

2015 FREE

Asap

LOCAL FOOD GUIDE

Appalachian Grown farms and partners in the Southern Appalachians



**Family Farms
in WNC
raising the next
generation**

**Tailgate Markets
Restaurants
Artisan Foods
Farms
and more**

**Why Buy Local?
Our Choices Matter**

appalachiangrown.org

Farside Farms

Chicken • Pork • Eggs • Produce
Direct from our farm to you.

No added antibiotics or hormones in any of our meat or eggs.

Also available from local farmers:
Fruit • Vegetables • Honey

Open Year-Round
Monday-Friday: 9 am–6 pm
Saturday: 9 am–5 pm
Jan-March: open at 10 am

83 Weaverville Highway, Exit 23
Off I-26, north of Beaver Lake



Local Food
Strong Farms
Healthy Communities



On the Cover

Joe Deal is raising his children (pictured with him on the cover, along with his nephew) on the same farm he grew up on in Macon County. While staying with the family tradition of growing produce, this generation of Deal Family Farm is expanding into new markets—such as offering a CSA—to keep their Appalachian Grown farm viable for generations to come.

Photography

All photos in this guide were taken by ASAP staff and contributors in Western North Carolina and the Southern Appalachians.

LOCAL FOOD GUIDE

About the Guide

The following pages make up Western North Carolina and the Southern Appalachians' definitive local food resource, brought to you by ASAP. They're filled with listings of certified local, Appalachian Grown™ farms and farmers tailgate markets, plus Appalachian Grown (AG) partner restaurants, artisan foods, grocery stores, and other businesses that are committed to sourcing from certified farms. In other words, you don't need to question if local food from the farms and businesses listed here is actually from clear across the country. (Learn more about ASAP's AG branding and certification program on page 6.) And, you don't need to wonder if the information presented is current. We renew and collect data each year in order to bring you the best, most up-to-date guide possible.

In addition to listings that share where to buy and enjoy local food, you'll find articles that dish out details about ASAP's work, as well as how to get involved with the region's local food community.

This year we have highlighted multi-generational farms in the region. See the article beginning on page 44 for a glimpse of the farms in the region that are passing farming traditions to the next generation.

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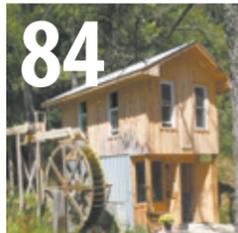
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Listing content is user-submitted. Details correct at date of publication; information subject to change. Visit our online guide, at appalachiangrown.org, for updates.

Asap

Local Food Strong Farms Healthy Communities

For more than a decade, ASAP (Appalachian Sustainable Agriculture Project) has spearheaded a Local Food Campaign to support the Southern Appalachian region on a journey to reconnect with food. At the center of the campaign is our *Local Food Guide*, now in its 15th edition!

In addition to publishing this free resource, ASAP:

- identifies and defines “local” through our Appalachian Grown™ branding and certification program
- organizes exciting farmer and community events, like our annual Business of Farming Conference and Farm Tour
- runs the Growing Minds Farm to School Program and the Local Food Research Center
- operates Asheville City Market
- helps connect area chefs and foodservice buyers with the farmers who suit their needs

To learn more about our work, visit us online at asapconnections.org or call 828-236-1282.

ASAP's Mission

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

Get in the Guide

Are you a farmer in the Appalachian Grown region or a business committed to buying from local farms? ASAP's *Local Food Guide* will help you connect with customers and each other. To get in the guide, visit appalachiangrown.org.

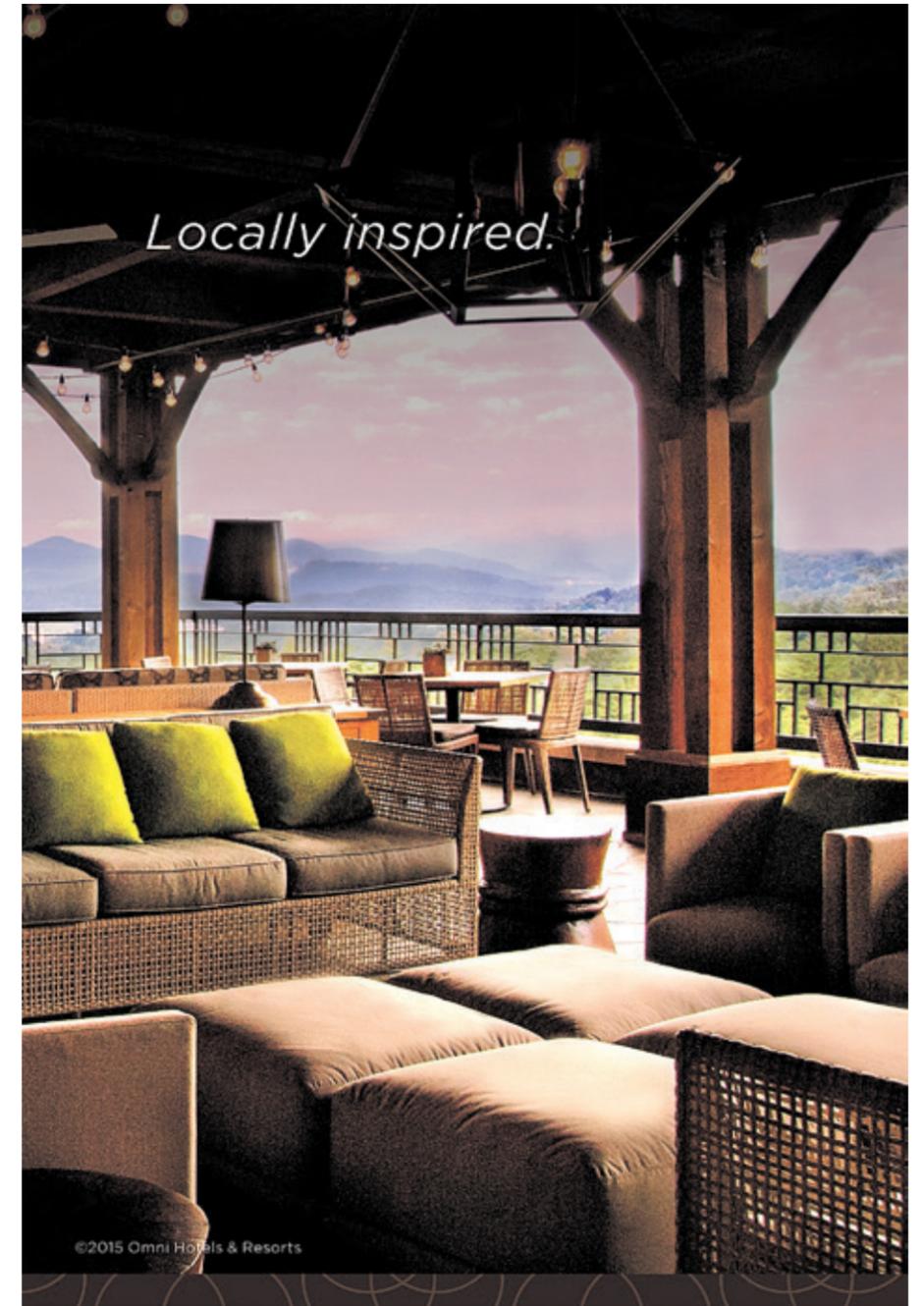
While this printed edition of our *Local Food Guide* is created and released every spring, you can also find expanded and additional listings online that are updated throughout the year at appalachiangrown.org.

Help Make the *Local Food Guide* Possible

ASAP produces this free guide so that you can find local food in your community. This is just one part of our commitment to reconnect people to local food and to the farmers who are growing it. As a nonprofit organization, your support can make all the difference—to our farmers, children, food businesses, communities—to everyone who benefits from a vibrant local food economy.

To make a secure online donation, visit asapconnections.org. Or, mail a check to ASAP, 306 W. Haywood St., Asheville, NC, 28801. For more information about how you can help sustain the organization, contact Scott Bunn at scott@asapconnections.org or 828-236-1282. All donations are tax-deductible.

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At The Omni Grove Park Inn, we are proud to support ASAP and its commitment to fresh, locally grown ingredients. Which is why in each of our four signature restaurants, you'll find the very best that our area farmers have to offer.

828-252-2711 • omnihotels.com/grovetparkinn/dining

OMNI RESORTS
the grove park inn

This publication is made possible with support from:



Asheville Regional Airport

ASAP's Appalachian Grown work with "Wholesalers and Distributors" is covered in part by:



Asap From ASAP's Executive Director
 Charlie Jackson
 Local Food
 Strong Farms
 Healthy Communities

Inside this guide you will find hundreds of farms, restaurants, grocers, farmers markets, bed and breakfasts, and other outlets for foods grown on Appalachian farms. By seeking out foods from local farms you are part of a movement to transform our food system to one that is better for us, for the environment, and for the economy.

Over the last decade there has been tremendous growth in demand for local food and a corresponding response by farmers and food businesses to supply that demand. Local food is now a national (and even global) movement. And in the movement this region stands out, leading the way to a new kind of food and farm economy that supports local farms and connects the community to where food comes from.

The 2012 USDA Census of Agriculture, released last year, shows that direct sales have increased by nearly 70% in the last five years in Western North Carolina. This success is particularly impressive when compared to the rest of North Carolina and the country as a whole. In fact, per capita, our farms sell nearly three times more direct to consumers than do farmers in the rest of North Carolina.

Not only are we seeing large increases in direct sales, more and more restaurants, grocery stores, and even universities, hospitals, and public schools are seeking out local farms and local food. This diverse range of market opportunities is helping bring the next generation of farmers back to the farm.

To make it easier for you to find "certified local" foods ASAP created the Appalachian Grown™ program that certifies food and agricultural products grown or raised on family farms in Western North Carolina and the Southern Appalachian mountains. Ask for Appalachian Grown wherever you shop or dine, knowing that these purchases help support authentically local food, strong farms and healthy communities. Your commitment helps grow the movement.

Charlie Jackson

Connect With **ASAP** Online

asapconnections.org provides general information about ASAP and our work/programs

- how to get involved via internships and volunteering
- workshops and events
- resources for farmers and food businesses
- research

FROM HERE *Thousands of miles fresher!*

fromhere.org is the place for you to comment, share, and connect around local food

- weekly farmers market reports and market calendar
- classified ads
- local food and farm events calendar
- recipes, articles, photos, contests, and more!



growing-minds.org contains details and resources from our farm to school work: school gardens, farm field trips, local food cooking, and local food in school cafeterias

- lesson plans and activities
- children's literature database
- kid-friendly local food recipes



Coming Soon!

ASAP's new online Local Food Guide, appalachiangrown.org, will be ready for exploration this summer. This renovated resource will include:

- multiple search options
- trip planner
- wholesale farm to business directory
- and more!



Get Social With Us!



E-newsletters

ASAP currently offers four free e-newsletters*:

ASAP Connections Monthly

up-to-date information about ASAP's work, local food and farm news, resources, and more

From Here Weekly

a report on what's fresh at central mountains farmers markets each week, listings of upcoming local food and farm events, pictures, and news bites

Farm to School Monthly

resources and opportunities from our Growing Minds Farm to School Program

Southeast Farm to School Bimonthly

farm to school news from around the region

*Sign up or change your preferences on respective websites or through our main site, asapconnections.org.

Certified Local

The 60 counties of ASAP's Appalachian Grown region

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. ASAP is working with farms, and partner businesses committed to sourcing from these farms, to reclaim the term local, and define it to benefit our mountain communities. We did not ask a marketing firm to define local for you, but based our definition on findings from our Local Food Research Center that asked how our community defines local. Within this guide you will find listings from throughout this region, illustrating the wonderfully diverse options you have for connecting with authentically local food and farms.

Find more listings at appalachiangrown.org.



Why Buy Local? Our Choices Matter

Keep Value in the Local Economy

Buying local is about more than how we spend our dollars: it's about supporting what we value in our community, like fair pay, sustainable agriculture, healthy food, and strong local economies.

Build Community Resilience

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

Strengthen Community Ties

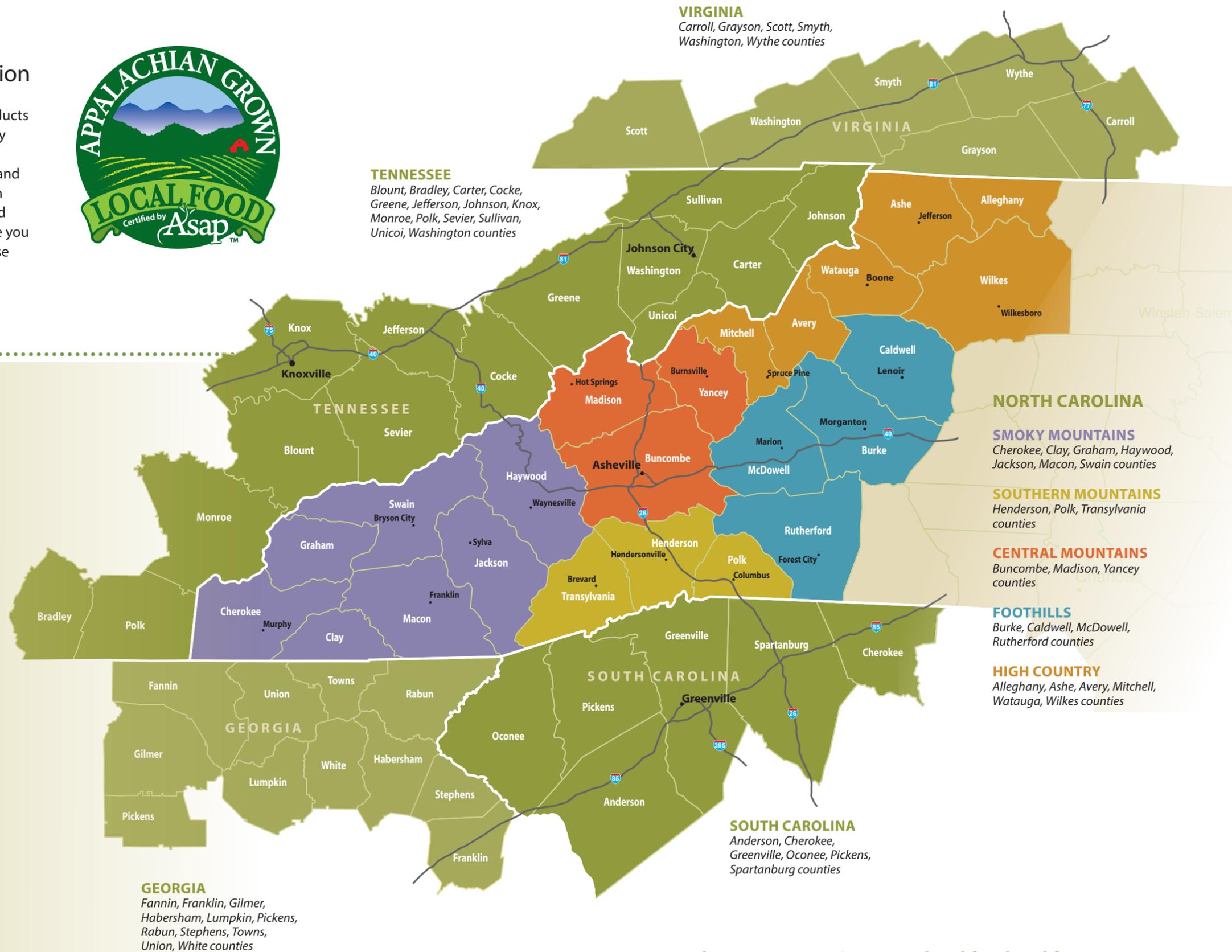
Purchasing products made or grown by our neighbors builds relationships that strengthen the economy while creating opportunities for greater civic engagement.

Create the Food System We Want

When we buy local, we exercise our power to change the food system to one that is more transparent and better supports our farms, workers, environment, and the entire community.

Celebrate Our Character and Heritage

Buying local ensures that our farms and local businesses remain vibrant and productive and contribute to preserving our scenic landscape and unique culture.



Show your commitment to local food and farms — ask for Appalachian Grown where you shop and dine.

To market to market to buy...you name it!



Farmers markets have risen in popularity across the country, and here in the Southern Appalachians, our farmers markets—affectionately called “tailgate markets”—have been ahead of the curve for years. The Appalachian Grown certified markets listed in this guide are proud to be farmers and artisans, rather than re-sellers, featuring the products they grow and create.

Tailgate markets are wonderful opportunities to connect with the community—farmers, as well as fellow market-goers. Find all types of Appalachian Grown farm products at our tailgate markets including fresh produce, locally raised meat, cheese, eggs, artisan foods such as pickles, hot sauce, jam, and more!

This section is divided up regionally. See the map on pages 6-7.

SMOKY MOUNTAINS

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

Brasstown's Farmers Market

Clay Co.
Wed., 9 am-1 pm
828-360-2498
Find us on Facebook

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

Canton Farmers Market and Heritage Crafts

Haywood Co.
828-734-9071
www.focusofcanton.com/events/farmers-market-heritage-crafts/

See Facebook page for details and new location.

Many markets take payment in forms other than cash.

SNAP/EBT

Credit /Debit

The tailgate market season typically runs April through November. However, many markets hold special holiday events in November and December. Visit market websites or Facebook pages to find out more.

SMOKY MOUNTAINS, NC

Cashiers Tailgate Market

Jackson Co.
Sat., 9 am-noon
828-226-9988
blueridgefarmers@gmail.com

464 Hwy. 64 E., in the parking lot of Christ Anglican Church in Cashiers.

Cedar Valley Farmers Market

Cherokee Co.
Sat., 10 am-2 pm
www.doylescedarhill.com/farmers-market

L&N Depot train station in historic Murphree.

Eastern Band of Cherokee Indians Farmers Markets

Swain Co.
Thu., 11 am-1 pm; Fri., 11 am-2 pm
828-359-6935
saramccl@nc-chokeee.com

Thu.: Cherokee Indian Hospital
Fri.: Cherokee Farmers Market at EBCI Cooperative Extension Center

Cowee Farmers Market

Macon Co.
Tue., 3:30-7 pm
828-524-8369
www.coweefarmersmarket.com

Cowee School, 51 Cowee School Dr., about 8 miles north of Franklin on Rt. 28, bear right onto Cowee Creek Rd. just past Cowee Baptist Church on the right.

Hayesville Evening Market

Clay Co.
Thu., 4-8 pm
828-389-8931
HayesvilleEveningMarket.com

On the square in downtown historic Hayesville.

Franklin Farmers Tailgate Market

Macon Co.
Wed., 10 am-1 pm, Sat., 8 am-noon
828-349-8992
jarobright@gmail.com

Sat.: parking lot on north side of the 200 block of East Palmer St. in Franklin;
Wed.: Franklin Flea Market in the 700 block of Highlands Rd.

SOUTHERN MOUNTAINS, NC

Graham County Farmers Market

Sat., 8:30 am-noon
828-479-8788
bwrc@earthlink.net
www.smnpa.org

21 S. Main St., in the Graham County Health Department parking lot in Robbinsville.

Haywood's Historic Farmers Market

Haywood Co.
Wed., Sat., 8 am-noon
828-280-1381
www.waynesvillefarmersmarket.com

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

Jackson County Farmers Market

Jackson Co.
Sat., 9 am-noon
www.jacksoncountyfarmersmarket.org

Apr-Oct: Municipal parking lot next to Bridge Park Pavilion 9: am - 12: pm.

Mountain Valley Farmers Market

Clay Co.
Sat., 8 am-noon
828-361-7261
timbacon@brmemc.net

Old Courthouse Square in downtown Hayesville.

Original Waynesville Tailgate Market

Haywood Co.
Wed., Sat., 8 am-noon
828-648-6323
www.waynesvilletailgatemarket.com

Original Waynesville Tailgate Market
SERVING HAYWOOD COUNTY SINCE 1985 WITH HAYWOOD COUNTY GROWN PRODUCE

WEDNESDAYS & SATURDAYS IN MID-MAY 8AM-NOON

LOCATED AT THE AMERICAN LEGION PARKING LOT (BEHIND BOGARTS)

171 Legion Dr., at the American Legion just off S. Main St. in Waynesville behind Bogart's.

Swain County Farmers Market

Fri., 9 am-1 pm
828-488-3848
Find us on Facebook

The Market is located at the Old Nelli Wiggins Barn on Island St. located in downtown Bryson City.

'Whee Farmers Market

Jackson Co.
Wed., 5 pm-dusk
Find us on Facebook

See Facebook page for details and new location.

Haywood's Historic Farmers Market

May 2 - Nov 28

8 A.M. - Noon
Wednesdays
Saturdays

Accepting: Credit/Debit SNAP/EBT WIC

250 PIGEON ST WAYNESVILLE
WAYNESVILLEFARMERSMARKET.COM

Hayesville Evening Market

Dur farmer's market is a town event on the square!

May 21 - September 3, 2015

OPEN EVERY THURSDAY 4 PM TO 8 PM

HayesvilleEveningMarket.com
f Hayesville Evening Market

SOUTHERN MOUNTAINS

Henderson, Polk, Transylvania counties

Columbus Tailgate Market

Polk Co.
Sat., 8 am-noon
828-894-2281
www.polkcountyfarms.org/farmers-markets

Courthouse St. in Columbus in front of the Womack Building and Courthouse Square.

Flat Rock Farmers Market

Henderson Co.

CEDAR VALLEY FARMERS MARKET

Home Grown ★ Hand Made

SATURDAYS
9 AM - 1 PM • APRIL - OCTOBER
DOWNTOWN MURPHY, NC
at the L & N DEPOT

www.doylescedarhill.com/farmers-market

Thu., 3-6 pm
flatrockfarmersmarket@gmail.com

Behind the colorful shops along Little Rainbow Row in Flat Rock, Greenville Hwy. 225 just south of the Flat Rock Playhouse.

Henderson County Curb Market
Tue., Thu., Sat., 8 am-2 pm
828-692-8012
www.curbmarket.com

221 N. Church St. (US 25 S.), directly across from the old courthouse in Hendersonville.

Henderson County Tailgate Market
Sat., 7 am-noon
828-697-1153
Find us on Facebook

Parking lot at 100 N. King St. (between First Ave. and Second Ave.) in Hendersonville.

Mills River Farmers Market EBT
Henderson Co.
Sat., 8 am-noon
828-891-3332
millsriverfarm@gmail.com

5046 Boylston Hwy., directly off NC 280 in the G&B Energy Plaza in Mills River.

Saluda Tailgate Market
Polk Co.
Fri., 4:30-6:30 pm

828-749-9365
www.saludatailgate.com

Saluda's public parking lot on West Main St. in Saluda

Transylvania Farmers Market
Transylvania Co.
Sat., 8 am-noon
828-548-0660
www.transylvaniafarmersmarket.com

Parking lot behind Comporium on the corner of Jordan St. and Johnson St. in downtown Brevard.

Tryon Tailgate Market EBT
Polk Co.
Thu., 4-6 pm
828-894-2281
www.polkcountyfarms.org/farmers-markets

Corner of Palmer St. and Maple St. in Tryon.

CENTRAL MOUNTAINS
Buncombe, Madison, Yancey counties

Asheville City Market EBT
Buncombe Co.
Sat., 8 am-1 pm
828-348-0340
www.asapconnections.org/citymarket

Downtown Asheville in the parking lot of the Public Works Building at 161 S. Charlotte St. See our winter market listing on page 15.

Asheville City Market South EBT
Buncombe Co.
Wed., noon-4 pm
828-348-0340
www.asapconnections.org/citymarket

Town Square Blvd. in the center of

OAKLEY FARMERS MARKET

Thursdays 3:30-6:30
May 7 - Sep. 24
607 Fairview Road

- Kid's Activities
- Live Music
- Community Garden

www.oakleyfarmersmarket.com

East ASHEVILLE TAILGATE MARKET

Every Friday
3:00 - 6:00 PM

Groce Methodist Church
954 Tunnel Rd. on US 70

Mills River Farmers' Market

Join us Saturday Mornings
8:00AM to Noon
May-October
at the
GAB Plaza
Hwy 280
SNAP/EBT now accepted!

