres**
Mars Hill, NC—Madison Co. asiminaacres@gmail.com asiminaacres.com

A vegan-organic (veganic), no-till farmstead. We use mainly hand tools and little to no motorized equipment. We save open-pollinated seeds from the farm and sell online and at markets. Find our produce at Mars Hill, Yancey, North Asheville, and East Asheville farmers markets.

**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.

**B&L Organic**
Mills River, NC—Henderson Co. 828-489-9103
kmbarry24@gmail.com barryfarmsnc.com

Family-owned-and-operated farm with herbs, vegetable starts, succulents, and perennial plants. Field-grown production of cut flowers. Seasonal workshops and scheduled u-pick flowers. Farm stand hours and availability on website.

**Belue Farms Natural Market**
Boiling Springs, SC—Spartanburg Co. 864-578-0446
market@beluefarms.com beluefarms.com

Open all year with organic groceries, fruit, and vegetables. Source grassfed beef from Belue Farm, raw milk, pastured meats and eggs, wild-caught seafood, cheeses, gluten-free products, and a wide variety of supplements to support a healthy lifestyle.

**The Berry Farm**
Marshall, NC—Madison Co. 828-206-2056
pam@theberryfarmllc.com theberryfarmllc.com

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

**Black Dog Flowers**
Hendersonville, NC—Henderson Co. 828-699-9011
blackdogflowers@gmail.com blackdogflowers.com

We are a family-owned-and-operated flower farm in WNC. We sell locally produced flowers, fruits, vegetables, and more.
grown, pesticide-free flowers. Please visit us at the Hendersonville Farmers Market. CSA subscriptions and online ordering available.

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.

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

We are a small cut-flower farm and floral design studio. Our gorgeous sustainable blooms are available through our flower CSA, farmers markets, deliveries, wedding flower services, and on-farm workshops.

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.

Blue Ridge Blueberries
Spruce Pine, NC—Mitchell Co.
317-658-3259
blueridgeblueberries1@gmail.com
blueridgeblueberries.com

U-pick blueberry farm and art gallery. Available June to September.

Bluebird Farm
Morganton, NC—Burke Co.
farmer@bluebirdfarmnc.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.

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

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

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.

Brothers Honey
Franklin, NC—Macon Co.
828-200-7419
twobrothershoney@gmail.com
Find us on Facebook
We offer local wildflower honey and sourwood honey. Find us at the Swain County Farmers Market and Franklin Farmers Tailgate Market.

**Brown & Webb Farm**
Mars Hill, NC—Madison Co.
brownandwebbfarm@gmail.com
brownandwebbfarm.com
We are a family-owned-and-operated farm established in 1958. We farm more than 100 acres of cattle and hay fields nestled in the heart of WNC. USDA certified pasture-raised beef and farm fresh pasture-raised eggs.

**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.

**Caitlyn Farms Sustainably Raised Beef**
Mill Spring, NC—Polk Co.
828-894-0648
info@beefandbobwhites.com
beefandbobwhites.com
Grassfed beef grazed on native grasslands at the foot of the Blue Ridge Mountains! Check out our website to see our Regenerative Ranching and Wildlife-Conservation based land management practices! Better beef from happy cows!

**Candy Mountain Farm**
Murphy, NC—Cherokee Co.
828-494-2083
juhlin@peoplepc.com
12-month mixed vegetable production farm. Direct sales and Franklin Farmers Tailgate Market. No chemical pesticides or fertilizer used. Call or email for appointment prior to visit. Summer and fall CSA available on a limited basis.

**Cane Creek Asparagus & Company CSA**
Fairview, NC—Buncombe Co.
828-628-1601
cancreekcsa@gmail.com
cancreekcsa.com
100-percent of our family farm income is derived from our CSA. 100-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!

**Caney Fork Blueberry Patch**
Cullowhee, NC—Jackson Co.
910-308-0339
ericl@celtechinc.net
U-pick or we-pick blueberries, 15 varieties of northern highbush available from June to August. We practice organic methods using Holly-tone organic fertilizers. A sign at end of road means we are open. No sign means we are not open.

**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 the western Carolinas. 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.

**Chattoooga Belle Farm**
Long Creek, SC—Oconee Co.
864-647-9768
info@chattooogabellefarm.com
chattooogabelle.com
Sustainable 200-acre u-pick fruit farm offering over 20 kinds of fruit (including pawpaw), farm store, lunch bistro, grassfed Black Angus beef, eight wines, brandies, whiskey, 18-hole disc golf course, wedding, event venue, hardware/feed, and mountain views.

**Chilly Water Farm**
Sparta, NC—Alleghany Co.
336-703-7408
chillywaterfarm@gmail.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 summer. Skin care products derived from our bee hives. Honeybee education and tours by appointment. Proud land stewards.

**Coffey’s Orchard at Coffey Grounds**
Boone, NC—Watauga Co.
828-964-2645
nancynjerry@charter.net
Our small Century Farm sells apples in season. We do not allow u-pick and we do not accept credit or debit cards. Please call for varieties and quantities available and for directions. 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 NC apples. U-pick or we-pick apples. enjoy 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.
“What’s happening now with Dillingham Family Farm is what I hoped would happen—that our children would become more involved,” says Brenda Dillingham. “I can transition out of things and know that the farm will continue on and that the grandchildren will be a part of that one day. That’s really important to me.”

The Dillingham family’s history in the region dates back to the late 1700s. Dillingham Family Farms, in Barnardsville, NC, was historically a tobacco farm, which also produced some beef cattle and hay. These days, the land is stewarded by the eighth generation of farmers who bring with them new energy and ideas. That includes Brenda’s children, Justin and Jenna, along with Justin’s wife, Emily. They are carrying on the family tradition, but also diversifying their products, rebuilding the soil health, and continuing to serve their community, neighbors, and family.

“In our area, a lot of people were in beef cattle,” says Justin. “They sold them into the commodity system and then went to the grocery store and bought beef, which is kind of crazy. But that’s what happened all over the country. We’re still in the process, but we’d love to produce almost everything that we consume, as well as produce a whole range of products and sell it directly to customers, because the commodity system is so volatile.”