HENDERSON COUNTY TAILGATE MARKET

Early Spring Saturdays 7am - Noon to Late Fall

Farm Fresh, Locally Raised & Grown!

Vegetables • Fruits • Herbs
Baked Goods • Desserts
Eggs • Beef • Pork • Chicken
Plants • Trees • Crafts
and so much more...

100 King Street - Hendersonville
www.facebook.com/hendersoncountytailgatemarket

Biltmore Park Town Square, I-26 Long Shoals Rd. exit in South Asheville.

Black Mountain Tailgate Market
Buncombe Co.
Sat., 9 am-noon
828-669-8722
www.blackmountaintailgatemarket.org

Located behind First Baptist Church 130 Montreat Rd. in Black Mountain.

East Asheville Tailgate Market
Buncombe Co.
Fri., 3-6 pm
Find us on Facebook

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

French Broad Food Co-op Wednesday Tailgate Market EBT
Buncombe Co.
Wed., 2-6 pm
828-423-4065
Find us on Facebook

76 Biltmore Ave. in the parking lot next to the French Broad Food Co-op in downtown Asheville.

The Holiday Bazaar EBT
Buncombe Co.
828-776-6286
natmholidaybazaar@gmail.com

UNC Asheville Campus Commuter Lot #C. Market is in the first lot on the right from WT Weaver Blvd. traffic circle.

Leicester Farmers Market
Buncombe Co.
Sat., 9 am-2 pm
828-337-9493
www.leicesterfarmersmarket.com

Parking lot of Leicester Landing Shopping Center, next to Zaxby's, at 338 Leicester Hwy.

Madison County Farmers & Artisans Market EBT
Sat., 9 am-1 pm
www.marshillmarket.org

Located on Hwy. 213 beside the tennis courts on the Mars Hill University Campus.

North Asheville Tailgate Market EBT
Buncombe Co.
Sat., 8 am-noon

www.northashevilletailgatemarket.org
UNC Asheville Campus Commuter Lot #C. Market is in the first lot on the right from WT Weaver Blvd. traffic circle.

Oakley Farmers Market
Buncombe Co.
Thu., 3:30-6:30 pm
828-407-0188
www.oakleyfarmersmarket.com

Parking lot behind Oakley United Methodist Church at 607 Fairview Rd. in Asheville.

River Arts District Farmers Market
Buncombe
Wed., 2 pm-6 pm
www.RADfarmersmarket.com

In the field next to All Souls Pizza at 175 Clingman Ave. in Asheville.

Sundays on the Island
Madison Co.
Sun., noon-4 pm
828-775-8844
Find us on Facebook

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

TRANSYLVANIA Farmers Market
FRESH & LOCAL

OVER 50 VENDORS
with Local Food & Products!

SATURDAYS, 8am-12pm
APRIL 18-DECEMBER 19
(Winter Market 10am-12pm, Dec-Apr)
with live music & special events
Located at corner of Johnson & Jordan, off Main Street behind Comporium in Brevard, NC

THANK YOU TO OUR SPONSORS
Transylvania County Tourism • City of Brevard • Healthy Harvest Natural Foods • Comporium • Transylvania Regional Hospital • Domokur Architects • Spring Valley Farm Dog Care

TRANSYLVANIAFARMERSMARKET.COM
Find us on Facebook

North Asheville Tailgate Market

Farm Raised and Hand Made!

Saturdays 8 AM Until Noon
On The Beautiful Campus of UNC Asheville
www.NorthAshevilleTailgateMarket.org
Serving our community for over 35 years!

RIVER ARTS DISTRICT

FARMERS MARKET

-175 CLINGMAN AVE-
 In the field next to All Souls Pizza

April-November
Wednesdays
2-6 pm

A local producer-only, midweek market with a fun family atmosphere offering kid activities, live music, local brews on tap, market tastings, seasonal market dinners, 'Bike to Market' incentives and more!

Centrally located in the wonderful River Arts District
 now accepting credit & debit cards
 ask us about EBT/SNAP

Follow us on Facebook or Twitter and stay connected!
www.radfarmersmarket.com

- Weaverville Tailgate Market**
 Buncombe Co.
 Wed., 2:30-6:30 pm
www.weavervilletailgate.org
 On the hill overlooking Lake Louise, behind the yellow Community Center on Weaverville Hwy. just south of downtown Weaverville.
- West Asheville Tailgate Market**
 Buncombe Co.
 Tue., 3:30-6:30 pm
www.westashevilletailgatemarket.com
 718 Haywood Rd., in the parking area between Grace Baptist Church and Sun Trust Bank.
- WNC Farmers Market**
 Buncombe Co.
 Daily, 8 am-6 pm
 828-253-1691
www.wncfarmersmarket.org
 Farmers Truck Shed #1 is designated for farmers who sell only what they grow, at WNC Farmers Market, 570 Brevard Rd. in Asheville.
- Yancey County Farmers Market**
 Sat., 8:30 am-12:30 pm

- 828-675-0679
www.yanceycountyfarmersmarket.com
 S. Main St. at US 19E in Burnsville, at the Burnsville Town Center.
- FOOTHILLS**
 Burke, Caldwell, McDowell, Rutherford counties
- Caldwell County Farmers Market**
 Sat., 6 am-noon
 828-221-0223
 120 Hospital Ave. NE at the Caldwell Co. main library in Lenoir.
- Hildebran Farmers Market**
 Burke Co.
 Tue., 8 am-1 pm
- I like knowing I'm supporting my community, I like supporting our agricultural roots, and I like eating food that is grown by stewards of the earth.*
 —Ariel Sky Ford, market shopper
- 828-397-5801
www.hildebranfarmersmarket.com
 202 S. Center St., in the Hildebran Municipal Complex's parking lot across from the Hildebran Pool.

- Historic Marion Tailgate Market**
 McDowell Co.
 Tue., 3-6 pm, Sat., 9 am-noon
 828-652-2215
www.hometownmarion.com
 Corner of W. Henderson St. and Logan St. in Marion, one block from Main St. under city-owned shade shelter.
- Lenoir Downtown Farmers Market**
 Caldwell Co.
 Wed.-Sat., 10 am-6 pm
 828-221-4935
www.lenoirdowntownfarmersmarket.com
 904 West Ave., across from the county offices.
- Morganton Farmers Market**
 Burke Co.
 Wed., 2-6 pm, Sat., 8 am-noon
 828-438-5252
www.downtownmorganton.com
 Wed.: 111 N. Green St. in the grassy, vacant lot across from Burke Co. offices, near CVS. Sat.: 300 Beach St. behind Maria's Pizza.

Leicester Farmers Market

Vegetables • Plants • Grass-fed Meats
 Baked Goods • Prepared Foods • Crafts

30+ Vendors • Saturdays 9am – 2pm
 New Leicester Hwy, next to new Zaxby's

LeicesterFarmersMarket.com

WEAVERVILLE
TAILGATE
MARKET

Join us in our 7th year of growing quality for you.
 Wednesdays 2:30-6:30
 Lake Louise Community Center
www.weavervilletailgate.org

What's Fresh? Find out what's fresh at area tailgates with weekly updates via ASAP's community website, fromhere.org and its weekly e-newsletter, as well as through local media outlets like *Asheville Citizen-Times* and WCQS.

French Broad Food Co-op
Wednesday TAILGATE MARKET
 April thru November • 2PM to 6PM • 76 Biltmore Avenue

VEGETABLES ~ BAKED GOODS ~ PLANTS
 JAMS & JELLIES ~ GOAT CHEESE ~ HONEY
 EGGS ~ CUT FLOWERS ~ MEAT
 AND MUCH MORE!

Now accepting EBT & Credit/Debit transactions. Just purchase your tokens at the Co-op.
 Find us on Facebook! Park for an hour for free in ALOFT deck!

MADISON COUNTY FARMERS & ARTISANS MARKET
 MARS HILL, NORTH CAROLINA

Saturdays
 9 am-1 pm
 April thru October

On the campus of Mars Hill College - visit our website for directions.

www.marshillmarket.org

Rutherford County Farmers Market
 Tue., 8 am-1 pm, Sat., 8 am-1 pm
 828-287-6080
www.rutherfordcountync.gov/farmersmarket

172 Depot St. in Forest City, directly across from the Florence Mill site. Accessible from either Main St. or Oak St.

Sawmills Farmers Market
 Caldwell Co.
 Tue., 3-7 pm,
 828-850-3672
www.sawmillsfarmersmarket.com

Highway 321-A in Sawmills, directly across from Sawmills Fire Department.

Valdese Farmers Market
 Burke Co.
 Wed., 8 am-noon, Fri., 2-6 pm
 828-879-2129
bhefner@ci.valdese.nc.us
www.townofvaldese.com

Faet St. in Valdese.

HIGH COUNTRY

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

Alleghany County Farmers Market
 Sat., 9 am-noon
 336-372-7888
www.alleghanyfarmersmarket.com
 Crouse Park, Hwy. 18 N. in Sparta.

Ashe County Farmers Market
 Wed., Sat., 8 am-1 pm
 336-877-4141
www.ashefarmersmarket.com

108 Backstreet, one block over from Jefferson Ave. and next to First Baptist Church in West Jefferson.

Avery County Farmers Market in Banner Elk
 Thu., 4-7 pm
 828-733-8274
www.averycountyfarmersmarket.org

185 Azalea Cir., Banner Elk at old Banner Elk Elementary School (now called AC Pride).

Bakersville Farmers Market
 Mitchell Co.
 Sat., 8 am-noon
 828-688-6131
www.mitchellgrown.com

Bakersville Community Medical Clinic parking lot, opposite the U.S. Post Office. See our winter market listing on next page.

Blowing Rock Farmers Market
 Watauga Co.
 Thu., 4-6 pm
 828-414-9400
www.blowingrock.com/farmersmarket.htm

132 Park Ave., just off Main St. in Blowing Rock.

Lansing FARMERS MARKET
 May to Sept Thursdays 1-6

PIE on the MOUNTAIN
 Artisan Pizza • Sandwiches
 Farm Fresh Salads
 336 384 8008 • Lansing, NC

Rose Mountain BUTCHER SHOPPE
rosemountainbutchershoppe.com
 336-384-1702 Lansing, NC

Lansing Farmers Market
 Ashe Co.
 Thu., 1-5 pm
 336-977-2535
www.explorelansingnc.com

Grassy field behind the Lansing Fire Department, under the big tent.

Spruce Pine Farmers Market
 Mitchell Co.
 Wed., 2-5 pm
 828-688-3538
bridgetscot@aol.com

585 Oak Ave., in the parking lot of The Pizza Shop and Dry County Brewing Company. See our winter market listing on this page.

Watauga County Farmers Market
 Sat., 8 am-noon
 828-355-4918
www.wataugacountyfarmersmarket.org

Horn in the West parking lot in Boone.

Wilkes County Farmers Market
 Tue., 3-5:30 pm, Sat., 7:30-11 am
 Smoot Park in North Wilkesboro.

Wilkesboro Open Air Market
 Wilkes Co.
 Fri., 4-8 pm
 336-838-3951
 Find us on Facebook

Ashe County FARMERS MARKET
 Handmade, Homegrown • Buy Local

8am-1pm
Saturdays (April-October)
Wednesdays (July-September)

On the Backstreet, Downtown West Jefferson
www.AsheFarmersMarket.com

Winter Markets

Farmers are rising to the challenge of extending the grown season to meet more of the year round demand for local food. This means farmers markets are also extending their season. Continue to buy direct from Appalachian Grow farms at these winter farmers markets. Check websites for winter location, dates and hours.

Asheville City Market
 Buncombe Co.
 828-348-0340
www.asapconnections.org/citymarket

Bakersville Farmers Market
 Mitchell Co.
 828-688-6131
www.mitchellgrown.com

Jackson County Farmers Market
 Jackson Co.
www.jacksoncountyfarmersmarket.org

Spruce Pine Farmers Market
 Mitchell Co.
 828-688-3538
bridgetscot@aol.com

YMCA Indoor Winter Tailgate Market
 Buncombe Co.
 828-505-3990
www.ymcawnc.org

Holiday Markets

Many markets have special holiday hours and locations in November and December. Find Appalachian Grown ingredients and artisan gifts at tailgate markets across the region. Check listings and websites for details.

Many markets take payment in forms other than cash.

SNAP/EBT

Credit /Debit



When the school year comes to a close, ASAP's Growing Minds Farm to School Program moves to the tailgate markets with our Growing Minds @ Market (GM@M) activity series! You'll get to know the farmers at the market by tasting their products, get moving with physical activities and games, and create all kinds of local food crafts!



GM@M can be found at Asheville City Market, North Asheville Tailgate Market, and West Asheville Tailgate Market. Activities are based on a curriculum of experiential, literature-based farm to school activities developed by ASAP's Growing Minds team. The market managers set up a special GM@M kids space at their market, recruit amazing community partners to help, and the fun begins! The activity series typically runs during the summer months, but it may extend into spring and fall should a market choose.



Thousands of kids and adults have participated in GM@M activities and this year promises to be full of fun ways to connect to local farms and food! Activities are FREE fun for the whole family!



Learn more about GM@M at growing-minds.org/market. And read about the Growing Minds Farm to School Program on page 28. Interested in starting GM@M at your market? Give ASAP a call!

2015 GM@M Schedule

- Asheville City Market:** Saturdays, June-August, 9 am-noon
 - North Asheville Tailgate Market:** Saturdays, June-September, 9 am-noon
 - West Asheville Tailgate Market:** Wednesdays, April-October, 3:30-6:30 pm
- Many markets in the region have kid's activities throughout the season.

102 W. Main St., in the municipal parking lot beside the Wilkes Heritage Museum and across from the 50's Snack Bar.

GEORGIA
Fannin, Franklin, Gilmer, Habersham, Lumpkin, Pickens, Rabun, Stephens, Towns, Union, White counties

Blue Ridge Downtown Market
Fannin Co.
Sat., 8 am-1 pm
www.brfarmersmarket.com

City park across from the courthouse in downtown Blue Ridge.

Clarkesville Farmers Market
Habersham Co.
Sat., 9 am-noon
www.clarkesvillefarmersmarket.com

The Market is located in front of Old Clarkesville Mill, 583 Grant St, just north of the Clarkesville square on historic 441.

Dahlonega Farmers Market
Lumpkin Co.
Tue., 3-6 pm; Sat., 8 am-noon
706-482-2707
www.dahlongegadda.org
Hancock Park in downtown Dahlonega.

Lavonia Farmers Market
Franklin Co.
Wed., Sat., 7-11 am
706-356-1926
lavoniadda@windstream.net
1269 E. Main St., across from the gazebo in downtown Lavonia.

Main Street Farmers Market
Rabun Co.
Sat., 9 am-noon
Find us on Facebook
74 N. Main Street in front of Butlers II Antiques in Clayton.

Simply Homegrown: A Farmers Market
Rabun Co.
Sat., 9 am-1 pm
twotigerlillies@yahoo.com
www.rabunmarket.com
Covered Bridge Plaza, Hwy 441 in Clayton.

Stephens County Farmers Market
Wed., Sat., 7:30 am-noon
706-779-5501

Between Hwy. 123 and Hwy. 17, on the left just as you pass under the overpass toward Stephens County Hospital in Toccoa.

Union County Farmers Market EBT
Tue., 3-7 pm, Sat., 7 am-1 pm
706-439-6000
www.ucfarmersmarket.com

148 Old Smokey Rd., off Weaver Rd. which is off Hwy. 515, in Blairsville.

White County Farmers Market
Sat., 7:30 am-noon
706-865-2832
tobryant@whitecounty.net

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

SOUTH CAROLINA
Anderson, Cherokee, Greenville, Oconee, Pickens, Spartanburg counties

Anderson County Farmers Market EBT
Tue., Thu., Sat., 8 am-1 pm
864-231-7275
www.andersoncountysc.org/fresh
Corner of Murray Ave. and Tribble St. one block off Main St.

Clemson Farmers' Market
Pickens Co.
Fri., 3 pm-6 pm
864-654-3918
www.clemsonfarmersmarket.org

Located on the Green at Patrick Square, right off of the Calhoun Memorial Highway (Hwy 123) and Issaqueena Trail interchange.

Foothills Heritage Market EBT
Oconee Co.
Sat., 8 am-noon
864-324-4231
www.foothillsheritagemarket.org

178 Hayfield Rd. in Westminster, off Hwy. 123 just west of intersection of Hwy. 11/ Cherokee Scenic Foothills Hwy.

Hub City Farmers Market EBT
Spartanburg Co.
Wed., 11 am-1 pm, Sat., 8 am-noon
864-585-0905
www.hubcityfm.org

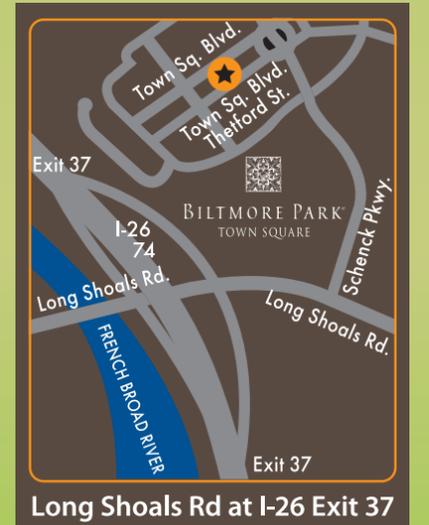
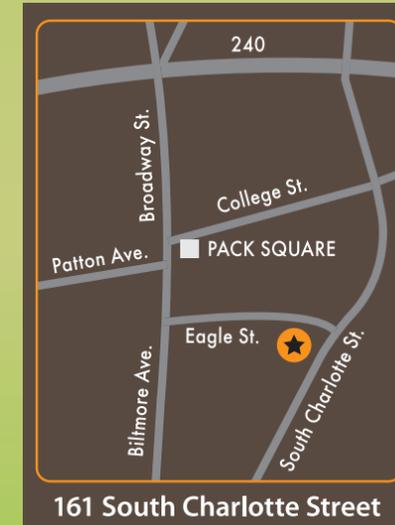
Sat.: 498 Howard St. in Spartanburg;
Wed.: Morgan Square in Spartanburg.

ASHEVILLE CITY MARKET
Local Food Local Farmers

SATURDAYS, 8-1
April 4th - December 19th
DOWNTOWN ASHEVILLE

ASHEVILLE CITY MARKET
Local Food Local Farmers *South*

WEDNESDAYS, 12-4
April 1st - October 28th
SOUTH ASHEVILLE



Weekly farm-fresh adventure!

Asap
Local Food Strong Farms Healthy Communities

Market Info:
Mike McCreary
mike@asapconnections.org
348.0340
asapconnections.org

EBT • credit • debit PAYMENTS WELCOME

AT BOTH LOCATIONS. Purchase tokens at the market's info table using your EBT, credit, or debit card. Then use tokens at vendors.

TD Saturday Market 
Greenville Co.
Sat., 8:30 am-12:30 pm
864-467-4494
www.saturdaymarketlive.com

On S. Main St. from Court St. to Washington St. in Greenville.

Travelers Rest Farmers Market 
Greenville Co.
Sat., 9 am-noon
www.travelersrestfarmersmarket.com

On the Swamp Rabbit Trail between Furman University and Downtown Travelers Rest at 225 Wilhelm Winter St.

TENNESSEE

Blount, Bradley, Carter, Cocke, Greene, Jefferson, Johnson, Knox, Monroe, Polk, Sevier, Sullivan, Unicoi, Washington counties

Dandridge Farmers Market
Jefferson Co.
Sat., 9 am-noon
865-368-9097
www.mainstreetdandridge.com

Corner of Gay and Main St. in Dandridge.

The Farmers Market at East Tennessee State University 
Washington Co.
Thu., 9 am-1 pm
865-209-4940
www.thefarmersmarketatetsu.wordpress.com

East Tennessee State University's

campus in the parking lot diagonal to Sherrod Library and adjacent to the DP Culp Center.

Gatlinburg Farmers Market
Sevier Co.
Sat., 8:30 am-noon
865-332-4769
www.gatlinburgfarmersmarket.com

849 Glades Rd. in the Great Smoky Arts and Crafts Community at the Covered Bridge.

Greenville Farmers Market 
Greene Co.
Sat., 8 am
423-367-9495
www.greenvillefarmersmarket.com

Greene County Fairgrounds under the livestock pavilion.

Johnson City Farmers Market 
Washington Co.
Wed., Sat., 7 am-2 pm
423-367-7627
www.johnsoncityfarmersmarket.com

500 S. Roan St. between State of Franklin Rd. and Cherry St.

Jonesborough Farmers Market 
Washington Co.

Advanced Search

Want to find a tailgate market near you? Visit ASAP's online *Local Food Guide* at appalachiangrown.org, click "tailgate markets," and type in your town or county for a list.

Sat., 8 am-noon
423-458-2122
www.jonesborough.locallygrown.net

East side of old Jonesborough Courthouse, just off Main St. in Jonesborough.

Knoxville Farmers Market
Knox Co.
Tue., Fri., 3-6 pm
865-457-6992
www.easttnfarmmarkets.org

Tue.: 1001 Ebenezer Rd., in the parking lot of United Methodist Church; Fri.: lower parking lot of Laurel Church of Christ, 3457 Kingston Pike at corner of Cherokee Blvd.

Marble Springs Farmers Market
Knox Co.
Thu., 3-6 pm
865-573-5508
www.marblesprings.net

Field at Marble Springs State Historic Site in South Knoxville, 1220 W. Governor John Sevier Hwy. Parking is to the left, the market is across the entrance road.

Market Square Farmers Market 
Knox Co.
Wed., 11 am-2 pm, Sat., 9 am-2 pm
865-405-3135
www.marketsquarefarmersmarket.org

Historic Market Square in downtown Knoxville; the square is bound by Wall Ave. to the north and Union Ave. to the south, one block west of Gay St. On Sat., the market extends south along Market St. to Clinch.

Maryville Farmers Market 
Blount Co.
Wed., 3:30-6:30 pm, Sat., 9 am-noon
www.maryvillefarmersmarket.org

Wed.: New Providence Presbyterian Church; Sat.: downtown Maryville between Church Ave. and Broadway near CBBC Bank, Founders' Square.

Mobile Farmers Market 
Greene Co.
Tue., 9 am-5 pm
423-636-8171
www.ruralresources.net

Travels to neighborhoods in Greeneville where transportation is a problem. Call or check our website for routes.

I love having the personal connection with the farmers and food artisans who grow and make our food. It is a wonderful experience!

—Denise Shepherd Barratt, Registered Dietitian Nutritionist

New Harvest Park Farmers Market 
Knox Co.
Thu., 3-6 pm
865-215-2340
www.knoxcounty.org/farmersmarket/index.php

New Harvest Park, 4700 New Harvest Ln. in Knoxville. Just off I-640.

Newport Farmers Market
Cocke Co.
Wed., 1-5 pm
Find us on Facebook

424 Heritage Blvd., at the Tanner Cultural

Center between CVS Pharmacy and the Community Center in Newport.

Seymour Farmers Market
Sevier Co.
Sat., 8 am-noon
865-453-0130
www.seymourfarmersmarket.org

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

Tellico Plains Farmers Market 
Monroe Co.
Wed., 9 am-1 pm
Sat., 9 am-1 pm
423-371-8856

www.sites.google.com/site/mcfarmmarket/

In grass between Cherohala Skyway Visitor Center and Tellico Plains Public Library at 520 Anderson Rd. in Tellico Plains.

Town of White Pine Farmers Market 
Jefferson Co.
Tue., 4:30-8 pm, Sat., 9 am-1 pm
865-674-2556
www.whitepinetn.com

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

Union County Farmers Market 
Union Co.
Fri., 4-7 pm
865-992-8038
Find us on Facebook

Next to the Union County Court House at the Union County Arts Co-Op in Maynardville.

UT Farmers Market 
Knox Co.
Wed., 4-7 pm
865-974-9204
www.vegetables.tennessee.edu/utfm.html
UT Gardens on Neyland Dr.