Twenty years ago, Dillingham Family Farms was still growing some tobacco, but was starting to sell grassfed beef and lamb, pork, chicken, and eggs, directly to their community. While that shift was related to the tobacco buyout in 2004, it was also driven by a desire to improve the health of their land.

“We were learning more, and saw more profit potential from other ventures, as well as the potential to improve our land, which has become more of a focus,” says Justin. “Tillage and especially tobacco cropping was something that had the potential to be very detrimental. But even at its best, it was not building the soil. We’re happy to be doing other things.”

Justin always knew he wanted to farm. He says, “I’m the oldest of my family, and so I was always helping my grandfather and father around the farm. I’ve always loved to work outside and work with animals as well as just be on the land. I’ve been fortunate enough to have a family situation where it was more feasible for me than perhaps others to farm.”

Jenna says it took her a bit longer to appreciate what the family shared on the farm. “I had more reluctance to go out and to help with the farm, but the older that I got, the more I understood about what the farm entailed and what it meant for our family. I’ve always had that draw to come back to the farm, and after two corporate jobs and other ventures, it’s become a reality.”

Emily, who manages the website and online store, first met Brenda at the Mars Hill Farmers & Artisans Market, where Emily sold baked goods. Eventually she met Justin as well, and they found they shared a common dream of farming, family, and growing healthy food. They now have four children, who also participate on the farm (the ninth generation).

“My grandpa always had beef cattle, so I was familiar with the idea of it,” Emily says. “I love the way people find farming and each other in the world.”

Emily was instrumental in launching the farm’s website in 2018. At first it mainly allowed a small number of customers to preorder and select a pickup location. But in 2020, in the early days of the COVID-19 pandemic, it became a lifeline.

“None of us knew what was going to happen in 2020 and ’21, but that ended up being a really good thing,” Emily says. “We were already set up to do online sales. We were really glad to be able to offer no contact delivery for our neighbors when they didn’t want to or couldn’t get out to the store or market.”
In addition to grassfed beef, pastured pork, free-range chickens, and laying hens, Jenna has planted a berry patch on the farm with strawberries, blueberries, and blackberries. The family is also selling value-added goods like elderberry syrup and homemade jam.

Justin says that they have had success as a family farm because they sell directly to consumers. Not only is this better for the farmer, but he says it’s better for the consumer, too.

“Most of our customers are people who are interested in local food that they can trust, animals that are playing, that are healthy, that they can actually go and look at the field where the cow came from and see that it truly is living on grass, outdoors in a pasture.”

To purchase from Dillingham Family Farms visit their online store, dillinghamfamilyfarm.com.
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.

Creekside Farm  
Arden, NC—Buncombe Co.  
creeksidefarmscsa@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.  
creeksongfarm@gmail.com  
creeksongfarm.com

We offer USDA-inspected grassfed beef, pastured pork, and a diverse selection of vegetables in the summer. We also offer soy-free non-GMO eggs. White Broad Breasted turkeys available seasonally. Visit our website to learn more about our online ordering.

Certified Quality Organics  
Farm to Table Fresh  
SERVING WHOLESALE

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 find us at the WNC Farmers Market.

Deal Family Farm  
Franklin, NC—Macon Co.  
828-524-5151  
joedalfarms@gmail.com  
dealfarms.com

We offer USDA-inspected grassfed beef, pastured pork, and a diverse selection of vegetables in the summer. We also offer soy-free non-GMO eggs. White Broad Breasted turkeys available seasonally. Visit our website to learn more about our online ordering.

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

We create final products from wild ginseng and cultivated goldenseal and provide native medicinal plants, seeds, and rhizomes. Visit our website to learn about workshops and overnight lodging opportunities.

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!

Encompass Farm  
Black Mountain, NC—Buncombe Co.  
330-800-8680  
farmervannah@gmail.com  
encompassfarm.com

We create final products from wild ginseng and cultivated goldenseal and provide native medicinal plants, seeds, and rhizomes. Visit our website to learn about workshops and overnight lodging opportunities.

Eagle Feather Organic Farm  
Marshall, NC—Madison Co.  
828-649-3536  
robert@ncgoldenseal.com  
ncgoldenseal.com

We create final products from wild ginseng and cultivated goldenseal and provide native medicinal plants, seeds, and rhizomes. Visit our website to learn about workshops and overnight lodging opportunities.

Encompass Farm  
Black Mountain, NC—Buncombe Co.  
330-800-8680  
farmervannah@gmail.com  
encompassfarm.com

We create final products from wild ginseng and cultivated goldenseal and provide native medicinal plants, seeds, and rhizomes. Visit our website to learn about workshops and overnight lodging opportunities.

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

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

Creekside Farm  
Arden, NC—Buncombe Co.  
creeksidefarmscsa@gmail.com  
creeksidefarmwc.com

Farming locally since 1951. We are a family farm producing a wide range of fruits and vegetables. Wholesale available.

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


Dillingham Family Farm  
Barnardsville, NC—Buncombe Co.  
828-230-2667  
emily@dillinghamfamilyfarm.com  
dillinghamfamilyfarm.com

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!

Encompass Farm  
Black Mountain, NC—Buncombe Co.  
330-800-8680  
farmervannah@gmail.com  
encompassfarm.com

Encompass Farm is a network of seven former urban yards. We are committed to Beyond Organic practices, 100-percent biodegradable packaging, and easy seasonal eating. Pick up your Custom Weekly Veggie Box from multiple locations around AVL!
English Farmstead Cheese
Marion, NC—McDowell Co.
828-756-8166
englishdairy@charter.net
englishfarmsteadcheese.com

We are a sixth-generation family-owned dairy farm producing cow’s milk cheeses. We have a farm store on-site Fridays and Saturdays, 10 am-4 pm, year-round.

Far Flung Farm
Canton, NC—Haywood Co.
803-237-4948
farflungfarm@gmail.com
farflungfarm.com

We are a family-owned farm located in Beaverdam Valley. We sell fresh-cut flowers and herbs, edible flowers, fruits, and eggs at this time. We offer Hipcamp, farmstand, and u-pick to those traveling in or through this area.

The Farm at Spring Creek
Greeneville, TN—Greene Co.
423-609-3304
info@thefarmatspringcreek.net
thefarmatspringcreek.net

We are 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.