VIRGINIA

Carroll, Grayson, Scott, Smyth, Washington, Wythe counties

Independence Farmers Market 
Grayson Co.
Fri., 9 am-2 pm
276-655-4045
www.independencefarmersmarket.org

Downtown Independence at corner of Hwy. 58 and Hwy. 21 across from the Historic 1908 Courthouse.

Rural Retreat Farmer's Market 
Wythe Co.
Wed., 2 pm-6 pm
276-780-1690
www.depotfarmersmarket.org/RuralRetreat

Located in the historic Rural Retreat Depot.

What is ASAP's Local Food Campaign?



While the reason for purchasing local food can range from flavor and freshness to economic impact or farmland preservation, ASAP's Local Food Campaign was developed around our mission of helping local farms thrive. It takes more than producing a quality product for a small or mid-sized farm to thrive. They must also be able to market and promote their products, establish and maintain relationships with multiple buyers, manage labor, keep solid records

and continually plan, evaluate, and adapt their businesses. It is these "other pieces" where ASAP can help. Our Local Food Campaign staff work directly with farmers to help them build and sustain a viable businesses. This can include one-on-one market planning, connections with outlets to sell their products, or offering workshops and conferences to help them build their farm businesses. We also create a wealth of farmer resources—from educational tools to free or affordable Appalachian Grown marketing and promotional materials like stickers and labels, signs, produce bags, and wax boxes.

Our work is centered around driving demand for local products, building the capacity of farms to promote their products and enter local markets, and to make connections across all segments of our local food system.

To learn more about ASAP's work, visit asapconnections.org or call 828-236-1282.

Cooking with the seasons is an art, one that the chefs in these pages have mastered.



The Southern Appalachians are filled with chefs and restaurant owners who are not only committed to sourcing locally grown ingredients from certified Appalachian Grown farms, but designing their menus around it. They work directly with wholesalers and distributors (pages 40-41) as well as farms (pages 42-83) to ensure that they are using the freshest, tastiest ingredients—highlighting the seasons and our region’s agriculture.

To help get the word out, ASAP’s Get Local initiative features restaurants that are going above and beyond in celebrating in season foods each month; learn more on page 25. Look for local-centric menu items and specials when eating out, but don’t forget to ask your server: “What’s Appalachian Grown today?”

This section is divided up regionally. See the map on pages 6-7.



SMOKY MOUNTAINS, NC

SMOKY MOUNTAINS

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

Coffee Cup Cafe

48 Haywood Park Dr., Clyde, NC
www.coffeecupcafenc.com

Coffee Cup Cafe specializes in breakfast, lunch, and specialty espresso drinks. We get excited when spring finally arrives and we are able to use all the local produce and other foods grown in Haywood County! fresh made. everyday. the local way!

Frogs Leap Public House

44 Church St., Waynesville, NC
828-456-1930
www.frogsleappublichouse.com

FLPH is a farm to table restaurant dedicated to transforming local, sustainable, natural, and organic products into regionally inspired modern dishes. Our seasonal menu highlights traditional Southern foods and local ingredients. #1 in Waynesville.

SMOKY • SOUTHERN • CENTRAL MOUNTAINS, NC

SOUTHERN MOUNTAINS

Henderson, Polk, Transylvania counties

Flat Rock Village Bakery

2710 Greenville Highway, Flat Rock, NC
www.flatrockwoodfired.com

Our bakery produces organic brick-oven breads, rustic handcrafted pastries, dark roasted organic coffees, and super fresh organic salads, sandwiches, and wood-fired pizzas. Our bakers honor a commitment to quality through using organic, local, and seasonal ingredients.

The Purple Onion

16 Main St., Saluda, NC
828-749-1179
www.purpleonionsaluda.com

Located in historic Saluda with outdoor dining and live music Thu.-Sat. We feature a variety of ethnically inspired dishes utilizing local trout, meats and produce; locally roasted coffees; and wine and beers, including biodynamic and organic selections.

Season’s at Highland Lake

86 Lily Pad Ln. Flat Rock, NC
800-635-0287
www.hlinn.com/Seasons

Fine dining in a casual country setting in historic Flat Rock. Winner since 2000 of the Wine Spectator “Award of Excellence.” Seasonal menus highlight the taste of produce fresh-picked from our organic gardens.

West First Wood-Fired

101 First Ave. W., Hendersonville, NC
www.flatrockwoodfired.com

We create handcrafted food with a Mediterranean aesthetic and feature whole wheat thin crust pizzas, organic pastas, rustic salads and soups, desserts, and breads. Gluten-free options available.

CENTRAL MOUNTAINS

Buncombe, Madison, Yancey counties

Bandidos Latin Restaurant

697 Haywood Rd., Asheville, NC
828-255-8681
www.bandidosasheville.com

Bandidos provides authentic Latin cuisine. Produce is sourced locally from area farmers markets and distributors. Our meat is sourced locally with whole

hogs, pork, and beef from Apple Brandy Farm, and ducks and rabbits from Tanglewood Farms.

Biscuit Head

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

Come to Biscuit Head to enjoy the traditional Southern favorite with a unique twist. Share cat-head biscuits and good times with your friends and

Inspired by Biltmore’s winery, kitchen garden, and the seasons, the Bistro offers contemporary bistro fare and regional specialties. Our chefs embrace the slow food philosophy, preparing specialties using the freshest local and seasonal ingredients.

Bouchon

62 N. Lexington Ave., Asheville, NC
828-350-1140
www.ashevillebouchon.com

Our core mission at The Market Place is to source local and support our local farms! It’s better for the environment, it’s better for our local economies, and it keeps our food within our “food shed” so we know we are getting healthy food from good people!

—William Dissen, Executive Chef & owner, The Market Place Restaurant

family in this fun cafe. Indulge in the biggest selection of homemade gravies, jams and fixins’ in town.

Bistro—Biltmore Estate

1 Lodge St., Asheville, NC
828-225-6230
www.biltmore.com/visit/dining/bistro/

Bouchon is the colloquial expression for “bistro” in the Lyon area of France. Owner Michel Baudouin was raised in a small farming community right outside Lyon. A bistro in the true French style.

celebrates Appalachian Grown™ partner restaurants that consistently buy direct from Appalachian Grown farms and tailgate markets throughout the year. The campaign features a monthly farm product that Get Local partner chefs highlight in seasonal dishes and events. Visit asapconnections.org to learn more. Get Local Partners get “gold stars” from ASAP.

Carmel's Kitchen & Bar
1 Page Ave., Ste. 129, Asheville, NC
828-252-8730
www.carmelsofashville.com

Local, independently owned restaurant. We use local meats and produce as seasonally available and

It is our responsibility as chefs to support the local ecosystem of farmers. We do it not just because it tastes better, but because it is the right thing to do.

—Philip Bollhoefer, Senior Chef de Cuisine, Edison

partner with local bakeries and artisan food producers. We have great outside dining in downtown Asheville at the Grove Arcade.

Cedric's Tavern - Biltmore Estate
1 Lodge St., Asheville, NC
828-225-1320
www.biltmore.com/visit/dining/cedrics_tavern

Cedric's features traditional British pub fare alongside robustly flavored American cuisine. The atmosphere is friendly and relaxed, the perfect spot to unwind at Biltmore. Lunch, dinner, and live entertainment in the evenings.

Chai Pani
22 Battery Park Ave., Asheville, NC
828-254-4003
www.chaipani.net

Located in downtown, we serve delicious and affordable Indian street food. We obsess over authentic and fresh ingredients, local produce, and natural meats. Voted one of the best lunch restaurants by *Mountain Xpress* and recommended by *The New York Times*.

Chestnut
48 Biltmore Ave., Asheville, NC
828-575-2667
www.chestnutasheville.com

Chestnut features craft food and cocktails from the freshest local ingredients. Enjoy lunch, brunch, or dinner with a drink at our full bar. 14 local and regional beers on tap and specialty cocktails. Located in the heart of downtown Asheville.

City Bakery
60 Biltmore Ave., Asheville, NC
828-252-4426
www.citybakery.net

Family-owned and operated bakery producing artisan breads and pastries for Asheville and surrounding areas. We offer breakfast and lunch items, including quiche, croissants, muffins, danish, sandwiches, soups, and salads at our three WNC locations.

Corner Kitchen
3 Boston Way, Asheville, NC
828-274-2439
www.thecornerkitchen.com

Asheville's most surprising restaurant, in Historic Biltmore Village. Serving breakfast and lunch five days a week, brunch Sat. and Sun., and dinner nightly at 5 pm. We use the freshest ingredients, locally grown and raised whenever possible.

Cucina 24
24 Wall St., Asheville, NC
828-254-6170
www.cucina24restaurant.com

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

Curate
11 Biltmore Ave., Asheville, NC
www.curatetapasbar.com

Spain, conveniently located in downtown Asheville. Authentic cuisine, genuine service, and the best in Spanish food and wine along with fabulous locally sourced ingredients. Please join us for some fun...just say "una caña!"

Deerpark Restaurant - Biltmore Estate
1 Lodge St., Asheville, NC
828-225-6260
www.biltmore.com/visit/dining/deerpark

This charming restaurant features walls of windows overlooking a pastoral area and a lush garden courtyard in the center. The Sat. lunch and Sun. brunch buffets feature Southern regional cuisine and the freshest seasonal ingredients.

Early Girl Eatery
8 Wall St., Asheville, NC
828-259-9292
www.earlygirleatery.com

Located in downtown Asheville overlooking Pritchard Park. Our focus is on Appalachian food, stressing fresh local ingredients. Made from scratch is our motto, and we proudly buy produce, meat, and dairy products from local farms. Open every day.

Edison Craft Ales + Kitchen at Omni Grove Park Inn
290 Macon Ave., Asheville, NC
828-252-2711
www.groveparkinn.com/edison

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
10 Patton Ave., Asheville, NC
828-348-8540
www.farmburger.net

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

FIG Bistro
18 Brook St., Asheville, NC
828-277-0889
www.figbistro.com

FIG Bistro is an intimate neighborhood restaurant featuring casual interpretations of New American and French cuisine. Our menu features an

array of seasonal dishes inspired by the fresh local ingredients.

French Broad Chocolate Lounge
10 S. Pack Square, Asheville, NC
828-252-4181
www.frenchbroadchocolates.com

We're a mom and pop business adhering to artisan methods, making chocolates and desserts with love and good stuff. Members of a thriving independent



King Daddy's
CHICKEN & WAFFLE

Brought to you
by the folks at
Early Girl Eatery

444 Haywood Rd.
West Asheville

www.ashevillekingdaddy.com

FLAT ROCK, NC	HENDERSONVILLE, NC	FLETCHER, NC
<p>828-693-1313</p> <p>organic brick oven breads, wood-fired pizzas, handcrafted pastries, breakfast & lunch everyday</p>	<p>828-693-1080</p> <p>Using Carolina Ground local organic flour</p> <p>wood-fired brick oven pizzas, hand made pastas, craft beers lunch & dinner Monday - Saturday</p>	<p>828-687-7999</p> <p>organic cakes, pastries, coffee, espresso, bagels and Flat Rock breads Monday - Saturday</p>
flatrockwoodfired.com		

FARM
BURGER
ASHEVILLE

100% GRASSFED
100% ASHEVILLE

SOURCED FROM LOCAL FARMS
DINE IN • CARRY OUT • CATER

828.348.8540 • www.farmburger.net • 10 patton ave • asheville, nc

business community, we live within our local economy as much as possible.

Garden Deli

107 Town Square, Burnsville, NC
828-682-3946
www.garden-deli.com

Garden Deli has been plating the highest quality deli sandwiches in NY deli style and fresh extravagant salads

Buying local means higher quality ingredients and higher quality relationships with those you are buying from.

—Julie Stehling, co-owner, King Daddy's Chicken and Waffle

on Burnsville's Historic Town Square since 1987. Voted one of the best in the region for years. Committed to serving local food when available.

Glass Onion

18 N. Main St., Weaverville, NC
828-645-8866
www.glassonionasheville.com

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

Gypsy Queen Cuisine

Food Truck, Asheville, NC
828-280-6647
www.gypsyqueencuisine.com

Fresh, local, organic and made with love, these are our ingredients. Authentic Lebanese street food on wheels serving the Asheville area. Probably the best falafel in the world. See our website for locations.

HomeGrown

371 Merrimon Ave., Asheville, NC
828-232-4340
www.slowfoodrightquick.com

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

King Daddy's Chicken and Waffle

444 Haywood Rd., Ste. 101, Asheville, NC
www.ashevillekingdaddy.com

King Daddy's is a neighborhood joint specializing in fried chicken and waffles but not limited to it. Our food and drink

menus were created to make for great meals and great conversation.

King James Public House

94 Charlotte St., Asheville, NC
828-252-2412
www.kingjamespublichouse.com

King James Public House focuses on using locally sourced, sustainable ingredients that reflect the seasons of our beautiful mountain town and forge a new Appalachian cuisine. You will find old classics reinvented in our neighborhood public house.

Lex 18—Southern Appalachian Supper Club & Moonshine Bar

18 N. Lexington Ave., Asheville, NC
828-575-9494
www.lex18avl.com

Lex 18 is Asheville's only Southern Appalachian Supper Club & Moonshine Bar featuring fresh seasonal, local and organic cuisine inspired by the heritage of WNC. We feature live music nightly and the largest selection of moonshine.

Limones

13 Eagle St., Asheville, NC
828-252-2327
www.limonesrestaurant.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 Lobster Trap

35 Patton Ave., Asheville, NC
828-350-0505
www.thelobstertrap.biz

Serving live Maine lobster, variety oysters, local trout, produce, and baked goods. Fun dining in downtown Asheville.

Mamacita's

77A Biltmore Ave., Asheville, NC
828-255-8080
www.mamacitasgrill.com

Locally driven Mexican food. 2014 marks our second year with our very own chile/tomatillo farm. We've added organic beans, rice, and have minimized our landfill impact while utilizing our compost at the farm. Farmers, please call or drop in anytime.

Medea's Espresso & Juice Bar

200 Julian Ln., Ste. 220, Arden, NC
828-676-3101
www.espressoandjuicebar.com

We've made a commitment to local purchasing, supporting local businesses and area farms. Come see what seasonal Appalachian Grown produce we're featuring in our organic juices, smoothies, wraps, salads, and hot paninis.

Mela Indian Restaurant

70 N. Lexington Ave., Asheville, NC
828-225-8880
www.melaasheville.com

Authentic North and South Indian recipes made from scratch with lots of fresh, local, seasonal ingredients. Repeatedly voted Asheville's best Indian restaurant and one of Asheville's favorite restaurants since 2005.

Modesto/Salsa/Chorizo

1 Page Ave., Ste.138-B, Asheville, NC
828-225-4133
www.modestonc.com

Three restaurants owned by Chef Hector Diaz in downtown Asheville. Come try progressive wood-fired Italian cuisine at Modesto, famous Mexican and Caribbean foods at Salsa's, or the flavors of world Latin cuisine at Chorizo.

Get Local

For many Appalachian Grown partner restaurants, buying local is not just the latest food trend or a marketing angle—it's part of what they do, grounded in their definition of good food. Surrounded by hundreds of small diversified farms, innovative food entrepreneurs, resources like ASAP's *Wholesale Local Food Guide*, and the strong consumer demand, local purchasing seems like it should be a given. But some restaurants don't just depend on what they can get from distributors or bottom of the barrel prices for seasonal excess. Our region is defined as a food destination by the chefs committed to building strong and consistent relationships with farms in their community. This commitment is an important piece of sustaining farms in our region—a chance for even small farms to diversify their markets. "While the freshness and flavor of local produce or meats can't be beat", says Jen Pearson, Owner/Chef of Guadalupe Cafe in Sylva, NC, "At the heart of it is a desire to do my part in keeping alive the craft of small family farming here in Western North Carolina."

Look for menus that are designed around seasonality and the availability of local ingredients and ask what is Appalachian Grown.



Mountain Magnolia Inn, Suites and Restaurant

204 Lawson St., Hot Springs, NC
828-622-3543
www.mountainmagnoliainn.com

5-star Trip Advisor dining in this 1868 Victorian home set on a beautiful three-acre garden with lovely mountain views. Casual fine dining with as much locally sourced organic food as possible. Days open vary seasonally.

Homegrown.

the market place

Farm to table since 1979.

RESTAURANT & LOUNGE
20 wall street 252-4162
www.marketplace-restaurant.com

Crafted Cuisine,
LOCAL FLARE

Exceptional cuisine that is locally sourced and globally inspired.

Red Stag Grill

GRANDBOHEMIANASHEVILLE.COM • 11 BOSTON WAY • 828-398-5600



RESPECT FOR THE LAND
IS OUR HERITAGE

More than one hundred years ago, George Vanderbilt brought the finest minds to Asheville with the mission of restoring overworked farmland to its fullest potential. The legendary results created a tradition of hospitality that made an invitation to dine at Biltmore a treasured event.

Mr. Vanderbilt didn't call this effort "sustainability"—nurturing the land was simply common sense. His vision inspires our Field to Table program, where estate vineyards yield grapes, cattle and lambs roam our pastures, gardens offer bounty to our chefs, and partnerships with local farmers support the growth of Appalachian agriculture.

biltmore.com/thefarm

BILTMORE®



Nightbell Restaurant & Lounge
32 S. Lexington Avenue, Asheville, NC
828-575-0375
www.thenightbell.com

From the family that brought the flavors of Spain to the South comes Nightbell, a restaurant & lounge with imaginative food, sensational sweets, creative cocktails, and mesmerizing music that make any evening special.

Posana
1 Biltmore Ave., Asheville, NC
828-505-3969
www.posanacafe.com

Full-service restaurant, wine bar, and cafe utilizing local, organic, or sustainably farmed ingredients in every season. Featuring indoor and outdoor dining, as well as a large private dining room for special events.

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

Chef John Fleer, strikes an informal, nostalgic and sometimes playful chord with familiar foods designed to nourish and excite. The menu is inspired by seasonal, local ingredients and pays homage to the bounty of regional and American cooking.

Red Stag Grill
11 Boston Way, Asheville, NC
828-398-5503
www.bohemianasheville.com

We strive to source our produce, meat, poultry, and fish from gardens, farms, ranches, and fisheries guided by principles of sustainability.

Rise 'n Shine Cafe
640 Merrimon Ave., Ste. 102, Asheville, NC
828-254-4122
www.risenshinecafe.com

We support local businesses with a conscious effort to conserve and sustain resources. We serve local, farm-fresh products, smoothies, fresh-squeezed juices, salads, sandwiches, and classic breakfast items.

Rosetta's Kitchen & The Buchi Bar
116 N. Lexington Ave., Asheville, NC
828-232-0738
www.rosettaskitchen.com

EXPERIENCE OUR REMARKABLE
LEGACY OF FOOD AND WINE

Inspired by our heritage of fine dining and sustainable agriculture, Biltmore chefs select the finest ingredients from our pastures, gardens, and vineyards, plus the freshest bounty from local farms and artisan producers.



BUY AN ANNUAL PASS AND SAVOR
A YEAR OF BILTMORE, INCLUDING

- Save 10% on estate dining
- Save up to 25% on Biltmore wine purchased in estate retail shops
- Bring friends without estate admission to Antler Hill Village & Winery after 5 p.m.
- Make advanced reservations and bring guests for dinner and weekend brunch
- Get invitations to special dining and wine events

Purchase your Biltmore Annual Pass now at biltmore.com/annualpass.

BILTMORE®



Growing Minds and Healthy Communities



ASAP believes that rebuilding the lost connection between food consumers and food producers creates healthier communities. And creating healthy communities is what our Growing Minds Farm to School Program is all about! We get kids growing food in their school gardens, cooking local foods in their classrooms, gobbling up local foods in their cafeterias, and visiting farms to see the source of their food up close.

Growing Minds provides trainings and resources to teachers, cafeteria staff, School Nutrition Directors, parents, Cooperative Extension professionals, farmers, and other community stakeholders to help them build healthy environments through farm to school (F2S). Why F2S? Because we know that local food education is one of the best tools that nutrition professionals and educators have to introduce and promote healthy eating habits in children and adults. We've seen it firsthand: Through F2S programming, we've witnessed children and their families try new foods, change the way they eat to incorporate more fresh fruits and veggies, and establish a deeper relationship with their community.

This relationship will last a lifetime. Children receiving nutrition education through F2S will grow up connected to the source of their food with a desire to eat well and support their farming neighbors, helping to create healthier communities for everyone.—



Read more about our programs at growing-minds.org



CENTRAL MOUNTAINS, NC

We're a vegetarian/vegan restaurant and bar that offers wholesome, homestyle cooking, local brews, wines, and kombucha drafts. Friendly staff, local art, late night dining, and a dedication to environmentally conscious and community-supporting policies.

Seven Sows Bourbon & Larder
77 Biltmore Ave., Asheville, NC
828-255-2592
www.sevensows.com

Fine food and spirits—bourbon bar and outstanding libations. Creative, interpretive cuisine of the American South. Mark Twain had a philosophy for his great American classics; we have that philosophy in our kitchen: cook what you know.

Short Street Cakes
225 Haywood Rd., Asheville, NC
828-505-4822
www.shortstreetcakes.com

We're a family-owned cake shop in West Asheville. Our cakes and pies are 100% natural and made from scratch, and represent the very best in the classic tradition of Southern cakes. Call today to place an order.

Stable Cafe—Biltmore Estate
Asheville, NC
828-225-6370
www.biltmore.com/visit/dining/stable

Located in the historic Stable area next to Biltmore House, casual cuisine and a friendly ambiance make this unique cafe a favorite lunch destination. Biltmore tickets or a Twelve Month Pass are required to access all estate restaurants.

Sunny Point Cafe
626 Haywood Rd., Asheville, NC
828-252-0055
www.sunnypointcafe.com

We're a locally owned and operated cafe in the heart of West Asheville, serving comfort food from dawn until dark with a focus on local and seasonal ingredients. We even have an on-site garden.

Sunset Terrace Restaurant
290 Macon Ave., Asheville, NC
828-252-2711
www.groveparkinn.com/sunset-terrace

The Sunset Terrace features the finest 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.

Table
48 College St., Asheville, NC
828-254-8980
www.tableasheville.com

We share an overriding respect for farm to table cuisine for its effect on the palate, the plate, and the strength of local economy. Daily changing dinner menu; seasonal lunch and Sun. brunch menu.

Taste & See Food Truck
Food Truck, Asheville, NC
828-301-5111
www.tasteandseefoodtruck.com

Taste & See is a local food truck serving amazing gourmet street food with an emphasis on local ingredients. We

I love the fact that when I place an order with one of our local farmers, they haven't even harvested my order yet. I place the order and then the morning that it gets delivered the greens are cut and washed. That means they get to me the very day they were cut from the roots, it just doesn't get better than that.

—Katie Button, Executive Chef/owner, Nightbell

can cater up to 1,000 people from our mobile kitchen. Stop by to Taste & See for yourself. For locations and weekend hours, please visit our website.

The Hop Ice Cream Cafe
640 Merrimon Ave., Ste.103, Asheville, NC
828-254-2224
www.thehopicecreamcafe.com

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

The Hop West
721 Haywood Rd., Asheville, NC
www.thehopicecreamcafe.com

The same amazing homemade ice cream, on the westside. Dairy, vegan,

Restaurants

Advanced Search

Browse a complete list of all the Appalachian Grown partner restaurants in the region with ASAP's online *Local Food Guide* at appalachiangrown.org.

sugar-free, and gluten-free flavors featuring fruits and veggies from Appalachian Grown farms. Coffee, espresso, and Wi-Fi.

The Market Place
20 Wall St., Asheville, NC
828-252-4162
www.marketplace-restaurant.com

Located in the heart of downtown Asheville, we specialize in handcrafted cuisine from seasonal, local ingredients, many of which come from within a 100-mile radius of Asheville. Bringing you local harvest since 1979.

Tod's Tasties and To Go's
102 Montford Ave., Asheville, NC
828-505-3701
www.todstasties.com

We're a quaint neighborhood cafe in historic Montford serving housemade baked goods, breakfast sandwiches made to order, burgers, salads, and beer and wine. Come see our healthy, creative, locally made daily specials.