The Farm Connection
Marshall, NC—Madison Co.
828-649-5055
office.thefarmconnection@gmail.com
thefarmconnectionmadco.com

We are a local, family-owned nursery and farm store specializing in edible, medicinal, and native plants. Seasonally we also carry fresh local produce, ice cream, herbal products, crafts, farm supplies, and more!

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 pick up 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 and specialize in old-fashioned southern pound cakes, locally roasted coffee, and more! Purchase online or come into our bakery housed in an 1832 farmhouse where we bake with 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 our eggs daily for over 20 years. All our feed is ground on our farm with no antibiotics or hormones added.

Fiddlesticks Farm
Alexander, NC—Buncombe Co.
828-575-6268
thefiddlesticksfarm@gmail.com
thefiddlesticksfarm.com

We are a small, mama-owned market farm in Alexander, NC, offering chemical-free produce and flowers year-round! We focus on sustainability in all we do and offer Farm Box subscriptions similar to a CSA but with more flexibility!

Finally Farm
Marshall, NC—Madison Co.
828-279-7007
cfinallyfarm@gmail.com
Woman-owned, organically maintained herb/succulent farm. Growing potted herbs, flowering annuals, and perennials. Products include 60 different varieties of succulents and succulent gardens. Sold at farmers markets and on-site at the farm.

**Fishel Organic Farm**
Grassy Creek, NC—Ashe Co.  
336-480-5440  
grct14@gmail.com

Located at 1461 John Halsey Rd. 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  
office@flourishflowerfarm.com  
flourishflowerfarm.com

We are a specialty cut-flower farm and boutique floral design studio in Asheville. We offer high-quality blooms to florists and businesses, through our CSA and farm stand, plus host on-farm workshops and private classes.

**Flower Riot Gardens and Nursery**
Weaverville, NC—Buncombe Co.  
828-645-7139  
flowerriotgardens@gmail.com

Sustainable flower, seed farm, and educational pollinator gardens, specializing in dried flowers and pollinator habitats. Fresh flowers available in limited quantity May to October.

**Flying Cloud Farm**
Fairview, NC—Buncombe Co.  
828-768-3348  
flycloudfarmnc@gmail.com  
flycloudfarm.net

Our sustainable growing 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.

**Fool’s Paradise Farm (Formerly Qualla Berry Farm)**
Hayesville, NC—Clay Co.  
828-389-3551  
quallaberryfarm@icloud.com  
foolsparadisefarm.com

Organically grown fresh baby ginger for sale in October and November; fresh organic turmeric for sale in November to January. Fresh rhizomes are sold by the pound, recipes included. Order forms and news about classes and events on our website.

**Foothills Nature Farm**
Glade Valley, NC—Alleghany Co.  
336-927-3211  
foothillsnaturefarm@gmail.com  
foothillsnaturefarm.com

Foothills Nature Farm is an ecologically oriented vegetable farm selling a variety of seasonal produce directly to customers through our online market and local farmers markets.

**The Forest Farmacy**
Marshall, NC—Madison Co.  
healing@theforestfarmacy.com  
theforestfarmacy.com

The Forest Farmacy is a 30-acre forest farm. We grow gourmet and medicinal mushrooms and woodland botanicals for sale at local farmers markets. We also provide mushroom cultivation supplies wholesale and teach classes regionally.

**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.

**Franny’s Farm**
Leicester, NC—Buncombe Co.  
828-708-5587  
info@frannysfarm.com  
frannysfarm.com

33-acre organic farm with lodging and cabins, weddings/private events, goat yoga, farm camp, and BARNAROO festival. Tour our gardens, visit the animals, and shop the farm store. Only 10 miles from downtown Asheville.
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.

Gibson Berry Farm
Greeneville, TN—Greene Co.
828-385-4442
gibsonberryfarm@gmail.com
gibsonberryfarm.com
A family-operated Certified Organic farm. We grow berries (blueberry, strawberry, blackberry, black raspberry), melons, ginger, and grain. We make elderberry syrup, vegan gummies, and stoneground flour. Find us at North Asheville Tailgate Market.

Gladheart Farm
Asheville, NC—Buncombe Co.
jeff@gladheartfarm.org
gladheartfarm.org
All are welcome at Gladheart Farm. Our farm market at 9 Lora Lane will carry our produce in season. We raise dairy goats and chickens using healthy, natural methods. You can come for a visit, see the goats, and tour the farm.

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. The 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 hand-painted, custom-spun yarn. By appointment only, visit the farm and shop to meet the goats and their kids and learn more about mohair and our process.

Good Fight Flowers
Marshall, NC—Madison Co.
803-414-7606
emily@goodfightflowers.com
goodfightflowers.com
We are a flower farm and plant nursery offering a variety of vegetable and cut-flower starts, potted edible perennials, native trees and ornamental shrubs, cut flowers by the bouquet, stem, or bucket, as well as wedding and event floral services. Open by appointment only.

Graised Pastures
Dandridge, TN—Jefferson Co.
865-484-4841
contact@graisedpastures.com
graisedpastures.com
Our mission is to provide our local community and region with ethically, humanely, and sustainably raised nutritious organic, GMO-free, soy protein-free, pasture-raised poultry. We offer both whole birds and parts. Transitioning to soy free in 2022.

Cherokee Fisheries and Wildlife Management makes sure our trout grow up big, strong, and ready to fight. For tournament schedules, licenses, and more:

VisitCherokeeNC.com | 828.359.6110
“I’ve just always wanted to farm since I was a child,” says Mike Brown, owner of Farside Farms in Buncombe County, NC. “My grandfather in Virginia farmed, and I guess that’s kind of where I got bitten by the bug when I was little.”

Brown has now been farming in Western North Carolina for five decades, beginning in the 1970s. He’s witnessed dramatic changes in the region, including the transition away from tobacco, the loss of farmland to development, and the evolution of Asheville from a sleepy mountain town to a booming food destination.

Throughout those years, Brown explored various market outlets as he adapted to the changing agricultural environment. He got his start cultivating burley tobacco along with other commodity crops. The early years of tobacco were quite profitable.

“I bought the farm where I am now in, oh, 1990,” he recalls. “And tobacco paid the payments.”