Ultimate Ice Cream Co
195 Charlotte St., Asheville, NC
828-296-1234
www.ultimateicecreamasheville.com

Our craft churned ice cream is made from locally sourced wholesome dairy, fresh berries and artisan crafted ingredients. Culminating in rich flavor, whether you come to our stores for cup, cone or pint. Always fresh, always local, always Ultimate.

West End Bakery

757 Haywood Rd., Asheville, NC
828-252-9378
www.westendbakery.com

Our baked goods are made from 100% organic flour and organic sugar. Much of our produce is locally grown and organic. We use local Carolina Ground flour in many of our breads and pastries. We offer gluten-free and vegan selections.

"We enjoy knowing where our products are coming from, supporting the local families that grow them and getting to know the community of farmers. It also keeps a chef creative because you never know what they may show up with that sparks your idea for a new dish."

—Natalie Byrnes, owner, Glass Onion

Zambra

85 W. Walnut St., Asheville, NC
828-232-1060
www.zambratapas.com

Located in the heart of downtown Asheville, we serve small plates with global and American influence using all natural meats and local produce when available. Creative and classic cocktails with more than 25 wines by the glass.

FOOTHILLS

Burke, Caldwell, McDowell, Rutherford counties

Foothills Farm and Butchery

1196B Old US Hwy. 70W, Black Mountain, NC
828-669-8200
www.foothilllocalmeats.com

A full-service butcher shop and deli using only local and pasture-raised meats. Specializing in housemade hot

dogs, luncheon meats, fresh meats, and sausages, as well as bacon and BBQ from our smokehouse. Lunch and to-go supper specials daily.

HIGH COUNTRY

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

Bistro Roca & Antlers Bar

Wonderland Trail, Blowing Rock, NC
828-295-4008
www.bistoroca.com

One of BR's most popular restaurants serving inventive American bistro

cuisine in a rustic-elegant setting. We combine efficient service with gracious hospitality & offer a great selection of wines & mixed drinks in Antlers.

Boondocks Brewing Tap Room & Restaurant

108 S. Jefferson Ave., West Jefferson, NC
336-246-5222
www.boondocksbrew.com

We provide a fresh, unique, and engaging destination using locally sourced foods in a casual-upscale environment. Dedicated to excellence. Committed to community.

Casa Rustica

1348 Hwy. 105 Ext., Boone, NC
828-406-7085
www.casarustica1981.com

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

Gamekeeper Restaurant

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

Locally treasured for its eclectic menu and atmosphere, the Gamekeeper offers adventurous fare from ostrich

and wild boar, beef and duck, along with locally grown delicacies. They are known locally for the 'best veggie plate in town'.

The Hotel Tavern

5 W. Main, West Jefferson, NC
336-846-2121
www.thehoteltavern.com

We're a casual restaurant and bar located in the historic West Jefferson Hotel. Voted Best Restaurant 2014 by the Mountain Times, we serve freshly prepared food including salads, sandwiches, burgers, pasta, steaks and seafood. We source locally seasonally.

By supporting local farms we preserve farmland, farming careers, get a better product that's fresher, and often more nutritious and flavorful.

—Rosetta Star Buan, owner, Rosetta's Kitchen

Knife and Fork

61 Locust St., Spruce Pine, NC
828-765-1511
www.knifeandforknc.com

We serve extremely local farm to table cuisine in an upscale, friendly environment. The majority of our ingredients come from within a 20-mile radius of town. Menu changes daily. Hours change seasonally. Our cocktail lounge, Spoon, is open next door.

Lost Province Brewing Co.

130 Depot St., Boone, NC
828-265-3506
www.lostprovince.com

We are a destination microbrewery and gastropub brewing innovative craft beer. We serve savory wood fired fare using local and organic ingredients wherever possible. We are a fun social gathering place with good food, good beer, and good music.

The New Public House & Hotel

236 Sunset Dr., Blowing Rock, NC
828-295-3487
www.thenewpublichouse.com

We're a small unique hotel and restaurant offering inspired Southern food in small plates or full meals based on locally grown foods complemented by local ales, wines, and seasonal cocktails. We have seven light and airy guest rooms in downtown.

Proper

142 Water St., Boone, NC
828-865-5000
www.propermeal.com

A quaint restaurant serving traditional Southern food, offering a pleasing homemade touch that makes everyone feel at home. We use the freshest local ingredients and make everything in-house. Come enjoy the taste of a Proper meal.

The Restaurant at Gideon Ridge Inn

202 Gideon Ridge Rd., Blowing Rock, NC
828-295-3644

www.gideonridge.com

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

Stick Boy Kitchen

211 Boone Heights Dr., Boone, NC
828-265-4141
www.stickboykitchen.com

Visit Stick Boy Kitchen for a sit down breakfast & lunch. Offering bagels, sandwiches and soups. Our original bakery offers fresh-baked breads and pastries. Cakes, pies and wedding cakes. Both location offer organic coffee and espresso.

Talia Espresso

809 Main St., Ste. 42
North Wilkesboro, NC
336-838-0111
www.taliaespresso.com

Bistro-style coffee house offering homemade quiche, breads, salads with homemade dressings, and sandwiches. Our seasonal farm to table menu offers fresh from the farm fruit, cheeses, spinach, and veggies. Locally owned and operated.

Timberlake's Restaurant at Chetola Resort

500 Main St., Blowing Rock, NC
828-295-5505
www.chetola.com

Timberlake's Restaurant, in a historic estate home at Chetola Resort, specializes in fresh mountain specialties inspired by artist Bob Timberlake. Specialties include roasted Carolina quail, Angus ribeye, and Cajun and fried oysters.

Vidalia

831 W. King St., Boone, NC
828-263-9176
www.vidaliaofboonenc.com

Upscale-casual creative American cuisine, featuring seasonal menus, wine tastings, and other special events.

SOUTH CAROLINA

Anderson, Cherokee, Greenville, Oconee, Pickens, Spartanburg counties

Swamp Rabbit Cafe and Grocery

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

We are a full grocery, cafe, and bakery with the core mission to source as many local products as possible! We serve Counter Culture coffee and bake everything from scratch. We sell produce, groceries, and local dairy products including raw milk!

TENNESSEE

Blount, Bradley, Carter, Cocke, Greene, Jefferson, Johnson, Knox, Monroe, Polk, Sevier, Sullivan, Unicoi, Washington counties

Knox Mason

131 S. Gay St., Knoxville, TN
865-544-2004
www.knoxmason.com

We're a full-service restaurant and bar located on the historic 100 Block of Gay St. in downtown Knoxville. Chef Matt Gallaher's seasonally focused menu changes regularly and features the finest Southern products available.



Artisan/arti-san/ärdəzən:

High-quality or distinctive products made in small quantities, usually by hand or using traditional methods.

The wealth and diversity of fresh, local food in our region has also attracted a new, or rather old-style, type of craftsman. Artisan food producers are thriving in the Southern Appalachians. As Appalachian Grown partners, these producers source from local farmers or grow their ingredients themselves. Handcrafted breads and baked goods, beverages, preserves, and cheeses can be found in this section. You can also find caterers here, sharing the same commitment to local farms and handcrafting menus for your family or event.

By purchasing from these Appalachian Grown businesses, you're going to get the best in local food, while supporting local farms and local entrepreneurs.



Asheville Distilling Co.

Brasstown, NC
828-575-2000
john@ashevilledistilling.com
www.troyandsons.com

True mountain moonshine is made from corn, and we hunted throughout the WNC mountains for the perfect strain—and found it just a few miles from Asheville. Troy & Sons moonshine is made using Crooked Creek Corn™ and locally milled Southern white corn.

Asheville Goods

Asheville, NC
828-252-9175
info@ashevillegoods.com
www.ashevillegoods.com

We offer gift boxes of carefully curated selections of local and artisanal foods. In-town delivery or US shipping available. Browse all our boxes online; custom and large orders, please call.

Advanced Search

Many local farmers are also artisan food producers, diversifying their farm offering and extending the season of their farm's products by creating cheeses, pickles, grits/cornmeal, juices, sauces, jerky, syrups and a variety of creative offerings. Search by product at appalachiangrown.org or browse the farm listing to get a flavor for what is being crafted by farms in our region.

Black Mountain Ciderworks

Black Mountain, NC
828-419-0089
info@blackmountainciderworks.com
blackmountainciderworks.com

We make small-batch, dry cider and meads from local apples and honey, relying on real fruit and herbs for flavor rather than corn syrup or "natural" flavor. Unique to our cidery is the blending of our ciders and meads to create notable combinations.

Blue Ridge Mountain Creamery

Fairview, NC
828-551-5739
victorchiarizia@bellsouth.net
www.caveagedcheeses.com

Creators of handmade artisan cheeses. Specializing in raw cave-aged cow's milk cheeses from locally produced milk. Visitors are welcome for tours by appointment. Proud member of the WNC Cheese Trail.

Colorful Palate Catering

Asheville, NC
828-684-7470
info@colorfulpalate.com
www.colorfulpalate.com

We believe that by preparing excellent food we can create communities, and that communities can affect change. We believe that food can be a force for change. We source Appalachian Grown product from several local farms and area distributors.

Eat More Bakery

Asheville, NC
828-713-5222
eatmorebakery@gmail.com
www.eatmorebakery.com

We're a local bakery creating 100% gluten-free baked goods, including breads, cookies, cakes, and pies. We feature produce from both Paper Crane Farm and McConnell Farms.

Green River Picklers

Weaverville, NC
828-484-7275
www.gripicklers.com

At Green River Picklers, we strive to produce the highest quality pickled vegetables using the simplest and most sustainable means. Our pickles are locally sourced, consciously produced, and hand packed in small batches.

Norris Dam Good Products

Knoxville, TN
423-946-1013
michaelhatcher@yahoo.com
www.norrisdamgood.com

Using over 20 years of culinary experience and a deeply rooted love for true southern food, we at Norris Dam Good Products are determined to bring you true southern food products of the highest quality inspired by the family dinner table.

Pick & Preserve

Barnardsville, NC
828-768-8042
ashlie@pickandpreserve.net
www.pickandpreserve.net

We are looking for strawberries, blackberries, blueberries, black raspberries, raspberries, honey, thyme, basil, rose hips, pears, apples, plums, peaches, elderberries.

Red Moon Herbs

Asheville, NC
828-484-8449
jeannie@redmoonherbs.com
www.redmoonherbs.com

Red Moon Herbs handcrafts herbal extracts from fresh, prolific Appalachian plant sources. We wildcraft plants or buy from local sources like Moonbranch Botanicals, Appalachian Botanical Alliance, Wild Mountain Bees and Haw Creek Honey.

Wake Robin Farm Breads

Marshall, NC
828-683-2902
wakerobinfarmbreads@main.nc.us

Our breads are baked in a wood-fired brick oven and made with flour grown and ground in NC. Look for our breads and sticky buns, which include Appalachian Grown eggs, at area tailgate markets. Call about cooking classes, tours, and events.

UNC Asheville Dining Services

Asheville, NC
828-232-5165
catering@unca.edu
www.dineoncampus.com/unca

UNC Asheville offers full-service catering. Whether it's a reception, meal, corporate gathering, conference, wedding or other special occasion, we are committed to providing quality service and delightful cuisine in a casual or fine-dining setting.

Artisan Foods



Full Service Catering
7 Dining Locations

Plan your event today!

catering@unca.edu

(828) 232-5165

www.dineoncampus/unca

Located in the heart of Asheville, NC

committed to:

SUSTAINABILITY

LOCAL SOURCING

FRESH INGREDIENTS



Get a taste of Southern culture
www.wnccheesetrail.org

Carolina Mountain Cheese Fest

April 26, 2015, 12-4 pm
Highland Brewery, Asheville, NC

MountainCheeseFest.com

Logos: Greenlife, WHOLE FOODS, got to be NC DAIRY PRODUCTS

Add Appalachian Grown to your shopping list.

In some places it can be hard to find a trusted source for locally grown products at grocery stores—but not in our region. Appalachian Grown partner grocery stores know that you want authentically local food, sourced from local farms in your community and featuring the unique artisan products that hold those same values. Look for Appalachian Grown signage throughout the grocery stores listed in this section, as well as on many certified product labels.

Want more Appalachian Grown products? Ask! You are driving the demand for local products—remember that the customer is always right.



Bare Essentials Natural Market
273 Boone Heights Dr., Boone, NC
828-262-5592
misternatural@bellsouth.net
www.benaturalmarket.com

Locally owned for more than 26 years. Our 80+ varieties of fresh fruits and vegetables are all organically/transitionally grown and locally or regionally produced whenever possible. We are ReaLocal.

Boone Street Market
101 Boone St., Jonesborough, TN
boonestmarket@gmail.com
Find us on Facebook

We are a small retail food market that sells product grown and/or produced within 100 miles of Jonesborough, Tennessee. We are a state non-profit that is in existence to work to a break even point which helps get more profit back to the farmer.

City Market
1705 Asheville Hwy., Hendersonville, NC
828-693-7999
usculinary@gmail.com
www.citymarkethvl.com

We buy and sell local products. Located in historic Druid Hills, we're a full-service market emphasizing local and organic. We offer a great selection of seasonal produce, meats, cheeses, eggs, beer, wine, and gourmet pantry and artisan items.

Colonel's Pantry
1007 Jamestown Rd., Morganton, NC
828-584-2312
cp3@fulenwider.net

We offer local seasonal produce, private label pickles, jellies, honey, juices, ciders, and local baked goods. We also offer seasonal flowers, shrubs, and plants.

Earth Fare
66 Westgate Pkwy., Westgate Plaza, Asheville, NC
press@earthfare.com
www.earthfare.com

Founded in Asheville, NC, Earth Fare is committed to connecting communities and improving lives through food! We're proud to support local farms such as Hickory Nut Gap, and Sunburst Trout year-round. Look for local stickers on seasonal products.

Fletcher Valley Market
1151 Naples Rd., Hendersonville, NC
828-606-6920
fletchervalleymarket@fletchervalley.com
www.fletchervalley.com

We're a natural foods supermarket offering the finest vegetarian items from leading manufacturers and producers in the industry. We're dedicated to providing our valued customers with the finest quality products. We carry local and organic products.

Food Matters Market
1 Market St., Brevard, NC
828-885-3663
staff@foodmattersmarket.com
www.foodmattersmarket.com

Locally owned market offering a wide variety of natural and organic foods, an amazing selection of beers and wines (many crafted locally), a great lunch menu, and more. Quality meat, seafood, produce, and eggs sourced from local farms.

Foothills Deli & Butchery
1196B Old US Hwy. 70 W., Black Mountain, NC
828-669-8200

casey@foothillslocalmeats.com
www.foothillslocalmeats.com

Foothills Deli & Butchery is a retail butcher shop featuring all local, fresh, pasture-raised meats cut to order. We also offer cured and smoked deli meats, and serve lunch daily from our deli.

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

Asheville's only community-owned natural foods grocery. Organic and local produce, groceries, body care, vitamins, beer, wine, bulk items, and much more. Serving our community since 1975. Open to the public.

Greenlife Grocery
70 Merrimon Ave., Asheville, NC
828-254-5440
www.wholefoodsmarket.com/stores/asheville/

Offering a wide variety of local and organic products, meat, produce, floral, groceries, beer, wine, supplements, personal care, and pet products.

Impressive prepared foods case, salad and hot bar, bakery, sushi, coffee, fresh juice, and smoothie bar.

Harold's IGA
80 West Sylva Shopping Area, Sylva, NC
828-586-4073
jbsylva@frontier.com
Find us on Facebook

Harold's Supermarket is the best place in town for hand-cut meats and a wide assortment of fresh produce!

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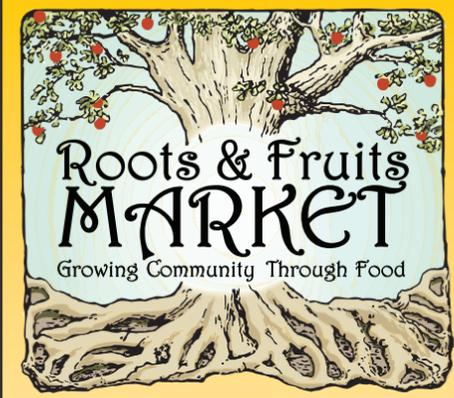


www.frenchbroadfood.coop
90 Biltmore Ave. • Downtown Asheville • 828.255.7650

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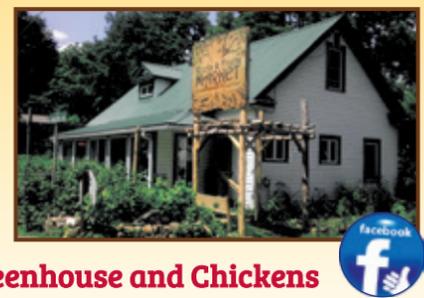
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www.healthyharvestnaturalfoods.com

We specialize in the very best supplements, organic foods and local products for you and your family. Local items include: honey, free range eggs, organic produce, meats, baked goods, organic non-GMO seeds, organic plant starts and more.

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

Organic produce, dairy, wine and beer, fresh breads, health and beauty aids, vitamins, and more. 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 new and improved store!

Hopey and Company
45 S. French Broad St., Asheville, NC
828-669-8988
shoppersnirvana@bellsouth.net
www.hopeyandcompany.com

We are an artisan and discount food and beverage shop with locations in Asheville and Black Mountain. Known for our vast selection of beer, wine, jams, jellies, honey, olive oils and discount products.

Ingles Markets, Inc.
PO Box 6676, Asheville, NC
828-669-2941
toutlaw@ingles-markets.com
www.ingles-markets.com/store_locations/

We stock a wide variety of local produce, grocery items, and meats. Our Laura Lynn milk is from cows in our marketing area.

Manna Cabanna
105 E. Main St., Saluda, NC
828-817-2308
info@mannaCabanna.com
Find us on Facebook

A year-round local and organic multi-farm CSA and seasonal roadside stand. We specialize in freshly harvested produce, herbs, prepared foods, farm-fresh eggs,

pastured meats, cheeses, and specialty items. Certified incubator kitchen also available.

Meanwhile, Back in Saluda
171 E. Main St., Saluda, NC
828-749-9463
meanwhilewineshop@gmail.com
Find us on Facebook

Indoor year-round farmers market in Saluda, NC featuring local and regional food products, gifts, arts and crafts. Fresh eggs, pesto and produce available weekends. Wine shop and local craft beers available year round. Check Facebook page for events.

Midway IGA
7345 Tazewell Pike, Corryton, TN
865-687-4170
midwayiga@netzero.net
www.midwayiga.iga.com

We are the largest independent supermarket in E. Tennessee and carry an extensive line of local products. We buy, in season, a large quantity of local produce in season, as well as many locally produced foods.

Mill Spring Farm Store
156 School Rd., Mill Spring, NC
828-894-8028
info@polkcountyfarms.org
www.polkcountyfarms.org

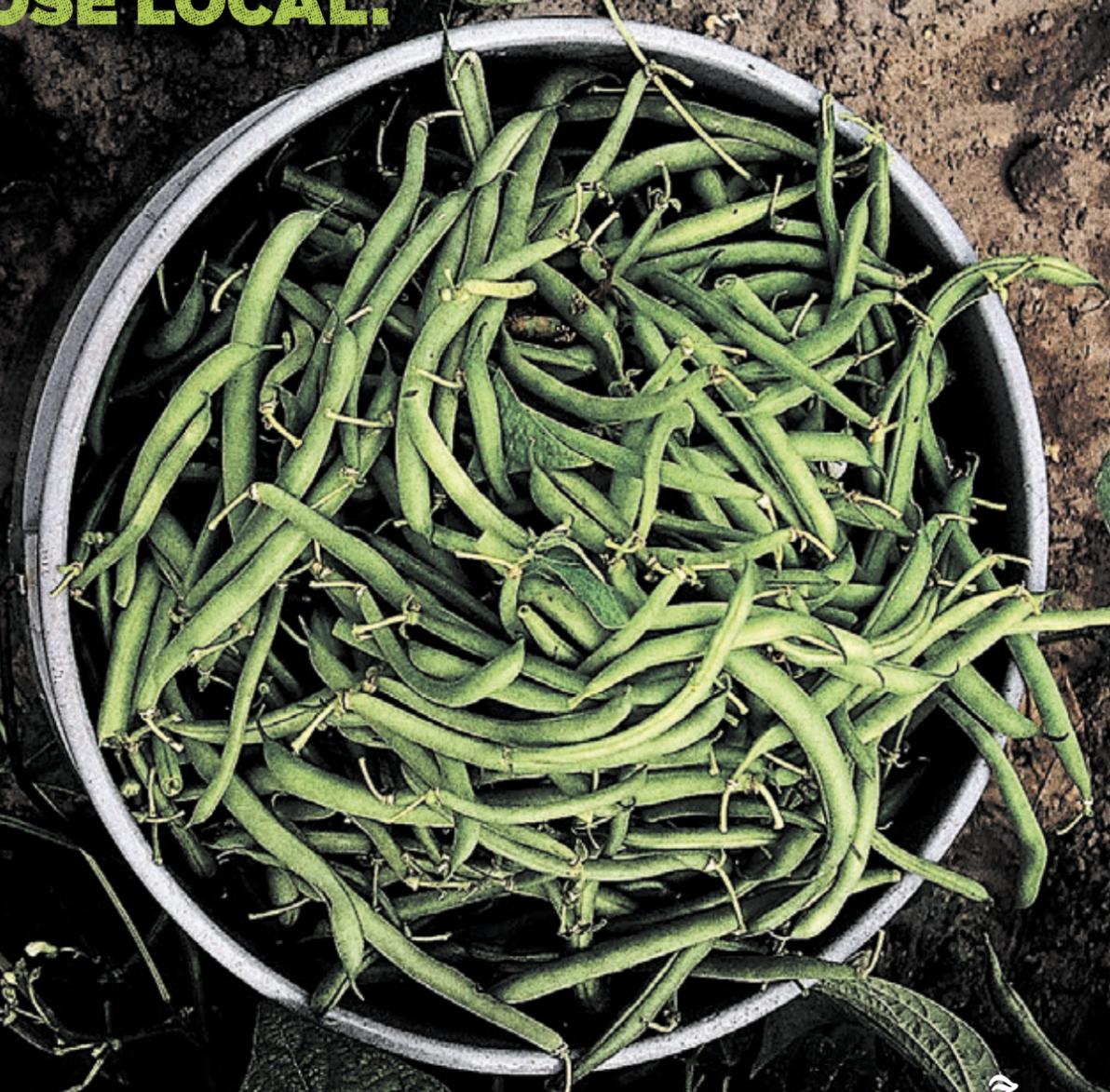
A cozy farm store located inside the Ag center in Mill Spring, featuring the best of local food: honey, meats (pork, beef, lamb, and more), eggs, vegetables, fruit, breads, baking needs, self-care products, and artisan crafts.

Owl Produce Market & Farm
889 Asheville Hwy., Canton, NC
828-648-0820
owlproduce@yahoo.com
Find us on Facebook

We are a family-owned and operated produce farm and market located in Canton, NC providing quality farm-fresh products to our customers. We also provide Amish butter, cheese, meats, jams, jellies and much more.

Plum Natural Market
213 Oak St. Ext., Forest City, NC
828-245-6842
plumnatural2@gmail.com
www.plumnatural.com

IN 2014, WHOLE FOODS MARKET AND GREENLIFE GROCERY PURCHASED \$8,846,470 OF PRODUCTS FROM NORTH CAROLINA SUPPLIERS. CHOOSE LOCAL.



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We have more than 34 years in the health food industry selling natural and organic foods. We offer local produce, natural pet care, natural body care, and wheat- and dairy-free foods.

Polk Fresh Foods
 520 Pinefield Dr., Tryon, NC
 828-817-2134
 info@polkfreshfoods.com
 www.polkfreshfoods.com

Our mission at Polk Fresh Foods is to provide economic benefits to our producers and health benefits to your family or patrons while at the same time preserving a 300 year old Appalachian agrarian tradition. Farm to table is ALL we've ever known!

Rose Mountain Butcher Shoppe
 136 S. Big Horse Creek Rd., Lansing, NC
 336-466-4790
 rosemountainbutchershoppe@gmail.com
 www.rosemountainbutchershoppe.com

Fresh custom cuts of all local, family farm-raised meats. Non-GMO fed livestock on natural pastures and humanely slaughtered. Where vegetarians get their meat.

Sunburst Market
 142 N. Main St., Waynesville, NC
 828-452-3848
 info@sunburstmarket.com
 www.sunburstmarket.com

A neighborhood specialty grocery in downtown Waynesville. Offering Sunburst Trout Farms' full product line, as well as local selections of produce, meat, dairy, beer & wine, apothecary and home-keeping goods. Open year-round.

The Chop Shop Butchery
 100 Charlotte St., Asheville, NC
 828-505-3777
 chopshopbutchers@gmail.com
 www.chopshopbutchery.com

Asheville's only all natural, whole animal butcher shop. Specializing in dry aged beef, local lamb, pasture raised pork & all natural poultry. Proudly offering our house made sausages-fresh and smoked, artisan meats and house made charcuterie.

West Village Market & Deli
 771 Haywood Rd., Asheville, NC
 828-225-4949
 rosanne@westvillagemarket.com
 www.westvillagemarket.com

West Asheville's neighborhood market features natural foods, organic/local produce, deli salads, soups, sandwiches, and a rotating juice and tea bar. Wide selection of locally produced cheese, meat, eggs, beer, wine and grocery and handcrafted items.



#FamilyGrown



Bakery & Café
 Local Produce & Meat
 Raw Milk
 Counter Culture Coffee
 205 Cedar Lane Road // Greenville, SC
 864.255.3385
 www.swamprabbitcafe.com

Appalachian Grown partner wholesalers and distributors

play an important role in getting certified local foods to fellow partner restaurants, caterers, grocery stores, and artisan producers. Not every retailer has the capacity to buy directly from multiple farmers. Distributors make sourcing local food from all corners of the Appalachian Grown map easy.

They're also an important link between growers and producers and you! Some offer a weekly box of products from a variety of farmers for pickup or delivery. Others are like grocery stores on wheels, bringing Appalachian Grown produce, meats, cheeses, and artisan foods right to your door.



including eggs, fish, beef & pork. Homes may sign up online, wholesale customers call us please.

Leading Green Distributing

Black Mountain, NC
828-275-2405
leadinggreendist@aol.com
www.leadinggreendistributing.com

We help small farmers/producers with delivery/pickup. Route covers AG area with permits and insurance necessary to haul variety of products. Do yourself and the planet a favor by allowing us to handle your driving needs in our refrigerated biodiesel trucks.

Lett-Us Produce

Boone, NC
828-963-7254
dannyproduce@gmail.com

High Country wholesale distributor of local, organic, and conventional produce at our new location. Locally owned and operated since 1993. Same-day deliveries seven days a week. Broken cases available. Visit our retail store MAW'S Produce in Foscoe.

Marvin's Produce, LLC

Greer, SC
864-244-5611
robertpotts@marvinsproduce.com
www.marvinsproduce.com

Wholesale produce company servicing WNC, SC, and NE GA. Local and regional products available based on season.

Mother Earth Produce, LLC

Arden, NC
828-275-3500
andrea@motherearthproduce.com
www.motherearthproduce.com

Mother Earth Produce is a family-owned, home-delivery grocery service of local and organic produce, meat, cheese, and other edibles. We are a direct connection between local farms and consumers.

Mountain Food Products

Asheville, NC
828-255-7630
local@mountainfoodproducts.com
www.mountainfoodproducts.com

We have distributed local products to WNC restaurants and institutions since 1984. We offer a full selection of fresh

fruits, vegetables, and specialty items, including an expanded selection of organics and a multi-farm CSA.

Sow True Seed

Asheville, NC
828-254-0708
info@sowtrue.com
www.sowtrueseed.com

Sow True Seed is an open-pollinated, non-hybrid, GMO-free vegetable, herb, and flower seed company specializing in heirloom, organic, and traditional Southern Appalachia varieties. We also offer seasonal plant starts, seed garlic, onion plants, sweet potato slips, seed potatoes and asparagus crowns at our retail store in downtown Asheville, NC.

TRACTOR Food and Farms

Burnsville, NC
828-284-7187
robin.smith@tractorfoodandfarms.com
www.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.

Wholesalers and Distributors



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and untreated seeds

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146 Church Street, Asheville, NC
828-254-0708

www.sowtrueseed.com

Learn More

Are you a farmer able to sell wholesale quantities of local food to area restaurants and distributors? Be sure you're a part of the *Wholesale Local Food Guide*, ASAP's farm to business trade directory, at appalachiangrown.org/wholesale.



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or call 864-244-5611



Certified Local—defined by our mountain region, rather than state lines or marketing firms, Appalachian Grown farms are the core of our local food movement. The farms listed in these pages are located within one of the 60 Appalachian Grown counties shown on pages 6-7, and they're family farms, meaning the family make decision about production and hold the financial responsibility for the farm. When you see the Appalachian Grown logo, you can feel certain that you are buying products that were grown or raised on family farms in the Southern Appalachians.



4 Seasons Greens, LLC
Asheville, NC—Henderson Co.
305-401-0004
mshapiro@4seasonsgreens.com
www.4seasonsgreens.com

We are a Henderson County hydroponic farm growing pesticide free specialty lettuces and greens, including micro greens. We grow lavender as a commercial crop as well. Visit us at the Western North Carolina Farmers Market, Retail Bldg. B

A Berry Patch Farm
West Jefferson, NC—Ashe Co.
336-982-5469
muvboots@skybest.com
www.aberrypatchfarm.com

USDA Certified Organic produce and 100% raw honey, and raw creamed honey. In the spring, we have organically grown seedlings for sale. We also sell 'Forever Bags' which are used to extend your fresh produce. If interested, please call for prices.

A Blueberry Farm 🍓
Whittier, NC—Swain Co.
706-988-8098
info@shadetreecabins.com

A blueberry farm in a pick-your-own operation near Bryson City. We start harvesting around the first of July and continue until frost.

A Way of Life Farm 🍌
Bostic, NC—Rutherford Co.
828-287-1253
awayoflifefarm@gmail.com
www.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 produce are available at RAD Market and CSA delivery in Asheville, Rutherfordton or Bostic.

Aardvark Farm 🍌
Burnsville, NC—Yancey Co.
828-713-5986
cloveruprising@yahoo.com

We grow all natural and sustainably raised veggies and fruit along the Cane River. 20-week CSA shares offered. Find us at Asheville City Market and Yancey County Farmers Market.

Addison Farms Vineyard 🍷
Leicester, NC—Buncombe Co.
828-581-9463
jfrisbee@addisonfarms.net
www.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.

Adelbert Farm 🍌
Fairview, NC—Buncombe Co.
828-215-7208
adelbertfarm@gmail.com
www.adelbertfarm.com

We offer a wide variety of fruits, vegetables, meats, and eggs grown using sustainable methods without chemicals.

Against the Grain 🍌
Zionville, NC—Watauga Co.
828-406-4439
atgfarm@gmail.com

We're a small farm specializing in a broad spectrum of vegetables. We also grow sorghum for molasses, corn for cornmeal, and raise pastured

pork, chickens, turkey, and goat. Find us at Watauga County Farmers Market or contact the farm directly.

Alt Hill and Verdant Pastures
Old Fort, NC—McDowell Co.
828-668-7261
kallison1@frontier.com

Small farm on land that has been in the family for five generations. Produce sold at Historic Marion Tailgate Market. Have sold small volume of beef by quarter or half as well as eggs and pork.

Altapass Orchard 🍏
Spruce Pine, NC—McDowell Co.
888-765-9531
altapassorchard@gmail.com
www.altapassorchard.org

Apples on the Blue Ridge Parkway. Music, snacks, crafts and demonstrations, canned goods, apple butter, honey, ice cream, and homemade fudge. Butterfly garden, storytelling, hayrides, tours, e-store. Closed on Tues. Open seven days a week in Oct.

Apple Haven Orchard
Hendersonville, NC—Henderson Co.
828-254-1627

Our farm's produce market is located in the WNC Farmers Market, stall 15 and 16, featuring NC apples, cider, jam and other specialties, pumpkins, small fruits, and peaches.

Apple Wedge Packers & Cider
Hendersonville, NC—Henderson Co.
828-685-8349
lrnix@applewedge.com
www.applewedge.com

Fifth-generation family-owned business. We are one of the largest volume shippers of fresh apples in the entire state of NC. Find our premium apples and fresh cider in your local grocery.

Appalachian Seeds Farm & Nursery
Asheville, NC—Buncombe Co.
828-400-7014
seeds@appalachianseeds.com
www.appalachianseeds.com

Certified organic family farm, greenhouse, and nursery business specializing in heirloom tomato seeds, heirloom bedding plants, medicinal herbs, and edible landscape plants. Seasonally offering heirloom produce, herbs, and cut flowers.

Advanced Search
ASAP's online guide includes a complete list of about 700 Appalachian Grown certified farms.

Apple Brandy Beef

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local deliveries of beef, pork, lamb, goat, and farm fresh eggs

please call 1.336.696.2721 or visit www.applebrandybeef.com

PASTURED PORK
ORGANIC, SOY-FREE FED
Available at RAD Farmers' Market
Wednesdays 2-6pm

A WAY OF LIFE FARM

for healthy people, healthy economy, and healthy ecology

www.awayoflifefarm.com

CSA pages 54-62 **Farm Stand/Store** pages 65-72 **U-Pick** pages 77-82

Farming Traditions

Little in life means as much as food to survival, health, and happiness. For many, producing food starts with family. In Western North Carolina, many of the farms we depend on everyday for delicious, fresh food have been working their land for generations with their families.

ASAP spoke to several multi-generation family farms about the importance of family on their farm, and why generation after generation have come back to continue producing food for their community.



Spinning Spider Creamery . . . Marshall, NC

Chris and Jeff Owen raised and schooled their children on their Madison County farm near Marshall, but it wasn't until their oldest son was a young teenager that they obtained a license to start selling goat dairy products commercially.



Goats, it turns out, were the centerpiece of both generations of Owens' lives. All three sons were allergic to cows milk, so goats, which Chris always loved, were the natural alternative. Their oldest son, Cullen, now 26, got an award-winning show goat during his 4-H days, and the Owens' herd was off to a good start.



The Owen family

Cullen studied science at UNC Asheville, but "figured out pretty early on I didn't want to stick around in academia," he said. "I don't need to fight for [a tenure track position] when I have something I really love and a place I want to live."

Now, while Jeff works for NC Cooperative Extension's Madison County office, Cullen and Chris manage the goat herd, show goats, and run the dairy. While Cullen does most of the tailgate markets and marketing work for the dairy, his younger brothers—Sylas, 22, and Morgan, 17—help milk the goats and manage the herd. Chris loves having the family all together.

"We homeschooled our kids. We like having family around. As a family, we get along pretty well. It's a comfortable fit on many levels. Setting this up as a lifestyle, everyone has to be on board. And they are. We make a good team," Chris says.

Deal Family Farm . . . Franklin, NC

Bobby and Elise Deal started the current iteration of Deal Family Farm in 1951, including at least one roadside farm stand where Elise sold vegetables. It wasn't until 2013 that Elise gave up "her fruit stands", at age 79. She passed away in December 2014.

Her grandson, Joe Deal, now manages Deal Family Farm, but when he offered to help operate her stands, she refused. Joe explained, "She said 'If I can't be out there, there ain't nobody going to be out there.' I said, 'Yes ma'am!'"

That's the respect that Deal Family Farm has for its founding generations, and it continues today.

Joe wasn't always planning to work the family farm. But when his dad asked if he wanted to come back to expand the farm, Joe jumped at the opportunity.

"You get out and work on a job for awhile, it can convince you to do what you are supposed to do. I would tell anyone that I feel this is a calling, that I've got to farm. If it wasn't, I would have quit."

There have been struggles along the way, including finding dependable labor, getting people out to the farm stand, and growing the farm's CSA, but Joe is optimistic for the future because of the increasing interest in local food. Plus, he has five kids, all under 10, and a few nephews that have expressed interest in farming. A few of them even managed their own pumpkin patch last fall. No matter what, the lifestyle will always keep Joe on the farm. As he says, "There aren't any dull moments and there's something different everyday."

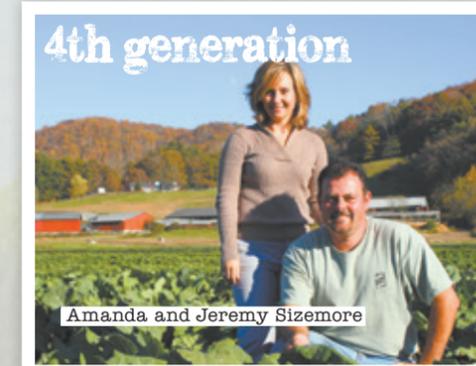


3 generations of Deals

farmed in
Macon County
since the 1800s



4th generation



Amanda and Jeremy Sizemore

Cane Creek Valley Farm . . . Fletcher, NC

After high school, Amanda Sizemore left her father's Fletcher dairy farm, which had been in the family since its roots as a vegetable farm in 1903, to study at Clemson University. In 2005, she returned with her husband Jeremy Sizemore and two children to continue the family tradition on part of the family property.

Without the institutional knowledge of the property and area, plus the land and resources that Amanda's father provided, Jeremy would have never been able to quit his job at a South Carolina plant to start farming.

"You could never start farming without a family or a lot of money. There's no way we could do it without the family support and the land," Jeremy says.

Jeremy was able to start farming full time in 2007, and the Sizemores have expanded from 2.5 acres to a 55-acre, Certified Organic vegetable operation in 2015, with more expansions on the horizon. Now, all of Amanda's siblings are involved in the family farm, and for the Sizemore's, the switch to farm life has been a great improvement to the family dynamic.

"I feel like I missed tons of her life working in the plant," Jeremy said of his daughter, who is now 17. Now, he is always home when she or her brother gets out of school, and never has to miss an event.

Plus, Amanda says, the kids get to see first hand how a small business operates, all while spending more time watching their parents work. "We've been able to pass down education and wisdom generation to generation. It instills a great work ethic in the kids," she says. "Children get to see what their parents do. Young farmers will struggle financially, and the kids get see that. It helps them value the importance of money right now," says Tony Nesbitt, Amanda's father. Tony still runs a dairy farm adjacent to the Sizemore's property.

Jeremy and Amanda aren't yet sure what their children will do when they get older. Whether they farm or not, Amanda hopes to see the land stay in the family for generations to come.



Amanda with her father

more on next page...

Harrell Hill Farms . . . Bakersville, NC

Doug Harrell moved away from his family farm for years, working in everything from sales to publishing, but always intended to return to the farm. True to his plan, Doug moved back with his wife Barb in 1990. Now 72, he hasn't slowed down at all and feels immensely blessed to be back on the land of his forefathers.

"I can get up on these hills and sit down and wonder what my grandfathers and grandmothers and great-grandfathers and great-grandmothers and great-greats on back were seeing when they were working on this farm. You can't beat the lifestyle, and you can't beat the heritage, and you can't beat the training."

A lot has changed on the farm over the years. Currently, Doug is phasing out his Christmas tree operation while ramping up beef cattle and heritage sorghum molasses. In the future, he is looking for alternative revenue streams to supplement the farm's income.

Doug and Barb also run a Christian newspaper in the High Country, of which Doug handles the duties of publisher and Barb keeps the books. It makes for long days, but the Harrells don't plan on slowing down. They love what they do.

Doug says, "You gotta love being out there on the land, being with it, working on it. If you look at it from an economic standpoint, if you sold the land, sold all the equipment, put it in the bank or other business ventures, we'd make a lot more money. We would never have to worry financially. But you would lose it all. You'd lose the heritage. You'd lose the livestock. You'd lose what my family has worked for for over 200 years. How do you put a price on that? You don't."



The family of Harrell Hill Farms

farming since 1796

Mountain Memories Farm . . . Elk Creek, VA

From a very young age, Dawn Rhudy knew she wanted to continue the family tradition of farming in the Blue Ridge Mountains of Southwestern Virginia. She would go to the dairy barn with her father as a toddler and fill feed buckets for the animals. By 10, she was driving the farm jeep and helping the adults milk and feed the cattle and calves.

In school, she bragged about her farming roots, and dreamt of being back with the animals, working on the farm instead of in the classroom. Her mother tried to convince her to stay in school and get a less laborious job, but she was meant to be on the family farm. About 20 years ago, Dawn and her husband Mark took over the family dairy, and their children and grandchildren helped with operations.

In 2006, Mark and Dawn had to sell off the dairy cows because of declining milk prices and rising feed costs, which broke her heart. But it was their grandchildren that conceived the idea to switch the farm's focus to chickens and sheep.



photo: Candice Corbin

Dawn and Mark Rhudy

7th generation

Today, Mountain Memories is going strong, selling lamb, beef, pork, chickens, eggs, and vegetables. The children and grandchildren are all involved in farming in some capacity, and Dawn and Mark have no plans of slowing down.

"We have farming in our blood and that won't end anytime soon. There is a place here for each of (the grandchildren.)," Dawn said. "I believe a real farmer does not do it to be rich in money, they do it to live a rich life, to raise their children to appreciate where their food comes from, and to teach them how to survive through hard times."



more on page 48

Apple Brandy Beef

North Wilkesboro, NC—Wilkes Co.
336-696-2721
applebrandybeef@charter.net
www.applebrandybeef.com

We offer eggs, all natural corn-fed beef, goat, pork, and lamb locally grown and processed in the foothills of NC. Nurtured from birth on our third-generation family farm with no synthetic hormones and no antibiotics.

Apple Hill Farm

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

Working alpaca farm perched atop Valle Mountain in Banner Elk, NC. We feature alpacas, llamas, goats, horses, chickens and more. Our farm store carries non-GMO eggs, non-GMO poultry, and alpaca accessories and yarn. Open year round for tours!

Apple Hill Orchard and Cider Mill

Morganton, NC—Burke Co.
828-437-1224
hprewitt@applehillorchard.com
www.applehillorchard.com

We offer u-pick or we-pick apples and Sat. wagon tours Sep.-Oct. The country store has our award-winning cider, fruit butters, and gift baskets. Our bakery makes baked items with the fruits we grow. Picnic shelter and restrooms. Open until Christmas.

Apple House & Owenby Orchards

Hendersonville, NC—Henderson Co.
828-685-9917
gregowenby@bellsouth.net

Family-owned and operated wholesale farm/retail store. Offering 20 varieties of apples from mid-Aug. through Oct. 15 and varieties of peaches from mid-July through Sep. Retail store open seven days a week, year-round.

Apple Mill

Saluda, NC—Polk Co.
828-749-9136
applemill@tds.net
www.ncapplemill.com

Apples, fresh cider, mulled cider, fruit butters and jams, and giftboxes. The farm kitchen and outlet store are located

at exit 59 (Saluda exit) on I-26 and are open year-round. Closed on Tue.

Aquaponics4All

Asheville, NC—Buncombe Co.
DeepDirvNC@msn.com
Find us on Facebook

Aquaponics4All sells fresh produce year round. We sell by the live plant or by the lb. Mixed greens for salads is our specialty. 1/2 lb bags are "Cut Your Own" Please visit our Facebook Page first, to message us with any questions.

Asheville Fungi

Asheville, NC—Buncombe Co.
828-424-9267
ashevillefungi@gmail.com
www.shroomcentral.com

Asheville's mushroom central. Sterile lab, mycological supply, fresh mushroom. We sell tools, books, spawn and cultures of edible and medicinal mushrooms. Cultivation classes. Huge culture library. Private consults and advice, visit our website.

Avery Farms

Plumtree, NC—Avery Co.
828-733-5052
averyfarms3@gmail.com
www.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.

Aycocks' Sundance Farm

Newland, NC—Avery Co.
828-733-1465
bgaycock@gmail.com

Our goal is to share our love of the land and our enthusiasm for farming by growing tasty and healthy organic fruits, vegetables, and herbs, as well as fresh cut flowers.

Backside Garden

Cullowhee, NC—Jackson Co.
doctorslb@yahoo.com
Find us on Facebook

Homegrown organic vegetables and insect friendly flowers to nourish your lifestyle.

Balsam Gardens, LLC

Asheville, NC—Buncombe Co.
828-713-0450
balsamgardens@gmail.com
www.balsamgardens.com

A full scale commercial urban farm in the city limits of Asheville. We produce organic and transitional fresh produce, pasture raised chicken, thanksgiving turkeys, and pork on our farms in West Asheville and East Asheville.

Balltown Bee Farm

Bryson City, NC—Swain Co.
828-488-7630
keltink13@yahoo.com
Find us on Facebook

Our farm uses organic growing methods. We specialize in raw local honey. We also sell cultivated mushrooms, veggies and spring transplants, as well as honey and beeswax based bath supplies and candles. Find us Fri. in Swain Co. and Sat. in Jackson Co.

Banner Greenhouses

Nebo, NC—McDowell Co.
828-659-3335
bannergh@bannergreenhouses.com
www.bannergreenhouses.com

We produce seasonal flowering annuals as well as certified organic vegetables and herbs plugs/transplants for commercial growers and retail-ready products. We also produce certified GAP and organic greenhouse-grown color bell peppers.

Barkley's Mill

Weaverville, NC—Buncombe Co.
828-620-1067
barkleymill@gmail.com
www.barkleymill.com

Barkley's Mill gourmet stone ground grits are ground on a hydropowered dual 1919 Williams Stone-burr gristmill. Our farm is 100% sustainable, and we hand-select each ear of Hickory King Dent heirloom corn that goes into our bags of grits and seed.

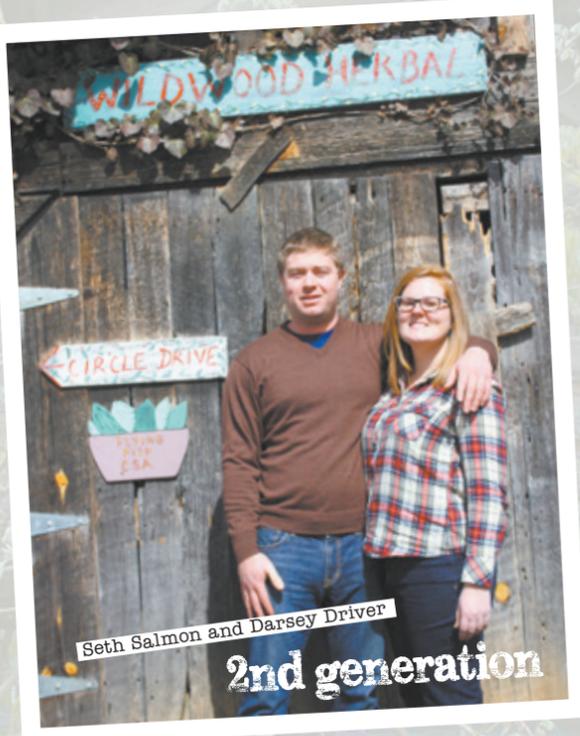
Barry Farms

Mills river, NC—Henderson Co.
828-778-5409
Kmbarry24@gmail.com
www.barryfarmsnc.com

Family-owned and operated farm for over 25 years. We specialize in herbs,

Wildwood Herbal . . . Weaverville, NC

Seth Salmon didn't really expect to return to his parents' herb farm in Weaverville after college. But after studying about renewable energy at Appalachian State University, he started thinking about sustainable agriculture practices. "I realized the importance of the small family farm and the methods of production and keeping agriculture going that's not really industrialized," he says.



Seth Salmon and Darsey Driver
2nd generation

In 2011, he got a grant to start an aquaponics operation and that sealed the deal. He moved back to Weaverville, and started his own operation on his parents' land.

"We never expected him to come back," said Alan Salmon, Seth's father. "It wasn't like the master family plan for him to come back. We wanted him to make his own decisions about what he wanted to do in life."