He attributes his staying power as a farmer to his ability to purchase that land outright, and then to only expand as money allowed. “I built chicken houses over a period from 1996 to 2009. Every four or five years, when I got financially able, I built a new chicken house.” He was also able to purchase his grandfather’s farm in Virginia.

By the time the tobacco buyout came in 2004, Brown was transitioning to vegetables and eggs. He initially sold wholesale through a packing house in Hendersonville, but soon realized he would be better off with direct sales.

“I was selling vegetables through the broker and you just didn’t get anything for them. I mean, they just didn’t pay. I sat down and did the math. I could go straight to retail and cut the middleman out and grow two-thirds and still make as much money.”

He bought two farm stands in North and East Asheville and started selling directly to customers. Eventually, his primary product shifted to cage-free eggs.

Meanwhile, a chance meeting led to another way Brown could differentiate his products. Everyone knows you should never bring up politics at the dinner table, but less commonly understood is that talking about dinner—or in this case food production—at a political rally can be productive. At least that was the case when Brown met ASAP’s founder, Charlie Jackson, in the mid 2000s at a gathering to support a candidate for the North Carolina Commissioner of Agriculture. Jackson convinced Brown to adopt ASAP’s new Appalachian Grown™ branding.

“I was one of the first ones to latch on to the Appalachian Grown label...
and have it put on my boxes and egg cartons. It was really to my advantage when I did it.” Brown says the logo gave his customers the assurance they needed to trust that his product was local and fresh.

Currently, Brown has 3,000 laying hens and packs on average 200 dozen eggs a day. You can find them at Earth Fare, French Broad Food Co-op, and Hopey & Co., as well as restaurants like West End Bakery, Table, and Bargello.

But over the past 10 years Brown has been scaling back in preparation for retirement. He stopped growing vegetables when he sold the farm stores a few years back. During the nearly 15 years that he owned the stores, Brown says he watched his customer base trend to a younger generation seeking out locally sourced produce and goods.

“I know when I first opened, we had a lot of elderly older clientele. Then when I quit, it was a much younger clientele. The population in Asheville has definitely changed over.”

While he is most known for his fresh eggs and farm stands, Brown has been quietly carrying on the long tradition of Jersey cow dairies in the region. His herd, now managed by Mills River Creamery, are direct descendants of the cows owned by George Vanderbilt of the Biltmore Estate.

Farming is a seven-day-a-week job, and Brown is looking forward to retirement. Chuckling, he says he’s looking forward to sitting on the porch and watching someone else do the work for a while.
Grandad’s Apples
Hendersonville, NC—Henderson Co.
828-685-1685
info@grandadsapples.com
grandadsapples.com
Fresh apples, fresh cider, pumpkins, peaches, and bakery. On weekends, beginning Labor Day. Visit for a corn maze, apple cannon, and cow train ride. Large bakery with hot apple cider doughnuts! All kinds of apple products in our gift shop. A lot of fun.

Green Falls Farm
Sapphire, NC—Jackson Co.
info@greenfallsfarm.com
greenfallsfarm.com
We provide sustainably grown, fresh produce all year to our local community from a state-of-the-art, hydroponic farm. Green Falls Farms grows lettuces, leafy greens, herbs, and roots in a unique controlled environment within a shipping container.

Green Heart Gardens
Candler, NC—Buncombe Co.
828-771-6397
greenheartgardensnc@gmail.com
greenheartgardenswnc.com
USDA Organic medicinal herb farm. We are a “no-till” operation that grows in the sun and the woods. The main bed is a series of consecutive circles with plants in communities. Find our line of products at herbmamma.com.

Green Pasture Farm
Chuckey, TN—Greene Co.
423-823-4599
greenpasturefarm17@gmail.com
greenpasturefarm17.com
We are a hydroponic farm located in sunny Chuckey between Johnson City and Greeneville, TN. We specialize in supplying fresh, locally grown artisan lettuces, greens, and herbs year-round, along with hydroponic tomatoes March through July.

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 pickup sites and home delivery to make access to clean and sustainably grown food easy.

Green Toe Ground Farm
Celo, 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.

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 link 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 and fresh sweet corn.

Henn’s Plant Farm
Fletcher, NC—Henderson Co.
828-684-2321
hennsplantfarm@gmail.com
hennsplantfarm.com
Located in Fletcher for 49 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 year-round.
Her Heartbeat Farm  
Old Fort, NC—McDowell Co.  
828-719-2998  
pantherblues2@gmail.com

Year-round multi-farm CSA with only local eggs and produce, plus local goat cheese and bakery items 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. Family-owned since 1916, today we are a leading brand for regeneratively raised, 100-percent grassfed beef, pasture-raised pork, and pasture-raised chicken in North Carolina and the southeast.

Hidden Gem Flower Farm  
Asheville, NC—Buncombe Co.  
910-489-6471  
hiddengemflowerfarm@hotmail.com  
hiddengemflowerfarm.com

Hidden Gem Flower Farm is a small-scale boutique flower farm growing specialty cut and heirloom flowers using sustainable, natural practices in the mountains of Asheville, NC.

High Mountain Meadows Farm & Creamery  
Hayesville, NC—Clay Co.  
828-506-5566  
donnagains@yahoo.com  
Find us on Facebook

Our creamery produces feta, aged Gouda, butter cheese, and a variety of flavored chèvre. We also offer free-range eggs. We offer cheese-making classes and overnight stays. Join us in the spring for a picnic and yoga with our goats!

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

Our Certified Naturally Grown market garden provides mixed produce at tailgate markets and through our CSA in Marshall, Asheville, and Black Mountain, NC. We promote sustainable, regenerative farming by hosting apprentices, youth groups, and work-traders.

Hollands Family Farm  
Connelly Springs, NC—Burke Co.  
828-302-3326  
hollandsfamilyfarm@gmail.com  
hollandsfamilyfarm.com

All of 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 and sheep graze pastures with all-natural feed supplement and no growth hormones.

Holly Spring Farm  
Mills River, NC—Henderson Co.  
828-595-2222  
paulbshoemaker@gmail.com

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

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.

Ivy Creek Family Farm  
Barnardsville, NC—Buncombe Co.  
828-713-8383  
wncfarm@gmail.com  
ivycreakfamilyfarm.com

We produce seasonal vegetables, small fruit, and cut flowers using organic and sustainable growing practices. We sell our produce through our CSA, at local tailgate markets, at our farm stand, on 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 blueberries 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, bring the kids and grandparents.