But it has worked out beautifully. "It's a blessing to be able to live and work with your family every single day and actually get along," says Seth.

Seth has his own operation selling field crops and herb starts at tailgate markets and a CSA, both separate from his parents' well-established herb start business, which they started in Weaverville in 1990.

There's plenty of overlap; they share greenhouse space and equipment and land, both use organic practices but aren't USDA certified, and Seth and his girlfriend Darsey sell all the farm products together at farmers markets. "That's the beauty of the family farm, I basically get to use everything that they have," says Seth.

But there are differences, too. "He had to learn how to do his own thing and learn how to spend his own money," says Seth's mother, Betty. "You learn more and more about business if you have your own business instead of being an employee."

Seth has recently added a new venture in an effort to expand his CSA and increase interest in organic vegetables and farming. Volunteers come out to the farm for several hours a week to work for their CSA box. Seth gets hands to help him with the farm, and volunteers get a vegetable box, learn how to grow and harvest what they eat, and the satisfaction of helping to produce their own food.

"This is a stroke of genius. It's a new idea we never thought of," Betty says.

Alan and Betty are planning on continuing to downsize and phase into a more retired lifestyle in the next several years, which they will be able to do with their son caretaking the property. Seth, who is 29, isn't sure if he'll work on the family farm forever, but for now, he is enjoying himself and hopes to convince others to take advantage of their family's land and resources.

"I don't like seeing farmland turn into houses. People need places to live, but they need farmland more than that. I never thought if I didn't go back and farm it would be lost to houses. But now, it's a good reason to be here, and if I can serve as any inspiration to people who have the opportunity to go back to their family farm and make something of it, that's great."



Betty and Alan Salmon

ornamentals, cut flowers, dried flowers, farm-fresh vegetables, eggs, and berries. We sell at local tailgate markets and various plant shows. Farm visits by appointment.

Beane's Greens

Waynesville, NC—Haywood Co.
828-356-6855
chuckbeane@charter.net

Grower of the highest quality hydroponic lettuce and assorted greens. We have fresh locally grown lettuce from Mar. until Dec. We use only organic nutrients. Specialty lettuces grown on request. Delivery available.

Becki's Bounty

Black Mountain, NC—Buncombe Co.
828-775-9251
beckisbounty@gmail.com
Find us on Facebook

Becki's Bounty is an urban market garden located just a block from Lake Tomahawk in Black Mountain. Visitors may tour the garden and explore various sustainable practices. Becki's Bounty also distributes fresh seafood from Carolina Wild Seafood.

BEE Healing Apiary

Hot Springs, NC—Madison Co.
828-606-2109
info@beehealing.org
www.beehealing.org

We educate, mentor, and raise resistant, chemical-free bees. Tours by appointment only, please call. Lady is Ambassador for the Center for Honeybee Research.

Bee Log Garlic & Flower Farm

Burnsville, NC—Yancey Co.
828-682-0601
beeloggarlicandflowerfarm@frontier.com
Find us on Facebook

We specialize in premium garlic and cut flowers. We also grow tomatoes and sweet peppers. Our products are sold at the Yancey County Farmers Market, and a few select local restaurants. Our farm is Certified Naturally Grown.

Bee Log Farm & Nursery

Burnsville, NC—Yancey Co.
828-682-4060
tomatolady@beelogfarm.com
www.beelogfarm.com

Our small family farm grows using organic practices. We offer herb and heirloom plants, vegetables, free range eggs, and honey. Anyone interested in learning more about bees or growing your own food is welcome to visit.

Bella Rooster Garden & Gourmet

Valle Crucis, NC—Watauga Co.
828-963-8052
tomatoheads@skybest.com

We've been cultivating unique perennials for more than 25 years, specializing in shade-loving plants. We make carefully crafted artisan jams, jellies, and savory condiments focusing on locally grown ingredients.

Belle Nicho Winery

Nebo, NC—McDowell Co.
828-659-3168
purpleddog@hughes.net
Find us on Facebook

Belle Nicho's Farmstead Winery sells a sweet Catawba wine that expresses the best quality of the Catawba grape named after the NC Catawba River. Come visit our farmstead winery, enjoy the views, and taste our Catawba and other NC wines.

Belue Farms

Boiling Springs, SC—Spartanburg Co.
864-578-0446
info@beluefarms.com
www.beluefarms.com

Strawberries, peaches, sweet corn, tomatoes, and numerous vegetables, plus grassfed Black Angus beef, Milky Way Farm raw milk, pastured pork and chicken, local eggs, cheeses, gluten-free products, assorted jams, pickles, relishes, and lots more.

Bethel Valley Farms LLC

Vilas, NC—Watauga Co.
828-387-3637
johnnie@bethelvalleyfarms.com
www.bethelvalleyfarms.com

We're a family-owned and operated farm growing 16+ varieties of raspberries, blackberries, and blueberries totaling over 12,000 plants. We also grow three varieties of wine grapes totaling 4,500 vines. We are Watauga Co.'s largest berry grower.

Big Horse Creek Farm

Lansing, NC—Ashe Co.
oldapple@bighorsecreekfarm.com
www.bighorsecreekfarm.com

We specialize in the collection and propagation of antique and heirloom apple trees. One-year-old apple trees are available for purchase, as well as organically grown garlic, apples, pears, berries, and garden vegetables.

Big Pine Native Gardens

Marshall, NC—Madison Co.
828-649-2259
bigpinenatives@gmail.com
Find us on Facebook

Family-operated nursery and farm specializing in organically grown, nursery propagated native plants and medicinal, culinary, and Chinese herbs. We sell fresh-cut and container plants at the WNC Herb Festival in May and area farmers markets.

Billy Laughter Orchard

Hendersonville, NC—Henderson Co.
828-685-3241
mellaughter@yahoo.com

We're a family farm specializing in pick-your-own apples. We have most varieties and unrestricted hours Mon.-Sat.

Biltmore Estate

Asheville, NC—Buncombe Co.
828-225-1453
farmsales@biltmore.com
www.biltmore.com

Biltmore has long operated a sustainable farm and field-to-table program. Beef, lamb, and eggs, are pasture-raised, and our bountiful production garden overflows with fresh produce, herbs, and fruits—all of which are served in our restaurants.

Blue Heron Farm

Leicester, NC—Buncombe Co.
828-683-1812
blueheronfarm@charter.net

A local family farm in business for 25 years specializing in fresh culinary herbs and fruits, we also offer a wide variety of homemade baked goods which can be ordered year round by calling our farm.

Blue Meadow Farms 🍂
Hendersonville, NC—Henderson Co.
828-712-9166
info@bluemeadowfarms.com
www.bluemeadowfarms.com

We're a family-owned produce farm dedicated to using organic farm production practices. We provide high-quality, locally grown produce to our customers.

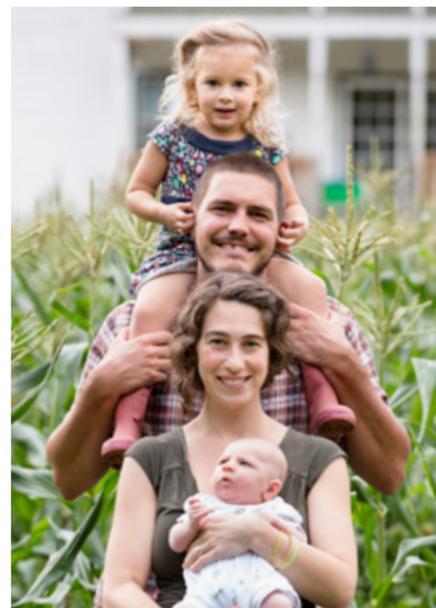
Blue Ribbon Farm 🍂
Leicester, NC—Buncombe Co.
828-989-0105
blueribbonfarmnc@gmail.com

Family farm in Sandy Mush growing vegetables and flowers. We focus on ecological practices, as well as heirloom and open-pollinated vegetables. Find us at area markets. We got the freshly fresh, look no further. Call or email about our CSA shares.

Blue Ridge Mountain Foods
Marshall, NC—Madison Co.
828-649-9107
mountainfoods@blueridgemountainfoods.com
www.blueridgemountainfoods.com

Specializing in pastured turkeys and other local food products.

Bluebird Farm 🍂
Morganton, NC—Burke Co.
bluebirdfarmnc@gmail.com
www.bluebirdfarmnc.com



www.balsamgardens.com

CSAs (COMMUNITY SUPPORTED AGRICULTURE)

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

Candy Mountain Farm, Murphy, NC	Farm Listing Page 52
<i>Frances S. Juhlin—Fall and winter vegetable CSA. Season runs three months, from Sep. through Dec. \$20 share payable weekly. Season depends on product availability. Pick up: Gallery 26 down town Murphy, Walnut Hollow Ranch, Hayesville, N.C.</i>	
Deal Family Farm, Franklin, NC	54
<i>CSA available to Franklin residents. 24-week delivery starting mid-May through late Oct. Three sizes of box to choose from: full share: \$550, half share: \$350, quarter share \$200. Pick up: Franklin at the farm on 64 W. and at various businesses in the Franklin area.</i>	
The Ten Acre Garden, Canton, NC	81
<i>May-Sep. Call or email for more information. Pick up: The Ten Acre Garden farm stand.</i>	
Walnut Cove Farms, Waynesville, NC	82
<i>Tara Cathey—Our CSA offers a variety of fresh produce and herbs in season. We offer two share sizes: single share, \$25/week, will feed one-two people; full share, \$40/week, will feed three-five people. Late May-mid-Oct. Pick up: 575 Walnut Cove Rd. in Waynesville, Thu. noon-5 pm.</i>	
Walnut Hollow Ranch, Hayesville, NC	82
<i>Charlie Kissling—1/8, 1/4, or 1/2 shares of beef. Pick up: at the farm.</i>	

Reference the page numbers on the right for full farm descriptions and contact information.

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

BMS Enterprises
Black Mountain, NC—Buncombe Co.
828-712-6672
bmetes1@gmail.com

Organic log-grown shiitake mushrooms. Available at Black Mountain Tailgate Market during season or by request.

Boyd Mountain Tree Farm 🍏
Waynesville, NC—Haywood Co.
828-926-8888
trees@boydmountain.com
www.boydmountaintreefarm.com

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

Brasstown Beef 🍖
Brasstown, NC—Cherokee Co.
828-837-6324

swhitmire@ridgefieldfarm.net
www.ridgefieldfarm.net

All natural, free-choice fed beef. Antibiotic- and hormone-free. Cattle in grass pastures with free access to grain. All beef aged appropriately to enhance flavor and tenderness, in vacuum-packed bags.

Brewers Mushrooms 🍄
Dandridge, TN—Jefferson Co.
423-441-2533
info@brewersmushrooms.com
www.brewersmushrooms.com

We're a family-owned and operated gourmet and medicinal mushroom farm. We provided a variety of mushrooms that are healthy and very good using no chemicals or pesticides. We also teach educational classes, forays, seminars and "hands-on" workshops.

Brittain Farms
Mills River, NC—Henderson Co.
828-891-3332
fbrittain@hotmail.com

We're a seventh-generation family farm specializing in poultry, both meat and eggs. Vegetables are grown in season and marketed at several local tailgate markets and direct from the farm.

CSAs (COMMUNITY SUPPORTED AGRICULTURE)

SOUTHERN MOUNTAINS, NC
Henderson, Polk, Transylvania counties

Blue Meadow Farms, Hendersonville, NC	Farm Listing Page 50
<i>For 2015 we offer a 21-week produce share and a six-week fall share. We offer half shares and full shares. Please visit our website for more information. Pick up: Asheville City Market, Asheville City Market South, Black Mountain Tailgate Market, West Asheville Tailgate Market, and at the farm on Fri.</i>	
Edmundson Produce Farm, Market & Bakery, Hendersonville, NC	56
<i>We offer fresh vegetables and strawberries from our farm, our jams, jellies, local fruits, local free-range eggs, local milk and butter, sweet breads, pies, cakes. Pick up: WNC Farmers Market or one of our two locations: 3754 Brevard Rd. Suite 102 in Horse Shoe or Hwy 276 in Pisgah Forest.</i>	
Pitch Pine Farm, Penrose, NC	76
<i>Paige Witherington—Our CSA program goes for 28 weeks and includes 7 to 13 produce items grown here at Pitch Pine Farm. Full shares or seasonal shares are available. We offer many types and varieties of produce as well as recipes each week to keep members interested and excited for each box. Pick up: Brevard, Pitch Pine Farm in Penrose, NC</i>	

Reference the page numbers on the right for full farm descriptions and contact information.

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

Providing organically grown vegetable, flower, and herb plants since 1992. We welcome you to visit our website for info on our three farm cabins, each with private fresh naturally warm mineral water hot tubs, available for nightly rental year-round.

Brookwell Farms
Green Mountain, NC—Mitchell Co.
828-688-1752
corwell2000@aol.com

Log-grown shiitake mushrooms. Wholesale and retail. Assorted vegetables. Apple butter, various jams and preserves, maple syrup. Seasoned split hardwood, \$70 1/2 cord, delivery extra.

Brothers On Farms
Hayesville, NC—Clay Co.
828-508-0812
susan@brothersonfarms.com
www.brothersonfarms.com

Our grass fed lamb is sold by the cut and animal welfare approved. We do not use growth hormones, or antibiotics. Our shiitake and oyster mushrooms are grown from certified organic spore. We sell off the farm and tailgate markets. Call for farm tour info.

Brushy Mountain Berry Farm
Moravian Falls, NC—Wilkes Co.
336-414-9958
cody@brushymountainberryfarm.com
www.brushymountainberryfarm.com

Advanced Search
Find a complete list of farms offering CSAs, plus read expanded farm descriptions, online at appalachiangrown.org.

Fresh, healthy, and delicious blueberries, raspberries, and seasonal fruits/vegetables available for u-pick and pre-pick in a beautiful, idyllic mountain setting. Please contact us for current times of operation and product availability.

Buffalo Ridge Farm
Marshall, NC—Madison Co.
828-206-1666
info@buffaloridgebeef.com
www.buffaloridgebeef.com

Looking for grassfed, hormone-free, and antibiotic-free Angus beef? We have it. Our beef is hand-raised, USDA-inspected, and we're registered with NCDA as meat handlers.

Pastured Turkey

Non - GMO
Antibiotic Free

YEAR-ROUND
GROUND TURKEY
TURKEY BREAST
WHOLE TURKEYS

828-649-9107

BLUERIDGEMOUNTAINFOODS.COM

CSA
pages 54-62

Farm Stand/Store
pages 65-72

U-Pick
pages 77-82

Candy Mountain Farm 🍅
Murphy, NC—Cherokee Co.
828-494-2083
juhlin@peoplepc.com

12-month mixed vegetable production farm. Direct sales and farmers market. No chemical pesticides or fertilizer used. Call or email for appointment prior to visit. Fall and winter CSA available on a limited basis.

Cane Creek Asparagus & Company CSA 🍅🍇
Fairview, NC—Buncombe Co.
canecreekcsa@gmail.com
www.canecreekcsa.com

We're the Cane Creek CSA with asparagus. 100% of our family farm income is derived from our CSA. 100% of our effort goes to our CSA member shares. Only vegetables we grow on our farm go into our veggie boxes. Flexible payment available. Join us!

Cane Creek Valley Farm 🍅🍇
Fletcher, NC—Buncombe Co.
828-338-0188
canecreekvalleyfarm@gmail.com
www.canecreekorganics.com

All new: our farm stand card, an alternative to our traditional CSA—giving you the freedom to buy

what you want, when you want it. For a wide variety of delicious certified organic produce and all natural eggs and meats, check us out.

Carolina Bison
Asheville, NC—Buncombe Co.
828-236-1659
info@carolinabison.com
www.carolinabison.com

Located in beautiful WNC for more than 25 years, we're committed to your health and culinary experiences by bringing you flavorful, nutrient-rich bison that lacks the hormones and antibiotics found in most meat products.

Cherryfield Farm
Brevard, NC—Transylvania Co.
828-862-5869
cherryfield.farm@yahoo.com
www.cherryfieldfarm.com

We are a family farming operation raising sheep and cattle in a rotational grazed system. We provide lamb, beef, and wool products at the Brevard tailgate market.

Chestnut Grove Farms
Boone, NC—Watauga Co.
828-773-3716
tygre@charter.net
www.chestnutgrovefarms.net

Grass fed beef. We raise registered black Angus cattle. Our beef is all natural, hormone and antibiotic free. We sell our beef at the Abingdon Farmer's Market, Johnson County Farmer's Market or contact us through our website.

Clark Family Farm
Marion, NC—McDowell Co.
828-442-4599
clarkfamilyfarm@yahoo.com
Find us on Facebook

We are a small family farm that produces hormone-free pasture-raised beef on our family land. We also raise our own pork and have that available to purchase as well. Homegrown since 2007.

Cloud 9 Farm 🍇🍅
Fletcher, NC—Buncombe Co.
828-628-1758
info@cloud9relaxation.com
www.cloud9farm.net

Vacation rentals; families or couples(cabin), wedding event area, custom saw-milling, pastured poultry and u-pick blueberries



CSAs (COMMUNITY SUPPORTED AGRICULTURE)

CENTRAL MOUNTAINS, NC
Buncombe, Madison, Yancey counties

Farm Listing Page

Aardvark Farm, Burnsville, NC **42**
Rett Murphy—22-week season shares offered for \$500. Half shares for \$300. Farm field day events for shareholders and families. Pick up: The Wedge in the River Arts District.

Adelbert Farm, Fairview, NC **43**
Kimberly Kirstein—We offer 20 weeks of fresh produce from mid-May to mid-October. Each week's CSA box includes a variety of fresh vegetables and a weekly email includes recipes and meal ideas. Pick up: Oakley Farmers Market, Black Mountain Tailgate Market

Blue Ribbon Farm, Leicester, NC **50**
Pete Shriner—Full size shares May-Oct. Support a family farm and eat tons of great food at a great price. We focus on open-pollinated and heirloom varieties with an emphasis on flavor and variety. Shares are \$500 for the year. Pick up: Asheville City Market, Montford Farmers Market.

Cane Creek Asparagus & Company CSA, Fairview, NC **52**
CSA is all we do on our family farm. NO tailgate markets. NO wholesale marketing. Veggie boxes offered six days a week at convenient locations, with flexible pickup times, and accommodating payments. Typically, we are the first CSA to open in the spring and the last CSA to close in the fall. Email to inquire about mid-season share availability. Join online. Pick up: Arden at Filmon Process Corp near Christ School; South Biltmore Village at Frugal Décor; Fairview at Troyer's Country Amish Blatz on Old Fort Road; Delivery to homes and businesses, North Asheville to Biltmore Park, email for route details.

Cane Creek Valley Farm, Fletcher, NC **52**
Jeremy and Amanda Sizemore—Two CSA choices: our traditional box or our new farm stand card, which gives you the power to choose what you want, when you want it. USDA Certified Organic produce, herbs, fruit, and free range brown eggs. 20 weeks, May 20-Oct. 20., with a new fall box option. Pick up: Asheville City Market, Asheville City Market South, Flat Rock Tailgate Market, The Mountain Community School, Valley Ag Store, Biltmore Coffee Traders, The Fire Gym, Fletcher Valley Natural Food Store, at the farm, or contact us to make your community or business a drop point.

Dry Ridge Farm, Mars Hill, NC **56**
Wendy Brugh—We offer three-month-long CSA seasons, with pickup or delivery on the second and fourth week of each month. Customers can pay monthly or for the whole season at once, and we offer two size options: \$100/month for a two-person (half) share or \$150/month for a family (whole) share. Pick up: Asheville City Market, home delivery available.

FarmGirl Flowers, Asheville, NC **58**
Lauri Newman-Waters—Naturally grown annual and perennial flowers, heirloom vegetables, edible flowers, and herbs all used to create one-of-a-kind flower arrangements. Year-round flower CSA: vase arrangements and/or flower buckets. Pick up: at the farm.

Fisher Branch Farm, Marshall, NC **58**
A season of blooms: We offer 20 weeks of flowers. Each week, you come to Asheville City Market and choose your bouquet. First week of Jun. through mid-Oct. We also offer weekly bucket or arrangement deliveries for area businesses. Pick up: Asheville City Market, home or Mon. business deliveries can be arranged.

Flying Cloud Farm, Fairview, NC **59**
Annie and Isaiah Perkinson—Members purchase a share of the season's harvest in advance. For 20 weeks, mid-May to the end of Sep., we provide a box of freshly harvested produce from our farm. Contents vary as the seasons change and different produce ripens. We include an email each week with recipes and cooking ideas. We also have an extended season CSA for 8 weeks up to Thanksgiving. Pick up: Asheville City Market, River Arts District Farmers Market, North Asheville Market, Wed. at the farm.

(CONTINUED ON NEXT PAGE)

in summer. Skin care products derived from our bee hives. Honeybee education and tours by appointment. Proudly land stewards.

Clyde Valley Farm 🍇
Morganton, NC—Burke Co.
828-433-0015
josephcarswell@hotmail.com

We grow specialty rices and kiwi. We grow brown, purple, Carolina Gold, Charleston Gold, sticky rice, and kiwi fruit. All crops are naturally grown and chemical-free.

Cobblestone Farm
Hendersonville, NC—Henderson Co.
828-712-4768
info@cobblestonefarmavl.com
www.cobblestonefarmavl.com

We offer pork, beef and eggs. All of our animals are raised on pasture without the use of any routine antibiotics or hormones. Our farm is committed to preserving heritage breeds as well as agricultural sustainability and diversity.

Coffey's Orchard at Coffey Grounds
Boone, NC—Watauga Co.
828-964-2645
nancynjerry@charter.net

Our small Century Farm sells apples in season. Call ahead for availability/directions. We do NOT allow pick-your-own. By reservation, we offer fall agriculture education tours, year-round fiber arts programs, and in-school programs on various topics.

Common Ground
Burnsville, NC—Yancey Co.
828-675-5448

Located near the South Toe River, we produce a seasonal mix of vegetables, beginning with peas and ending with squash and potatoes. We sell at Yancey County Farmers Market and make whole-sale and retail deliveries into Asheville.

Coston Farm & Apple House 🍇🍅
Hendersonville, NC—Henderson Co.
828-685-8352
costonfarm@bellsouth.net
www.costonfarm.com

Fourth-generation farm offering many varieties of NC apples. Enjoy cider, pumpkins, jams and jellies, fried apple

At Echoview Fiber Mill we process your fiber with upmost care, paying close attention to the products we produce. We give each fiber batch, large and small, individual attention and careful consideration to insure your fiber is returned to you just the way you want it.

The mission of Echoview Farm is to demonstrate that sustainable agriculture can work in western North Carolina and beyond. Echoview Farms is also one of the largest hops growers in WNC.

Gold LEED-certified, environmentally friendly and sustainable.

echoview
— FIBER MILL & FARM —
76 Jupiter Road, Weaverville NC 28787
1.855.693.4237 www.echoviewwnc.com

pies, baked goods, and gifts. U-pick or we pick apples. Relax on our porch or enjoy the cool AC indoors while you shop.

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. We also offer a small selection of fruit trees.

Crab Creek Produce 📧
Hendersonville, NC—Henderson Co.
828-707-6766
crabcreekproduce@gmail.com

We're a third-generation farm growing summer vegetables and producing free range eggs. We also sell seasoned firewood. We offer landscaping and large tree work. Come by our farm stand or find us in the lower building at the WNC Farmers Market.

Crane Farm and Herbs
Granite Falls, NC—Caldwell Co.
828-221-4935
cranefarmandherbs@gmail.com

We're located in the foothills of the Blue Ridge Mountains. Jeff Crane, owner/farmer, grows herbs to produce a variety of herb teas, a BBQ sauce, and a spice rub from a recipe passed down from his grandmother.

Creasman Farms 🍏
Hendersonville, NC—Henderson Co.
828-685-7728
creasmanfarms@hotmail.com
Find us on Facebook

Third-generation apple orchard and farm providing locally grown fruit and produce to our community.

Creeksong Farm 🍏
Zionville, NC—Ashe Co.
336-385-6302
creeksongfarm@gmail.com
www.creeksongfarm.com

Sustainably grown vegetables, grass-fed beef, pastured pork, eggs, herbal products, and firewood and timber since 1979. Find us at Watauga County Farmers Market or join our 65-member CSA.

CSAs (CONTINUED)

Farm Listing Page

Franny's Farm, Leicester, NC 61
Frances Tacy—The lot is prepared from what is fresh and in season. Members will get an email and delivery schedule. 20-member limit, hoping to grow in the near future. Farm to table component offers complete meal for two or four, including a recipe, meat, veggies, herbs, and bread. Pick up: at the farm, scheduled deliveries.

Full Sun Farm, LLC, Leicester, NC 61
Eat with the seasons mid-May-Oct. Quality naturally grown vegetables and berries. Add a flower share. Or, get your hands in the soil and join us for a working share. Weekly newsletters and recipes offered. \$525 regular share, \$400 working share, \$150 flower share. Market shares starting at \$300. Pick up: Montford Farmers Market, North Asheville Tailgate Market.

Gaining Ground Farm, Leicester, NC 61
Anne Grier—Mid-May through mid-Oct., 8-12 different vegetables in each week's share. We focus on heirloom and unusual varieties and are more geared toward people who like to cook. Pick up: Montford Farmers Market, North Asheville Tailgate Market.

Gardens United, Asheville, NC 61
Sir Charles Gardner—\$400 share for 12 full baskets, \$250 half share for 12 half baskets. Fill basket any time between Apr.-Oct. You decide what is in your basket based on a wide selection of organically grown seasonal produce. Pick up: Pisgah View Peace Garden, Tue. 9 am-1 pm; West Asheville Tailgate Market.

Hickory Nut Gap Farm, Fairview, NC 64
Amy and Jamie Ager—2 sessions: Oct.-Mar. + Apr.-Sep., once a month pick up. 10 lb. share: \$420; 15 lb. share: \$600. Options for payment plans. Mixture of beef, pork, and chicken (when in season). Pick up: North Asheville Tailgate Market (April-Sept CSA only, payment in full up front required), Hickory Nut Gap Farm Store the first Thursday-Saturday of every month (monthly payments allowed).

Ivy Creek Family Farm, Barnardsville, NC 67
Anna and Paul Littman—We provide our CSA members with a wide variety of our very best triple-washed produce, including strawberries, vegetables, cut flowers, herbs, and shiitake mushrooms. Recipe included weekly. We invite our members to visit our farm, volunteer for workdays, and join us for our annual farm supper. Fall extended shares available. Pick up: North Asheville Tailgate Market, Weaverville Tailgate Market, at the farm, free weekly delivery of eight shares or more.

Kuster Farms, Fletcher, NC 68
Ernest Kuster—Once a week pickup at the farm or at the East Asheville tailgate market, 1 bushel wax box of assorted produce usually \$25.00. Cash or Check. Produce is picked on Fri. for Fri. delivery. Pick up: Farm, East Asheville tailgate market.

Long Valley Eco-Biotic Farm, Marshall, NC 69
Zeke and Courtney Filiss—We're committed to habitat-forming agricultural methods. A bounty of fruit as well as open-pollinated, heirloom vegetables, including watercress, will be available seasonally. New varieties and old favorites. Some culinary herbs may be included, fresh cut flowers upon request. Half, full, and super shares. Pick up: Madison County Farmers & Artisans Market, Weaverville Tailgate Market, West Asheville Tailgate Market, at our farm.

Dave's Raw Honey
Leicester, NC—Buncombe Co.
828-683-0082
davesrawhoney@gmail.com

Selling raw honey at Asheville tailgate markets May-Oct. Featuring locust, poplar, wildflower, and sourwood honey. Bee pollen may be available, call for information.

Deal Family Farm 🍏 📧 🍏
Franklin, NC—Macon Co.

828-524-5151
info@dealfarms.com
www.dealfarms.com

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

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

Mountain Harvest Organics, Hot Springs, NC 71
Julie Mansfield—Our season is mid May through Oct. We offer a market style CSA where you pre-pay, then each week you choose your produce from our online store. For those who prefer a traditional CSA share, we offer a "Farmer's Choice" share which is \$22 a week for 25 weeks. If choosing the "Farmer's Choice" each week, you pay \$522.50 at the beginning of the season for \$550 of produce. Pick up: North Asheville Tailgate Market, at the farm.

New Moon Herbs Farm, Fairview, NC 72
Gregg Adams—Each week starting in May and going through Sep., you'll receive a generous box of just-picked, fresh, organic vegetables. A great way to support our farm and feed your family truly right-from-the-earth food. Pick up: at the farm, Thu. 4-6 pm; Asheville City Market on Saturdays.

Paper Crane Farm, Marshall, NC 75
Joe Evans—Full shares: \$520. Our shares are in the traditional box style. Full shares are adequate for families or foodie-focused couples who like to cook. The CSA runs for 22 weeks. Pick up: Asheville City Market, West Asheville Tailgate Market.

Patchwork Urban Farms, Asheville, NC 75
This is a great way to support the farm's long term mission to regenerate urban landscapes and create the groundwork for a vibrant village scale food and farming economy! We appreciate your commitment and long-term investment in our Land. Two year memberships available. Pick up: Montford, West Asheville, Southside.

Randall Cove Farm, Leicester, NC 76
Mary Adore Coloney—Choice of 20-week or 25-week CSA with a wide variety of fresh produce organically grown and wild harvested, including many heirloom varieties, plus artisan breads, free range eggs, and handmade cheeses. Pick up: Asheville Cardiology Associates, at the farm.

Sandy Hollar Farms, Leicester, NC 79
Garden vegetables. Traditional box style. Mid May- Mid Oct. Contact the farm for details. Pick up: Thursdays at the farm or Saturdays at The Leicester Tailgate Market.

Second Spring Market Garden, Alexander, NC 79
Matt Coffay—Second Spring offers Asheville's first 52 week fresh vegetable CSA! Members receive a variety of fresh produce even in the coldest months of winter. Full and half shares are available, and we offer payment plans as well. E-mail us at info@secondspringfarm.com or visit our website to learn more and to sign up for a weekly share! Pick up: at our farm in Alexander, Fri., 4-6 pm; Asheville City Market, Sat., 9 am-noon; Wed. afternoon TBA.

Thatchmore Farm, Leicester, NC 81
A box of produce a week from Apr. 15-Oct. 15, including early tomatoes. We also offer buyer club cards for \$90 and \$45 (a 10% discount) for those that prefer to pick out the contents of their weekly box at the market. Pick up: West Asheville Tailgate Market.

Warren Wilson College Garden, Swannanoa, NC 83
Pat Ross—40 member CSA, mostly Warren Wilson campus based. Call for details. Pick up: Call garden for specifics.

Whiskey Pigs Meats, Leicester, NC 83
Robin Reeves Singleton—Whiskey Pigs Meat CSA comes in three types of boxes the Mama box which is approx. 10 lbs of custom raised meats for \$65.00 per month with a three month minimum. The Papa Box which is approx. 20 lbs of custom raised meats with a three month minimum. Then the Breakfast Box with 1 doz eggs, 2 lbs of Crooked Creek stone ground grits, 1 lb fresh roasted free trade coffee. Pick up: Yet to be determined can be delivered to you for \$24.00 per quarter.

Wildwood Herbal, Weaverville, NC 83
We offer a wide variety of vegetables and plants. Pick up: at the farm

Reference the page numbers on the right for full farm descriptions and contact information.

Cultivated gourmet mushrooms grown on hardwood logs. Wild mushrooms in season. Winter mushroom log inoculation and wild mushroom

identification classes. Cultivation supplies, spawn, and consultations available. Fee-based farm tours by appointment.

DeerHaven Hills Farm 🍏
Columbus, NC—Polk Co.
828-817-1615
LaurieTheShoeWoman@gmail.com

U-pick chemical-free, intensely flavored, and super sweet blueberries available around Jul. 1. Limited amount of vibrant tasting muscadines starting around Sep. 1. Call for directions.

Deerwood Nursery and Farms 📧
Zirconia, NC—Henderson Co.
828-606-3625
rick@deerwoodnursery.com
www.deerwoodnurseryandfarms.com

We're a family-owned and operated small farm specializing in free range eggs, pastured poultry, pork, and lamb. Come visit us.

Dogwood Hills Farm 🍏
Weaverville, NC—Buncombe Co.
828-645-6286
dogwoodhillsfruit@gmail.com

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

Doubletree Farm
Marshall, NC—Madison Co.
828-380-2254
cathybennett68@gmail.com

Doubletree Farm specializes in producing top quality sorghum syrup and heirloom corn using draft horse power. Sustainably harvested and “gleaned” firewood is available seasonally. Private draft horse instruction is available, call for details.

Dry Ridge Farm 🍅
Mars Hill, NC—Madison Co.
828-319-5656
wendy@dryridgefarm.org
www.dryridgefarm.org

We offer pork, lamb, chicken, and eggs. All of our animals are raised on pasture without the use of routine antibiotics or added hormones. Find our products at area farmers markets and at several Asheville restaurants.

Ducketts Produce and Farms 🍅
Clyde, NC—Haywood Co.
828-627-1277
duckettsproduce@gmail.com
www.duckettsproduce.com

Family-owned farm and roadside stands with seasonal local vegetables and a full line of produce. Open from Apr.-Oct. 31.

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

We create final products from wild ginseng and cultivated goldenseal and provide native medicinal plants, seeds and rhizomes. We run Southern Appalachian School for Growing Medicinal Plants, an NCDA nursery and United Plant Savers native botanical sanctuary.



CSAs (COMMUNITY SUPPORTED AGRICULTURE)
FOOTHILLS, NC
Burke, Caldwell, McDowell, Rutherford counties

Farm Listing Page

A Way of Life Farm, Bostic, NC	42
<i>Sara Jane and Jamie Davis</i> —Members enjoy the farm’s sustainably grown harvest for as many as 32 weeks. Sign up for one, two, or three seasons and enjoy fresh vegetables, fruit, heirloom cornmeal, and an optional pork share. Pick up: Asheville, Rutherfordton, or the farm in Sunshine.	
Bluebird Farm, Morganton, NC	50
<i>William Lyons</i> —As a CSA member, you share our harvests. Road-wear grocery store vegetables cannot match the ripeness, flavor, and nutrition of our freshly harvested vegetables. Pastured chicken and egg shares also available. 20-week season, mid-May through Sep. Pick up: at the farm, downtown Morganton.	
Edgerton Farms, Rutherfordton, NC	56
<i>Mac Edgerton</i> —Eggs, vegetables, extra-value products. Pick up: delivered to your door.	

Reference the page numbers on the right for full farm descriptions and contact information.

East Fork Farm
Marshall, NC—Madison Co.
828-206-9075
stephen@eastforkfarm.net
www.eastforkfarm.net

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

Eastatoee Community Farm 🍅
Sunset, SC—Pickens Co.
864-878-9324
email@eastatoeecommunityfarm.com
www.eastatoeecommunityfarm.com

Eastatoee Community Farm grows high quality vegetables without the use of synthetic fertilizers, herbicides, or pesticides. We are located within

the beautiful Jocassee Gorges of South Carolina.

Edgerton Farms 🍅
Rutherfordton, NC—Rutherford Co.
828-429-3330
macked2@aol.com

Summer CSA. 18 weeks beginning in late May and running through Sep. Winter CSA Nov. through Mar. Free range eggs available.

Edgewood Farm Mt Valley Meats
Penrose, NC—Transylvania Co.
828-776-3225
slidetm@comporium.net
www.blueridgecornmaze.com

We have hormone- and antibiotic-free Black Angus beef and pork. USDA—inspected and vacuum sealed/frozen available on farm by the cut or portions. Price list online. We also have chickens, eggs, and meat goats.

Edmundson Produce Farm, Market & Bakery 🍅 🍞
Hendersonville, NC—Henderson Co.
828-891-3230
edmundsonproduce@bellsouth.net
www.ncagr.gov/ncproducts/ShowSite.asp?ID=100548

We grow sweet corn, tomatoes, beans, cucumbers, squash, strawberries and many more vegetables. We have two retail locations: 3754 Brevard Rd. Suite 102 Horse Shoe, NC and Hwy. 276 in Pisgah Forest, NC. We also have our bakery on premises in Horse Shoe.

CSAs (COMMUNITY SUPPORTED AGRICULTURE)
HIGH COUNTRY, NC
Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes counties

Farm Listing Page

Against the Grain, Zionville, NC	43
<i>Holly Whitesides</i> —We sell to the High Country CSA, which is a cooperative CSA serving the community of Boone. Pick up: Bare Essentials Natural Market in Boone.	
Creeksong Farm, Zionville, NC	54
<i>Will Thomas</i> —Full shares: \$500; half shares: \$300. Besides a variety of produce, members can expect free range eggs, grass-fed beef and pastured pork. Vegetarian and vegan shares also offered. Our season runs 20 weeks beginning first Tue. in Jun. We hold an annual open house so members can connect to our farm. Pick up: Agricultural Extension in Boone, Tue. 4:30-6:30 pm; Watauga County Farmers Market (limited shares); at the farm.	
Heritage Homestead, Crumpler, NC	64
We are part of the High Country CSA, which is a cooperative of growers so members can get a wide variety of products. Pick up: Bare Essentials Natural Market in Boone, Wed. 3-6 pm; limited home deliveries on Thu.	
High Country CSA, Boone, NC	65
<i>Elliot</i> —Jun.-mid-Oct. We offer three share sizes, an egg share, and more for members, as well as à la carte orders open to anyone through our online catalog, Nov.-Apr. All of our farms produce to organic standards. We accept EBT/SNAP benefits and offer a discount for shares/catalog orders paid with EBT. Pick up: Bare Essentials Natural Market in Boone, Wed. 3-6 pm; limited home deliveries on Thu.	
New Life Farm, Boone, NC	72
<i>Cory Bryk</i> —From early Jun. to mid-Oct., CSA members enjoy a variety of seasonally grown vegetables along with eggs and meat, if the member chooses to include eggs and/or meat. Pick up: at the farm.	
Trosly Farm, Elk Park, NC	82
<i>Amos Nidiffer</i> —CSA members will receive a basket of seasonal produce, meats, and baked goods from our farm every week during the growing season; see our website for more details. Pick up: at the farm, home delivery (extra fee) and area farmers markets.	
Tumbling Shoals Farm, Millers Creek, NC	82
<i>Shiloh Avery</i> —A share in the harvest of our farm is a box of the freshest quality organic fruits and vegetables delivered each week. Shares are delivered May-Sep. Shares cost \$500; we deliver about \$25 worth of fruits and vegetables weekly for 20 weeks. Small shares available for \$350. Pick up: at the farm, Tue. 5-7 pm; Wilkesboro Habitat Re-Store, Wed. 9:30 am-5:30 pm; Downtown Hickory Farmers Market, Wed. 10 am-3 pm; Western Carolina Electric in Moravian Falls, Wed. 9:30 am-4:30 pm.	
Woodland Harvest Mountain Farm, Boone, NC	83
Specialty buyers CSA. Monthly beginning early Jun. Vegetables, herbs, eggs, and specialty canned items such as coq au vin, soups, etc. and items available seasonally salves, vinegars, kombucha, wildcrafted medicinals, kimchi, and teas. Optional work trade. Call or email for more information. Pick up: at the farm, West Jefferson, Boone.	

Reference the page numbers on the right for full farm descriptions and contact information.

Eight Owls Farmstead
Rosman, NC—Transylvania Co.
828-884-6957
rain@eightowlsfarmstead.com
www.eightowlsfarmstead.com

Eight Owls Farmstead is a women owned, pasture based, semi off grid farm that focuses on organically grown education, experiences, products, and food. We offer farm immersions,

workshops, primitive art, organically grown and raised food.

Elk Creek Farm, LLC 🍅
Deep Gap, NC—Watauga Co.
828-265-8506
susan.allen40@gmail.com
www.elkcreekmushroomfarm.com

We harvest mushrooms from logs and other substrates. Among our varieties

are shiitake, lion’s mane, reishi, wine caps, and several varieties of oyster, including Golden, Pink, Italian, Gray Dove, and Blue Dolphin. We have fresh and dried mushrooms.

Erin’s Meadow Herb Farm 🍅
Clinton, TN—Anderson Co.
865-435-1452
erinsmeadow@comcast.net
www.erinsmeadowherbfarm.com

Beautiful display gardens, greenhouses, herb shop and herbal education classes. Extensive variety of herb plants for cooking, medicine, crafting, tea. Essential oils and aromatherapy supplies, dried bulk organic herbs, books and gifts. Programs for groups.

Faith Mountain Farm
Creston, NC—Ashe Co.
wilkesjt@gmail.com
www.faithmtnfarm.com

Family farm operated by James and Shannon Wilkes and their eight children. We have laying hens and honeybees and grow numerous vegetables, and sunflowers for sale at the market. We also offer delicious baked goods including gluten free and vegan.

Farm Fresh Ventures 🍅
Old Fort, NC—McDowell Co.
828-668-0403
www.recoveryventurescorp.org
Find us on Facebook

We offer state-of-the-art hydroponic technology and field crop production as horticulture therapy for individuals suffering from chronic addiction to drugs and alcohol. We are the only long-term residential program in NC to offer this treatment style.

The Farm
Candler, NC—Buncombe Co.
ckillander@yahoo.com
www.thefarmevents.com/category/garden

Here at The Farm we strive to produce delicious, nutritionally rich food from the land we cultivate. We grow a variety of herbs and vegetables focusing on unusual varieties for restaurants and other businesses creating added value products.

The Farmer’s Hands 🍅
Mars Hill, NC—Madison Co.
646-415-2898

mrfarmershands@gmail.com
www.thefarmershands.com

The Farmer's Hands is an organization with a dream of informing and inspiring people to learn to cook, ferment, preserve, and heal themselves with homegrown foods and plants. We sell at market, offer events, classes, and workshops.

FarmGirl Flowers 🌸

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

Flowers for all seasons and any occasion. Naturally grown. We offer a year-round Flower CSA. Delivery available or pick up at the flower farm. FarmGirl Flowers loves to grow, harvest and arrange for restaurants, weddings and special events!

Farmhouse Beef

Marshall, NC—Madison Co.
 770-856-9694
wgtstrun51@bellsouth.net
www.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, pork, and chicken. We have been packing eggs fresh daily for over 20 years. All feed is ground on our farm with no antibiotics or hormones added. We also grow fresh vegetables in the summer.

Fields of Gold Farm

Hendersonville, NC—Henderson Co.
 828-692-7096
info@fieldsofgoldfarm.com
www.fieldsofgoldfarm.com

We're a second-generation biodynamic and beyond organic local/regional grower, operating sustainably year-round with a diversified farm. We specialize in artisan gourmet goat milk gelato, energized goat milk soaps, some fruit/vegetable production.

CSAs (COMMUNITY SUPPORTED AGRICULTURE)

SOUTH CAROLINA, TENNESSEE, VIRGINIA

	Farm Listing Page
<p>Brewers Mushrooms, Dandridge, TN Hugh Brewer—Garden Delivery CSA is an informal cooperative of eight small, family owned farms in Jefferson Co. offering vegetables, eggs, raw honey, mushrooms, and handmade soap. Order weekly via email with no share cost, no minimum order, and no requirement to order every week. Five year-round delivery locations. Pick up: Rabbit Food, Sevierville; Bonner Center, Jeff City; Jefferson County C. of C., Dandridge; Three Rivers Market, Knoxville; John Bynon Park, W. Knoxville</p>	50
<p>Eastatoee Community Farm, Sunset, SC Sam Whigham—We are offering a 16 week CSA for spring/summer 2015 starting in mid-Apr. for \$480. Pick up: farm pickup: 413 Eastatoee Community Rd., Sunset, SC 29685</p>	56
<p>Grayson Natural Farms, LLC, Independence, VA Grayson beef share. We will deliver 1/8 beef to prepaid customers. Pick up: Charlotte.</p>	62
<p>Louderbranch Farms, Walhalla, SC Mike Loudermilk—Owned and operated by 3rd generation farmer Mike Loudermilk, his wife Rhonda, son Derrick and daughter Audrey. LBF is proud to provide a produce program that is family oriented and can provide its members with farm fresh produce that is locally grown right here in Oconee Co. We would like to invite you to become a part of the farm family by becoming a member of our CSA program. Pick up: At our farm in Alexander: Fri., 4 pm - 6 pm, Asheville City Market: Sat., 9 am-noon, Wed. afternoon pickup spot TBA</p>	70
<p>Mountain Meadows Farm, Heiskell, TN Fruit and vegetable CSA. Half bushel for 20 weeks / \$600. We have 10 kinds of fruit and a variety of vegetables. Pick up: Mon. - Knoxville, West Knoxville, Farragut, Wed. - Norris, Oak Ridge, Thu. - East Knoxville</p>	71
<p>Seven Springs Farm Organic Farming & Gardening Supply Catalog and CSA, Check, VA Ron Jufes—Members share responsibility of transporting food to each location. This means you'll be scheduled to come to the farm two-four times during the season to pick up for members in your area. If you're unable to take part in the pickup and delivery, contact us. Pick up: Riner, Roanoke, Blacksburg, Floyd, at the farm.</p>	79

Reference the page numbers on the right for full farm descriptions and contact information.

Finally Farm 🍷

Marshall, NC—Madison Co.
 828-683-0137
cfinallyfarm@aol.com

Herb, vegetable, and blueberry farm nestled in a small cove. Woman-owned and organically maintained, offering blueberries and asparagus beginning in Apr. Greenhouse-grown culinary and medicinal herbs as well as perennials and fresh veggies.

Fire From the Mountain

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

We grow jalapeno, habanero, and other peppers that we smoke over applewood for use in our hot sauces, salsas, and BBQ

sauce. We package our products at Blue Ridge Food Ventures in Asheville.

Fisher Branch Farm 🌸

Marshall, NC—Madison Co.
 828-380-2409
jen@fisherbranchflorals.com
 Find us on Facebook

Growers of specialty cut flowers. Delivery by the bucket, arrangement, or bunch. Design services for your wedding or special event. Small nursery with succulent, herb, and annual container gardens. Seasonal wreaths and garlands available in the fall.

Fishel Organic Farm

Grassy Creek, NC—Ashe Co.
 336-384-9094
dgfishel@gmail.com

We're located on Hwy. 16 N. 1/2 mile from the VA/NC line. Sanford and Debbie Fishel grow high-quality USDA Certified Organic produce. Our specialty is heirloom tomatoes, which we sell at Watauga Co. and Ashe Co. Farmers' Markets.

Flip Flop Farms, LLC

Rutherfordton, NC—Rutherford Co.
flipflopfarmssc@gmail.com
www.flipflopfarmssc.com

We offer a wide range of organically grown produce, eggs from our pastured hens, a variety of baked goods, jams and preserves, and now pastured pork and Boer goat meat. Find us at Rutherford Co. Farmers Market or Foothills Farmers Market.

Flying Cloud Farm 🌸 🍷 🌿

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

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

Fog Likely Farm

Boone, NC—Watauga Co.
 828-264-5215
dsengel@bellsouth.net

We grow a diverse and sometimes experimental range of vegetables and mushrooms both organically and sustainably. We are also lifelong artists with work in museums and universities, and do art as an adjunct to our farming.

Fontaine Vineyards

Marshall, NC—Buncombe Co.
 828-683-2316
fontainevineyard@yahoo.com
www.fontainevineyards.com

Only 20 min. from downtown Asheville, we offer a breathtaking 360 degree view of WNC, tours, wine tastings, and lunch or snacks in the vineyards. Book your party or special event in a relaxing atmosphere. Great services, bakery and more. Award-winning.

Fork Mountain Farm

Marshall, NC—Madison Co.
 828-649-3373
tcharles@hughes.net

We're a small certified organic farm, located in the Big Pine Valley of Madison Co. We grow mixed vegetables and herbs, and sell pickles made from our produce. We sell at Weaverville Tailgate Market and to several area restaurants.