Jehovah Raah Farm
Clyde, NC—Haywood Co.
828-779-0397
psalm23wj@bellsouth.net
jehovahraahfarm.com
We raise fiber animals—Shetland sheep, alpaca, llamas, Angora goats, Angora rabbits—for our hand-spun yarn. We also have Scottish Highland cattle, grassfed beef, spinning/weaving lessons, Lendrum spinning wheels, and vacation farm rental. Call for appointment.

Jensen Farmstead
Clayton, GA—Rabun Co.
706-490-2825
jensenfarmstead@gmail.com
jensenfarmstead.com
Jensen Farmstead is a true garden of Eden. We have a mixture of fruit, herbs, and veggies. We offer garden tours and an event venue for you and your friends, all in a mountain valley creekside setting. Check website or call to see what is available.

Johnson Family Farm
Hendersonville, NC—Henderson Co.
828-450-9859
k.johnsonfamilyfarm@gmail.com
johnsonfamilyfarmnc.com
We are a family-run produce market featuring vegetables farmed by our father. We sell other locally grown fruits and vegetables, as well as local honey, local meat, eggs and dairy products, fresh seafood, and locally crafted specialty products.

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.

Laughing River Farm
Mars Hill, NC—Madison Co.
713-501-1048
laughingriverfarm@gmail.com
laughingriverfarm.com
We are located along the Ivy River. We feature heirloom vegetables, medicinal and culinary herbs, honey, shiitake and other mushrooms, and flower and herb teas grown using organic growing methods. We host an AirBnB. Check out The Loft.

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 the Mountain of Laos.

Lick Skillet Farm
New Market, TN—Jefferson Co.
farmers@lickskillet.farm
lickskillet.farm
We sustainably and humanely raise forage-finished beef and lamb, pastured heritage pork, and chickens on our Century Farm. We protect the ecosystem by not using synthetic inputs, we sequester carbon, support biodiversity, and focus on soil health.

Lincoln’s Plants and Shrubs
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, as well as Christmas trees. All are available seasonally.

The Living Seed Company
Weaverville, NC—Buncombe Co.
828-484-7283
info@livingseedcompany.com
livingseedcompany.com
Grower of high-quality hydroponic lettuce year-round with organic nutrients. Also grow year-round vegetables in high tunnel and outdoors. Starting to grow more edible perennial plants such as raspberries, strawberries, etc.
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 life-affirming art of seed saving.

Long Branch Environmental Education Center
Leicester, NC—Buncombe Co.
828-683-3662
paul@longbrancheec.org
longbrancheec.org

Come explore our solar/eco-demonstrations, 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, and wildlife.

Long Family Farms and Gallery
Murphy, NC—Cherokee Co.
828-837-6692
longnan1035@yahoo.com
longfamilyfarmsandgallery.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, turkey, and goats, plus a gallery and farm store with Cherokee pottery. Call to see what’s available.

Looking Glass Creamery
Fairview, NC—Buncombe Co.
Columbus, NC—Polk Co.
828-458-4715
andy@ashevillecheese.com
ashevillecheese.com

At heart we are a farmstead cheesemaker and dairy farm. We also make ice cream, preserves, pickles, and hard cider to go along with our award-winning cheeses. Visit us at our original location in Fairview or the dairy and creamery in Columbus, NC.

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

We are a community-driven medicinal and culinary herb farm. We offer a fresh herb and an apothecary CSA, herbalism workshops, as well as bulk fresh and dry herbs and herbal products all made from the farm.

MacGregor Orchard
Travelers Rest, SC—Greenville Co.
864-320-2778
macgregororchard@gmail.com
macgregororchard.com

We have apricots, rhubarb, peaches, nectarines, plums, prunes, muscadines, standard pears, Asian pears, figs, persimmons, and apples, plus orchard bee hives, orchard-made fruit preserves, apple sauce, and apple cider. Also local pasture-raised beef and vegetables.

Maple Creek Farm
Rutherfordton, NC—Rutherford Co.
828-429-1959
kitty@blueridgedesignllc.com
Find us on Facebook

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
Waynesville, NC—Haywood Co.
708-305-7097
farmer@mightygnomemarketgarden.com
mightygnomemarketgarden.com

At Mighty Gnome Market Garden, we believe that a small farm can have a
profound impact on our local food economy. We grow fresh, seasonal produce as sustainably as possible, following organic methods and ethical living wage labor practices.

**Mills River Creamery & Dairy**  
*Mills River, NC—Henderson Co.*  
828-891-4007  
millsrcrcreamy@gmail.com  
millsrcrcreamy.com

We retail and wholesale locally produced milk in gallon and half-gallon 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  
Find us on Facebook

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 September to December.

**Mount Gilead Farm and French Broad Creamery**  
*Leicester, NC—Buncombe Co.*  
828-515-0120  
mtgileadfarm@gmail.com  
mtgileadfarm.com

Mount Gilead Farm and its French Broad Creamery offer a variety of fresh, bloomy-rind, and aged goat cheeses, as well as berry jams and cajeta (Mexican goat-milk caramel sauce). The farm also offers farm stays and farm tours.

**Mountain Grass Fed Beef**  
*Andrews, NC—Cherokee Co.*  
828-361-4161  
info@mountaggrassfedbeef.com  
mountaingrassfedbeef.com

We are a small family-owned farm that sells high-quality Angus cross beef that is grass-finished 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

Direct from the beekeeper, our honey is 100-percent pure, raw, and natural, just like the bees made it. We extract our honey with minimal straining, never applying heat. Sourwood is one the most sought-after honeys in the world.

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

We are 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.

**Myseanica Family Farm**  
*Candler, NC—Buncombe Co.*  
828-633-4132  
janl.gunn21@icloud.com

We use biodynamic and organic practices. We offer fruits, vegetables,
and greens. Also, organic, soy-free-fed, pasture-raised eggs, wool from our sheep, handcrafted jewelry, knit items, and felted bags. You can find us at Asheville City Market.

**Mystic Roots Farm**
*Fairview, NC—Buncombe Co.*
828-321-5960
greg.fox@pdahome.com
We follow no-till, regenerative organic, biodynamic agricultural practices focusing on nutrient-dense food and healing the land and local environment. Find us at farmers markets.

**Nantahala Farms & Nursery**
*Topton, NC—Macon Co.*
828-321-5960
rbchick041@yahoo.com
nantahalafarmsnursery.wordpress.com
Family-owned-and-operated farm, providing local produce to our community. Call us for product availability.

**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.

**New Moon Herbs**
*Fairview, NC—Buncombe Co.*
newmoonherbs@aol.com
newmoonherbs.com
For 28 years we have offered premium quality vegetables, fruits, and herbs using only organic and biodynamic methods. We sell through our farm stand in Fairview, Farmer Gregg’s Produce.

**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, tomatoes, peppers, strawberries, cucumbers, squash, beans, and horse hay. We offer educational farm tours, u-pick, birthday parties, river front picnics, riverside camping, horseback riding lessons and full-service outfitters.

**Oak Holler Farm**
*Marshall, NC—Madison Co.*
nick@oakhollerfarm.com
oakhollerfarm.com
Offering farm-to-door delivery and farm stand pickup of fresh veggie boxes with our seven-month CSA. Growing a wide variety of vegetables using organic farm practices. Serving Asheville and Madison County, NC.

**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
We are 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.

**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.

**The Orchard at Altapass**
*Spruce Pine, NC—Mitchell Co.*
828-765-9531
altapass.orchard@gmail.com
altapassorchard.org
Perched on the crest of the Blue Ridge atop the Eastern Continental Divide, the orchard occupies a unique spot in both America’s landscape and history. Drop by for great food from our Apple orchard.
Core Grill, hayrides, u-pick apples, and Appalachian music.

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 family owned farm in Tryon, NC. We grow 17 acres of French vinifera focusing primarily on Petit Manseng, an elegant aromatic white originally from southwest France.

Perry’s Berry’s Vineyard & Winery
Morganton, NC—Burke Co.
828-432-7631
perrysberrysnc@gmail.com
perrysberrys.com

In March, visit our winery for sweet and dry fruit wines and general store for blueberry ice cream and local honey. In April we have greenhouse vegetable plants and flowers. From June to August u-pick blueberries.

Five minutes to Lake James, 10 minutes to Fonta Flora Trail. Nightly rental available.

Pink Boot Farms
Burnsville, NC—Yancey Co.
828-536-0999
pinkbootfarmsnc@gmail.com
pinkbootfarms.com

Our farm utilizes products sourced from our farm to produce gluten-free baked goods, confections, pickles, jams, and Appalachian chow chow. We also make goat cheese and butter and produce various wood products such as cutting boards and furniture.

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.

R Farm
Weaverville, NC—Buncombe Co.
hannah.r.farm@gmail.com

Founded in 1980, we grow a variety of vegetables to share with the community. Buyers can expect our produce to be fresh and grown using sustainable and ecologically responsible practices. Contact us to be added to our weekly availability email.

Raw Vegan Family Farms
Black Mountain, NC—Buncombe Co.
828-616-6160
hello@buysproutsonline.com
buysproutsonline.com

Organic living microgreens, sprouts, wheatgrass, and hydroponic produce grown in Black Mountain, NC. Also Fuji, Gala, Golden Delicious, Crispin, Ginger Gold apples grown on-site! We offer nationwide shipping.

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. That is nature’s best fertilizer/plant food for all flowers, vegetables, fruits, gardens, seeds, shrubs, trees, and grass. Use both indoor and outdoor. We make and sell compost.

Red Oak Beef
Dahlonega, GA—Lumpkin Co.
678-314-5153
redoakbeef@gmail.com
redoakbeef.com

We are a humble family-owned cattle ranch in the Appalachian foothills of Lumpkin County, GA. We specialize in raising sustainably grown and ethically slaughtered custom cut beef in quarter, half, and whole beef packages directly to families.

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, nutritious 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.

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.

Rocky Field Farm
Afton, TN—Greene Co.
423-620-0184
wayne.hughes@fbtn.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.

Ross Farm (Formerly Jack Young Greenhouses)
Candler, NC—Buncombe Co.
828-667-3555
ross.farm

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. Farm tours and cheese tastings are available by appointment.

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.

Seven Oaks Farm
Bostic, NC—Rutherford Co.
sevenoaksfarmers@gmail.com
sevenoaksfarmnc.com

Karl and Erica grow fresh, seasonal vegetables using no-spray and low-till methods that increase biodiversity, promote soil health, and produce flavorful, nutrient-dense food.

Seven Seeds Farm
Burnsville, NC—Yancey Co.
508-479-1489
farmer@sevenseedsfarmnc.com
sevenseedsfarmnc.com

We are a vegetable farm. We grow on less than one acre without the use of pesticides or chemical fertilizers. We offer a free choice CSA pickup in Woodfin where you can make selections from our wide array of delicious produce.

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 and strawberries for wholesale and to purchase at the farm. Hydroponic bibb lettuce grown year-round.
Sunburst Trout Farms:
From Wholesale to Restaurants and Local Customers

“I remember shoveling fish guts, doing the hardest work on the farm,” recalls Wes Eason of Sunburst Trout Farms in Haywood County, NC. “If you’re the owner’s grandkid, you’re not getting the best jobs to start.”

Wes is now a co-owner of the third-generation family business, alongside his brother, Ben, and mother, Sally. Sunburst Trout Farms was founded in 1948, originally called Jennings Trout Farm after its founder, Dick Jennings. It was the first commercial trout farm east of the Mississippi, processing fresh filets, whole fish, and value-added products. Jennings’s daughter, Sally, and her husband, Steve Eason, came on board in 1985, followed by their sons. Now Ben manages the production locations at the farms and Wes handles the day-to-day operations and sales.

For Wes, those summer jobs prepared him to assume the position he now holds. When he unexpectedly ended up back at Sunburst shortly after college, he found a new appreciation for the family business. He says, “I was like, wow, this is a real working farm. This is the real deal. I immediately looked at it for what it was, which was a well-run business that was producing, and providing people with extremely fresh, delicious products.”

Since the Eason brothers signed on full time with the family business in the early 2000s, a lot has changed, both in the region and within the business. They have helped to grow and diversify their clientele and market outlets as well as expand the farm locations to keep up with ever-increasing demand from restaurants, distributors, and direct customer sales.

A Growing Restaurant Scene

Early on, the farm’s main outlets were through seafood wholesalers and grocery store distributors. Very few restaurants in Asheville sourced locally or promoted farm-to-table menus.

“Back in the early 2000s when I came on board, our bread and butter was not local restaurants,” says Wes. Starting in the 2010s, that changed significantly. “It was gradual, but the real year was about 2011, when it seemed that a new restaurant was opening up like every week in the Asheville area. I look at our client list and 10, 12 years ago, they didn’t even exist.”

Some of those early restaurant customers included The Market Place, Corner Kitchen, Vinnie’s Italian, and the Grove Park Inn. But Sunburst’s client list now boasts approximately 400 restaurants. Of those, 60 percent are local and receive hand deliveries.
Sally points to ASAP for laying some of the groundwork that allowed for that transition. She recalls that in the early 2000s Sunburst was selling 75 percent of their product to a national supermarket, which asked for a price reduction Sunburst couldn’t meet. “My cash flow plummeted. I started calling potential local customers offering them our products. Thanks to ASAP’s diligent campaign to create awareness about the advantages to purchasing locally produced goods, and ASAP’s road map connecting farmers, chefs, schools, communities, grocery stores, and tailgate markets, I totally changed my customer profile. Within nine months, I had recouped that significant cash flow, and 91 percent of my sales came from within 150 miles from my farm! That trend has remained in place and continues to grow.”

In addition to restaurant and wholesale accounts, Sunburst sells to consumers via its “farm store” at the Waynesville processing plant location and at North Asheville Tailgate Market. But they’ve also seen a big shift in direct-to-consumer sales through the online store and website, which is designed and managed by Ben’s wife, Anna Eason. “When COVID happened, when everything shut down, both here and nationwide, we lost 70 percent of our sales in the span of one week,” Wes shares. “We along with restaurants had to pivot, and due to our existing online store, we saw a 400 percent increase in our online sales.”

“Order Sunburst Trout products online at sunbursttrout.com, look for them in grocery stores, or visit their booth at the North Asheville Tailgate Market.”

Sally Hudson

Challenges from Mother Nature

Sunburst values the pristine rivers that originate in the Shining Rock Wilderness Area of Pisgah National Forest. The company strives to create an environment in which the trout they raise live as close to the way nature intended in the clear, cold waters of the Southern Appalachians. But their greatest challenge, both historically and currently, has been Mother Nature. The trout farms are outside, mimicking a natural river, pulling water in from nearby water sources in the area. With this comes an inherent risk from floods, droughts, and other severe weather events.

In August 2021, just a couple years after opening a third farm to accommodate increasing demand, Tropical Storm Fred passed through the region. The flooding that followed displaced 70,000 pounds of fish, a $400,000 product loss. There were also significant infrastructure damages that have not yet been remediated.

“We’ve definitely gotten more resilient over the years,” Wes reflects. “It’s a little bit scary because I don’t know if we’ve got any solutions. You can’t really predict things like a 100-year flood. We also had a massive flood back in 2004.”

Still, Wes maintains a positive outlook as he, his family, and Sunburst move forward. He is excited by creative new value-added products they are able to offer customers and further possibilities of growth focusing on community collaboration.

“I think the future’s bright. More and more people are supporting local food. That doesn’t seem to be going away. Younger people are curious and interested in local products. More and more restaurants are looking at rainbow trout. We provide a fresh, high-end, quality product, and that demand seems to be continuing.”

appalachiangrown.org
Locally Produced Quality Meats Processed on Our Farm

Producing Free Roaming Pasture Raised Pigs since 2010
Now Offering Beef

Retail/Wholesale
Check out our online store

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

www.vandelefarms.com
828-625-0979 M-F 9am-5pm

Vandele Farms NCDA Inspected

Sheraton Park Farms • McGrady, NC—Wilkes Co. 336-957-1196 sheratonparkfarms@gmail.com sheratonparkfarms.com
We are a 70-acre, regenerative farm located in the foothills of the Blue Ridge Mountains in Wilkes County. We raise beef cattle, egg chickens, meat chickens, turkeys, and our favorite...pigs!

Sideways Farm & Brewery • Etowah, NC—Henderson Co. 828-595-3445 sidewaysfarm@gmail.com sidewaysfarm.com
Small 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 Jun kombucha, u-pick flowers, and farm animals.

Sigma Farm • Blairsville, GA—Union Co. 404-232-0220 lboudreau50@gmail.com
Sigma Farm is the sum of good things: soil, water, sun, and community. Set on six acres of rolling hillside, we grow garlic, tomatoes, rhubarb, and herbs.

Sky Top Orchard • Zirconia, NC—Henderson Co. 828-692-7930 skytoperchard@gmail.com skytoperchard.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 hard cider.

Sleight Family Farm • Marion, NC—McDowell Co. 828-803-7371 sleightfamilyfarm@gmail.com sleightfamilyfarm.com
Our family sustainably farms high-quality microgreens, fruits, and vegetables. We also produce cold-pressed wheatgrass juice. Our growing practices provide you with the most nutritious produce possible using organic practices.

SMM Farm • Hayesville, NC—Clay Co. 828-389-2374 smmfarms85@gmail.com smmfarms.com
Family-run farm on 40 acres using low-spray and integrated pest management. We start with strawberries in May and end the year with watermelons. We also grow a variety of vegetables. Fruit stand open daily for retail and wholesale. Stop on by and say hey to the family.

Smoking J’s Fiery Foods • 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.

Stepp’s Hillcrest Orchard • Hendersonville, NC—Henderson Co. 828-685-9083 ncapples@steppapples.com steppapples.com
50-year, three-generation family farm. U-pick apples, grapes, pumpkins, sunflowers in season, plus apple cider and pumpkin donuts, honey, apple cider, corn maze, wagon rides (weekends), 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—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, 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 offer refrigerated freight LTL to Georgia, North Carolina, and South Carolina.

Sunshine Pasture Farms
Talking Rock, GA—Gilmer Co.
706-889-4563
daisy@sunshinepasturefarms.com
We are here to provide folks with locally grown poultry, pork, and beef. Our chickens live out on pasture and forage for bugs, worms, and grass, in addition to their organic and non-GMO feed. Our pigs are heritage pigs and all beef is grassfed.

Sweet Betsy Farm
Marion, NC—McDowell Co.
828-724-4444
info@sweetbetsyfarm.com
sweetbetsyfarm.com
Local Glenwood seasonal 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-6 pm. Please call or check website/Facebook for updates.

Sweet Betty Bee’s Honey and Hive
Marshall, NC—Madison Co.
828-231-9657
ed@sweetbettybees.com
sweetbettybees.com
We produce raw honey, comb honey, and some cosmetic/nutritional products from the hive without the use of pesticides or antibiotics. Our honey is unheated and unfiltered. We do not feed our bees corn syrup or HFCS.

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 to October. CSA options available.
Thatchmore Farm
Leicester, NC—Buncombe Co.
828-683-1180
thatchmore@main.nc.us
thatchmorefarm.com
We are a Certified Organic family farm, selling at the North and West Asheville Tailgate Markets. Our products include a variety of vegetables, herbs, fruits, teas, and some trees and plants. We also offer a small CSA and a seasonal online store.

Tiny Bridge Farm
Hendersonville, NC—Henderson Co.
802-747-8173
tinybridgefarm@gmail.com
tinybridgefarm.com
Diversified farm growing more than 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
tkfamilyfarm.com
We offer 13 varieties of apples. 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 in mid-August).

Tryon Mountain Farms
Tryon, NC—Polk Co.
864-350-9021
tryonlavender@gmail.com
tryonmountainfarms.com
Our farm has a 55-year legacy of regenerative farming practices. As stewards of this land, we grow vegetables, fruits, herbs, and flowers to create unique, handcrafted salt blends, simple syrups, blended sugars, and herb mixes.

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 north WNC.

Turning Creek Artisans 👇 Clayton, GA—Rabun Co. 770-331-1941 bobg.riverc@gmail.com turningcreekartisans.com
We produce some of the finest raw sourwood and wildflower mountain honeys. Our honeys are 100-percent all-natural. We practice organic farming methods.

Vandele Farms on Cedar Creek 👇 Lake Lure, NC—Rutherford Co. 828-625-0979 kat@vandelefarms.com vandelefarms.com
Family-owned farm, raising and processing our pastured pork in our NCDA facility right on our farm in Lake Lure. Offering pork and beef to the public as well as restaurants and businesses with whole and half carcasses, specialty cuts, and products.

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 wanderingwalnutmeadows.com
Pastured meats grown in East Tennessee for our local community, with a focus on sustainable land stewardship. We offer grassfed lamb, pastured duck and chicken eggs, and pastured chicken, turkey, and pork.

Warren Wilson College Farm 👇 Swannanoa, NC—Buncombe Co. 828-771-3014 farm@warren-wilson.edu warrenwilsoncollegefarm.grazecart.com
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 year-round through our online store and at Asheville City Market.

Warren Wilson College Garden 👇 Swannanoa, NC—Buncombe Co. 207-801-0352 garden@warren-wilson.edu warren-wilson.edu/student-life/food/garden-root-cellar
Our CSA produce share is a 14-week program running throughout the summer and fall. The shares feature a seasonal selection of fresh fruits and vegetables and handmade herbal products. Profits sustain our educational agriculture program.

Wehrloom Honey and Essentials 👇 Robbinsville, NC—Graham Co. Asheville, NC—Buncombe 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 for a taproom with mead in bottles and on draft as well as a small retail space.

The Wild Way Farm 👇 Leicester, NC—Madison Co. 914-406-9871 thewildwayfarm@gmail.com thewildwayfarm.com
We are a regenerative farm focused on producing environmentally conscious, ethically raised meats and eggs. We offer pastured quail meat and eggs, pasture-raised rabbit, woodland-raised pork, and beyond free-range chicken and duck eggs.

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 Certified Naturally Grown produce, as well as local meats and eggs from our happy, healthy animals. We offer a 40-member CSA share and have a retail location at our plant nursery and garden center.

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 open mid-July through August. U-pick $2/pint or we-pick $3/pint. Open Saturday and Sunday, 9 am to 5 pm or call for appt. We produce honey and sell free-range chicke eggs.

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 humanly raise USDA certified pork and beef in season, as well as many products including bacon, sausages, brats, and ribs.

Wright-Way Nursery and Landscaping 👇 Waynesville, NC—Haywood Co. 828-507-5176 wcwright85@yahoo.com
Fresh-picked blueberries, blackberries, and raspberries in season, including 12 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 award-winning 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.
U-Pick

Get outdoors! 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

<table>
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<tr>
<th>Product</th>
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<tr>
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<tr>
<td>Christmas trees</td>
<td>November-December</td>
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<tr>
<td>flowers</td>
<td>May-October</td>
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<tr>
<td>peaches</td>
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<td>pumpkins</td>
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<td>raspberries</td>
<td>May-October</td>
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<td>vegetables</td>
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Always call ahead for availability. Phone numbers are with farm listings starting on page 46.
### FIND U-PICK BY REGION

#### SMOKY MOUNTAINS

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#### SOUTHERN MOUNTAINS

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#### CENTRAL MOUNTAINS

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#### FOOTHILLS, NC

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#### HIGH COUNTRY, NC

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#### GEOGRAPHIC AND SOUTH CAROLINA

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</table>
Buy in to be part of the season with a CSA (Community Supported Agriculture) program. As a CSA member, you get a share of a farm’s bounty, while connecting directly with the farmer growing your food. With your commitment at the beginning of the season, farmers can invest in growing the best food possible. 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. Some farms offer an option to extend the season through the fall or winter. 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.

**Why buy a CSA?**

**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

<table>
<thead>
<tr>
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Farm Credit knows a thing or two about lending, and we’re a friend you can depend on. We’ve been a consistent, stable source of financing to farmers large and small for over 100 years. Whether it’s financing for land, a lot or a new home, we know your needs are as diverse as the landscape across our state. Call one of our experts to see how we can help keep you growing.
In 1963, Ingles started supporting local producers, growers, and distributors. We haven’t stopped, and we never will.