Fork Mountain Farm

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

Naturally grown apples, 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.

Certified Quality Organics, Farm to Table Fresh.

SERVING WHOLESALE

Ask us about our wide variety
of high quality vegetables.

336-384-9688
Mobile-336-480-5440

Sanford and Deborah Fishel
 1461 John Halsey Road
 Grassy Creek, NC 28631
dgfishel@gmail.com
grct14@gmail.com

Grassy Creek ★ NC

Flying Cloud Farm

3 Weekly Markets • Roadside Stand • CSA Shares
Bouquets • Flower Buckets for Events

Isaiah & Annie Louise Perkinson • Fairview NC • flyingcloudfarm.net



ingles **LOW PRICES... LOVE THE SAVINGS!™**

Ingles is a family of local farmers, vendors, ranchers, bakers and builders...all working together to bring you the highest quality local products. We built our stores around your towns, so at Ingles, local is the basis of our business.

Ingles Low Prices... Love the Savings!



Franny's Farm 🍷🍏

Leicester, NC—Buncombe Co.
828-216-2836
franny@frannysfarm.com
www.frannysfarm.com

Organic farm and event venue with cabins. Organic fruits, veggies, herbs, gardens and pasture poultry on non-GMO feed. Farm store, chicks, meat, eggs, sheep, goats, country chic event venue, cabins. Tours & festivals~Farm Fest & BARNAROO.

Freeman Orchards 🍏

Hendersonville, NC—Henderson Co.
828-685-3311
chipwebster@bellsouth.net

Family-owned and operated since 1934. We grow more than 50 varieties of apples. Come for our local peaches and grapes. We also offer local produce, cider, jams, honey, molasses, and pickles. Open Tue.-Sun. from Aug.-Dec., 9 am-6 pm.

Frog Holler Organiks 🍏

Waynesville, NC—Haywood Co.
828-356-7652
froghollerorg@aol.com
www.frogholler.net

Pick up Frog Holler Helper, the best Organic Composted Garden Soil, with Steiner's Biopreps 500-508 plus organic biochar. Plan a memorable vacation in the mountains at the Gardener's House at Frog Holler, a 100 year old farmhouse on an organic farm.

Full Spectrum Farms

Cullowhee, NC—Jackson Co.
828-293-2521
info@fullspectrumfarms.org
www.fullspectrumfarms.org

This 34-acre farm serves persons with autism and their families. It's maintained by volunteers and is an educational experience for all. This healthy and enriching environment has a huge garden, greenhouse, chicken coop, eggs, farm house, and trails.

Full Sun Farm, LLC 🍷

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

Located in the beautiful Sandy Mush Valley, we cultivate five acres of

vegetables, cut flowers, and berries. We've sold our naturally grown produce at local tailgate markets since 1997 and through our CSA since 2001.

Fun Frolic Farm

Burnsville, NC—Yancey Co.
770-893-1616
cg@animalphat.com
www.funfrolicfarm.com

Located along the South Toe River we have a small herd of purebred Nubian dairy goats, a flock of laying hens and grow specialty salad mixes. We hold workshops throughout the year and have a line of luxurious goat milk soap and herbal bath products.

Gabe's Greens

Mccaysville, GA—Fannin Co.
706-492-4219
gabegreens@gmail.com
www.quinnsgreenhouse.com

A passion for flavor and a health minded philosophy began our quest for locally grown, nutrient rich lettuce. Our goal was simple, cultivate a quality leafy green without contaminating it through the use of pesticides or regulators.

Gaining Ground Farm 🍷

Leicester, NC—Buncombe Co.
sluderbranch@yahoo.com
www.gaininggroundfarm-nc.com

For more than 16 years, we've produced a variety of seasonal vegetables, flowers, and herbs for sale at local tailgate markets and restaurants. We offer CSA shares, as well as grassfed beef. We use ecologically responsible growing methods.

Gardens United 🍷🍏

Asheville, NC—Buncombe Co.
828-335-8356
gardensunited@gmail.com

We are an urban agriculture organization that provides quality, affordable, and healthy food and economic opportunity to the community. We grow using organic practices while educating the community on truly eating well.

Gibson Berry Farm 🍏

Greeneville, TN—Greene Co.
828-385-4442
Find us on Facebook



GRASSFED & PASTURE-RAISED MEATS
LOCAL FOODS & GIFTS
SEASONAL OPEN HOUSES
SCHOOL FIELD TRIPS & PRIVATE FARM TOURS
U-PICK BERRIES
APPLES & PUMPKINS
FARM ANIMALS, SLIDES
TIRE SWINGS & PLAY AREA

THE FARM STORE IS OPEN
6 DAYS / WEEK

www.hickorynutgapfarm.com
828-628-1027

57 Sugar Hollow Road • Fairview, NC

Gibson Berry Farm is a non-certified organic blueberry farm in a holler in Appalachian Greene County, TN. Our family has grown quality berries for forty years, across three generations. Check our Facebook page for when and where to buy our berries!

Good Fibrations
Barnardsville, NC—Buncombe Co.
828-626-4303
goodfibrations@charter.net

Marcia's colored and white Angora goats produce mohair for her hand-painted, custom spun yarn. Visitors will have a chance to meet the goats and their kids as well as learn about raising goats and the unique properties of the mohair they produce.

Goodheart Apiaries
Brevard, NC—Transylvania Co.
828-884-3272
mariashoney@charter.net
www.mariasblueridgemountainhoney.com

Small family apiaries raising bees and harvesting honey in a sustainable, all natural environment in the Blue Ridge Mountains. We use no chemicals of any kind in our hives.

Grandad's Apples 🍏
Hendersonville, NC—Henderson Co.
828-685-1685
info@grandadsapples.com
www.grandadsapples.com

U-pick or we-pick apples. We offer pumpkins, corn maze, and cow train ride. Large bakery, apple cider, doughnuts. Lots to do. All kinds of apple products in our gift shop. Lots of fun.

Grayson Natural Farms, LLC 🍏
Independence, VA—Grayson Co.
276-773-3712
gary@graysonnatural.com
www.graysonnatural.com

We produce 100% grassfed beef, no antibiotics, no added hormones. We connect farmers and consumers. We produce a consistent and quality product. We deliver our wholesale beef anywhere on the East Coast. Now available online.

Green Toe Ground Farm
Burnsville, NC—Yancey Co.
828-675-0171
nicoleandgaelan@yahoo.com
www.greentoe-ground.com

We grow a diversity of vegetables using biodynamic practices. This includes using plant- and mineral-based preparations for the land and striving to create a whole farm organism. Cows, sheep, pigs, chickens, and people live on the farm.

Green Goddess Farm
Asheville, NC—Buncombe Co.
828-779-7048
greengoddessfarm@charter.net
www.greengoddessfarm.com

Our farm is managed according to organic, biodynamic, and permaculture principles. Our herbs, vegetables, berries, fruits, and nuts are offered at West Asheville Tailgate Market. We sell honey and hive products, plus nucleus bee colonies.



FARM STANDS AND STORES

SMOKY MOUNTAINS, NC

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

Farm
Listing
Page

Brasstown Beef , 1960 Brasstown Rd., Brasstown, NC The "Farm Store" at Ridgefield Farm carries fresh and frozen beef and pork products. Open: year-round.	50
Deal Family Farm , 825 Higdon Rd., Franklin, NC Fruit stand with easy paved access off of US 64. Open: Apr.-Dec.	54
Ducketts Produce and Farms , 6209 Crabtree Rd., Clyde, NC Three locations: Crabtree, Canton, and Maggie Valley. We offer a full line of produce. As local as we can provide during the growing season. Open: Apr.-Oct.	56
Frog Holler Organiks , 234 Tommy Boyd Rd., Waynesville, NC Farm open with all farm products for sale: Frog Holler Helper organic composted garden soil, produce, statuary, eggs, flowers, etc. Saturday Customer Days 10 am-2 pm, Mar.- Apr. and some Customer Days in the fall; email for schedule. Appointments required for all other times. Open: year-round.	61
J.W. Mitchell Farms , 405 Bradley Creek Rd., Franklin, NC 30+ varieties of vegetables: heirloom tomatoes, peppers, corn, beans, strawberries, melons, and more. Everything on our farm is available for u-pick or available at our roadside stand. Open: Jun.-Oct.	67
KT's Orchard and Apiary , 158 Pigeon Ford Rd., Canton, NC Our store is on our farm at the barn. Fruits and honey start in Jul. and run through Dec. Bee supplies and products all year long. Open: Jul.-Dec.	68
Nantahala Herb Company , 1914 Otter Creek Rd., Nantahala, NC Items available year-round on-site at farm. Open: year-round.	72
Otter Creek Trout Farm , 1914 Otter Creek Rd., Topton, NC Our trout, soaps, and plants are available for sale on-site at our farm. Open: year-round.	74
Sunburst Trout Farms , 142 N. Main St., Waynesville, NC We offer our products for sale at our on-site farm store: Mon., Tue., Thu., Fri. 9 am-3 pm. We also offer our products online and at Sunburst Market, our retail location.	81
The Ten Acre Garden , 158 Chambers Farm Ln., Canton, NC Beautiful views surround the Ten Acre Garden. Fresh fruits and vegetables grown in this fertile river bottom are available from Apr.-Oct. Farm store open Mon.-Sat., 10 am-6 pm. Open: Apr.-Sep.	81
Walnut Hollow Ranch , 1100 Carter Cove Rd., Hayesville, NC Store/office is located on the farm. Open: year-round.	82
Wehrloom Honey and Essentials , 257 Willie Colvin Rd., Robbinsville, NC We offer a full selection of varietal honey and honey bee produced items all made by our own honey bees. We also have soaps, lotions, and other skin care products made with ingredients from the hive. We offer tours of our honey extracting facility and other fine goods produced by local artisans.	83
Wright-Way Nursery and Landscaping , 275 Mountain Haven Rd., Waynesville, NC Please call ahead.	83
Yellow Branch Cheese and Pottery , 136 Yellow Branch Cir., Robbinsville, NC Yellow Branch Pottery is our on-farm retail outlet for Yellow Branch Cheese. Samples are available for tasting. If no one is at the pottery, please drive to the farm for assistance. Open: Apr.-Nov., all other times by chance or appointment.	83

Reference the page numbers on the right for full farm descriptions and contact information.



CSA

pages 54-62



Farm Stand/Store

pages 65-72



U-Pick

pages 77-82

Green Hill Urban Farm 🍏
Asheville, NC—Buncombe Co.
828-775-0548
greenhillurbanfarm@gmail.com
www.greenhillurbanfarm.com

2015 marks the 10 year anniversary for the "Hill". Fruits, flowers, herbs, and expansive vegetable gardens surround a unique amphitheater/event space with a large covered stage overlooking Patton Ave. A unique place for local food, fun, and events.

Green River Farm Millspring 🍏
Mill Spring, NC—Polk Co.
828-894-3431
greenriverfarm@windstream.net

Pick your own blueberries. Quiet location with mountain views and picnic tables. Limited quantities of berries, call for availability and to avoid disappointment. Available mid-Jun. through Jul., Wed.-Sat., 8 am-noon.

Green Rows Hydro-Farm
Black Mountain, NC—Buncombe Co.
828-964-3672
Greenrowshydrofarm@gmail.com

Hydroponic artisan lettuces.

Greys Reach Farms
Flat Rock, NC—Henderson Co.
828-243-8496
usculinary@gmail.com
www.greysreachfarms.com

Nestled in the heart of Crab Creek Valley, we produce unique heirloom varieties of beyond organically grown vegetables, mushrooms, and herbs.

GT - Little Farmers Market 🍏
Mills River, NC—Henderson Co.
828-654-0088

Jams, pumpkins, small fruits, vegetables, and peaches.

The Happy Berry 🍏
Six Mile, SC—Pickens Co.
864-350-9345
walker@thehappyberry.com
www.thehappyberry.com

U-pick blueberries and blackberries, seedless table grapes, figs, and muscadines near 18,000-acre Lake Keowee. Open Jun.-Oct. Pre-picked available on request. Pussy willows Jan.-Apr.

Farm House Beef
beef... like it used to be.

**Grass fed and grass finished.
No added hormones or antibiotics.**

**Raised on our family farm
in Madison County, NC.**
Mike and Carolyn Bradley • farmhousebeef.com
(828) 713-7688 • (770) 856-9694

Happy Hens and Highlands Farm
Burnesville, NC—Yancey Co.
828-208-5015
happyhensandhighlands@gmail.com
www.happyhensandhighlands.com

Committed to producing lean grass fed beef and non GMO pasture raised poultry from happy animals.

Harrell Hill Farms 🍏
Bakersville, NC—Mitchell Co.
828-688-9188
harrellhillfarms@aol.com
harrellhillfarms.com

Harrell Hill Farms has been a family farm for over 200 years, producing quality products for 7 generations. We offer grass fed beef featuring Limousin cattle. We offer fresh pure sorghum syrup molasses, and Christmas trees.

Harty Farm
Bakersville, NC—Mitchell Co.
828-688-6131
hartyfarm4@msn.com
www.hartyfarm.com

We specialize in log-grown shiitake mushrooms, honey, and a variety of organically grown vegetables. Sales at Bakersville Farmers Market and Spruce Pine Farmers Market.

Henn's Plant Farm 🍏
Fletcher, NC—Henderson Co.
828-684-2321
plantfarm@bellsouth.net
www.hennsplantfarm.com

Located in Fletcher for 42 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.

Heritage Homestead 🍏
Crumpler, NC—Ashe Co.
336-982-4753
coultercreek@skybest.com
www.heritagehomestead.net

We're a licensed farmstead goat cheese dairy, and we also sell free range eggs, whey-fed pigs, and produce. We sell our products at Ashe and Watauga farmers markets, Bare Essentials, Simply Local, Carolina Country Wines, and Rose Mountain Butcher Shoppe.

FARM STANDS AND STORES

SOUTHERN MOUNTAINS, NC
Henderson, Polk, Transylvania counties

Farm Listing Page

Apple House & Owenby Orchards , 3807 Chimney Rock Hwy., Hendersonville, NC Retail store offering jams, jellies, ciders, pickles, relishes, and hot boiled peanuts. Open: Jan.-Dec.	47
Apple Mill , 1345 Ozone Dr., Saluda, NC Apple Mill, established in 1927 produces fresh fruit, fruit butters, and juices. Walnuts are available with advanced notice. The farm kitchen and outlet store are located at exit 59 (Saluda exit) on I-26 and is open year-round, weather permitting. Open: year-round.	47
Coston Farm & Apple House , 3748 Chimney Rock Rd., Hendersonville, NC Farm-direct market offering apples, cider, pumpkins, jams and jellies, baked goods, and gifts. We offer shipping for gift boxes and apples. Open mid-Aug. through Oct., Mon.-Sat. 8 am-5:30 pm, Sun. 10 am-5:30 pm. Open in Nov. until Christmas, Mon.-Sat. 8 am-5:30 pm. Call for Jan. hours.	53
Crab Creek Produce , 436 Crab Creek Rd., Hendersonville, NC Produce stand; products vary according to the season. Open: year-round.	54
Deerwood Nursery and Farms , 892 Anders Rd., Zirconia, NC Open: year-round by appointment.	55
Edmundson Produce Farm, Market & Bakery , 2408 Anders Dr., Hendersonville, NC Farm Market and Bakery; our farm-fresh vegetables & strawberries, local fruits, jams, jellies, relishes, baked goods, and year-round produce as local as possible in off-season. Open: year-round.	56
Freeman Orchards , 3032 Chimney Rock Rd., Hendersonville, NC An open-air market with apples, peaches, grapes, and produce available in large or small amounts. Convenient and accessible. Open: Aug.-Dec.	61
Grandad's Apples , 2951 Chimney Rock Rd., Hendersonville, NC You pick or we pick, corn maze, pumpkins, cow train ride, apple cider, doughnuts, a large bakery, and all kinds of apple products in gift shop. Lots of fun. Open: Jul.-Nov.	62
GT - Little Farmers Market , 2530 Butler Bridge Rd., Mills River, NC Jam, pumpkins, small fruits, vegetables, and peaches. Open: May 1-Oct. 31	63
Henn's Plant Farm , 370 Lindsey Loop Rd., Fletcher, NC Retail greenhouse and nursery with a large variety of seasonal plants, evergreen shrubs, and more. Open: year-round.	64
Hoots Family Farms And Fruit Stand , 2699 Pace Rd., Hendersonville, NC Our fruit stand is located in Edneyville on Hwy. 64 E (toward Bat Cave) one and a half miles past Edneyville post office on the left. If you need a large order, please allow us 48 hours to pick and pack. For more information, call the farm. Open: Jun. 15-Nov. 1	66
Justus Orchard , 187 Garren Rd., Hendersonville, NC Fourth-generation family farm growing apples, blackberries, and pumpkins. We also offer fried apple pies, apple cider, boiled peanuts, canned goods, and local vegetables. Open mid-Aug. through early Nov. 8:30 am-6 pm.; Jul. to mid-Aug., please call ahead.	68
Linda's Plants and Shrubs , 4 miles from I-26 on Hwy. 64 E., Hendersonville, NC Great selection of flowers, vegetables, and fruit. Open: Apr.-Nov.	69

Hermit's Hollow Farm
Burnsville, NC—Yancey Co.
503-867-1738
hermitshollowfarm@gmail.com
www.hermitshollowfarm.com

Hermit's Hollow is a sustainable market garden cultivating just under an acre of produce in WNC. We grow a wide variety of heirloom vegetables near the

South Toe river using only non-GMO seeds and adhere to strict organic practices and guidelines.

Hickory Nut Gap Farm 🍏 🍏
Fairview, NC—Buncombe Co.
828-628-1027
Hallie@hickorynutgapfarm.com
www.hickorynutgapfarm.com

Lyda Farms, 3465 Chimney Rock Rd., Hendersonville, NC
Hendersonville fifth-generation apple orchard and working farm selling locally grown produce, including NC apples, pumpkins, and other vegetables and fruits for more than 60 years. After daylight savings, stand closes at 5 pm. Open: May-Nov.
 70 || **McConnell Farms**, 177 Old Dana Rd., Hendersonville, NC At our retail market, we offer a wide variety of fruits and vegetables depending on the season. Super premium ice cream available year-round. Open: Apr.-Oct. | **70** |
Mountain Fresh Orchards, 2887 Chimney Rock Rd., Hendersonville, NC Located 2 miles from I-26. Open late Aug. through mid-Nov., 8 am-7 pm. Apples, cider, fruit butters, jellies and jams, honey, pumpkins, and vegetables. Open: Late Aug. to Mid-Nov.	**71**
Odell Barnwell & Sons, LLC, 175 Point Hope Ln., Hendersonville, NC Farm stand offering apples, cider, spiced cider, vinegar, jam, pumpkins, vegetables, and peaches. Open: Jul.-Mar.	**74**
Oliver Organiks, 101 Winsom Tr., Hendersonville, NC Our greenhouse is open seven days a week during Apr. and May, from 1 pm-4 pm by appointment. Please call, as the farm and greenhouse are in two locations. Other times and for produce, please call. Open: Mar. 17-Nov. 17	**74**
Owenbys Fruit Stand, 1528 South Mills Gap Rd, Hendersonville, NC Cider, jam, specialties, pumpkins, peaches, cabbage, apples, and other vegetables. Fruit stand is located at 4517 Chimney Rock Hwy. Open: mid-Aug. through mid-Nov. 7 days, week 9 am-6 pm.	**75**
Queens Produce and Berry Farm, 858 Davidson River Rd., Pisgah Forest, NC Fresh produce from the farm available for purchase at the farm. Check website for what's in season. Open: May-Nov.	**76**
Rhodes Country Market, 1596 Greenville Hwy., Hendersonville, NC Come by and pick up ripe-from-the-vine vegetables and freshly picked fruits from 4th generation farmers. We offer locally-grown and organic produce, jams and jellies, local honey, fresh eggs, meats, hoop cheese, and crafts. Open: year-round	**77**
Saint Paul Mountain Vineyards, 588 Chestnut Gap Rd., Hendersonville, NC Visit out tasting room where we sell wine and accessories. Open: year-round.	**79**
Sky Top Orchard, 1193 Pinnacle Mtn. Rd., Zirconia, NC Apples, peaches, Asian pears, grapes, cider, honey, jams and jellies, fall decorations, fudge and caramel apples, and hot cider donuts. Children's playground, barnyard with animals, hayrides, and picnic area. Open: Aug.-Nov.	**79**
Stepp Farms Hillcrest Orchard, 170 Stepp Orchard Dr., Hendersonville, NC Beautiful 45-year, three-generation family-owned farm. Pick your own with 22 varieties of apples, grapes, honey, cider, and pumpkins. Gift shop. Pre-pick and gift packs available. Great place for family gatherings. Open: Labor Day-Oct.	**80**

Reference the page numbers on the right for full farm descriptions and contact information.

Our mission is to connect sustainable agriculture practices, our family history, and our customers by sharing the family farm experience, healthy land stewardship, and ethically raised meats. We offer tours to school and private groups year-round.

High Country CSA 🍏
Boone, NC—Watauga Co.
828-434-5900
highcountrycsa@gmail.com
www.highcountrycsa.org

Nonprofit multi-farm co-op producing

by organic standards, offering 20-week CSA boxes Jun.-Oct., choice in box size and drop-off location. Cost-Share program provides reduced-cost shares to low-income customers, and we accept cash, check, card and EBT!

High Country Ginseng
Boone, NC—Watauga Co.
828-964-8226
tceelec@gmail.com
www.highcountryginseng.com

We specialize in wild-simulated ginseng seed, rootlets, and roots. We

also offer fresh roots for consumption in soups, teas, smoothies, brewery, etc. Ginseng is NC seed source.

High Mountain Farms 🍏
Fleetwood, NC—Ashe Co.
336-877-7823
highmountainfarms@gmail.com

I grow over 15 varieties of heritage grains, including non-GMO corn and soybeans, wheat, oats, rye and barley, and certified organic corn. We sell cornmeal and grits. I grow 54 varieties of pumpkins and winter squash, and offer turn key fall décor.

High Mountain Meadows Farm
Hayesville, NC—Clay Co.
828-389-1186
donnagains@yahoo.com

Our creamery produces mozzarella, feta, cheddar, gouda, and several varieties of chevre. We produce a variety of seasonal fruits and vegetables and raise rabbits and Boer goats for meat. Processing can be arranged.

Highgate Farm
Marshall, NC—Madison Co.
highgatefarm@earthlink.net

Highgate Farm, a small Certified Naturally Grown market garden and off-grid homestead near Marshall, NC. We sell produce, eggs, berries,



Ginseng
Seed and Rootlets

phone: 828-964-8226
email: tceelec@gmail.com



and mushrooms at tailgate markets in Madison and Buncombe Co.

Highland Meadows Cattle Co. 🏠
Lansing, NC—Ashe Co.
336-384-8199
timmiller9965@gmail.com
www.highlandmeadowscattle.com

We're a breeder of Scottish Highland cattle for meat sales and breeding stock. Our beef is raised without antibiotics or added hormones. They free range on our high-elevation pastures. This breed is known for its tender, tasty, healthy beef.

Highlander Farm 🏠
Fairview, NC—Buncombe Co.
828-776-0261
susanknichols48@gmail.com

We produce grassfed lamb, free range eggs, and pasture-raised, free range chicken. We sell locally on our farm and at the Black Mountain market. Visitors are welcome, but call ahead.

Holden Creek Farms 🏠
Ellijay, GA—Gilmer Co.
706-273-6999
Locallygrown@holdencreekfarms.com
www.holdencreekfarms.com

We are a small family farm located in the mountains of North Georgia that specializes in pastured poultry production. Our entire production system is a natural, pasture based model that avoids the use of GMOs, chemicals, medications and antibiotics.

Holly Spring Farm
Mills River, NC—Henderson Co.
828-891-4968
paulshoemaker@bellsouth.net

Using sustainable practices, we produce over 30 varieties of tomatoes, specializing in heirlooms, other specialty vegetables, and u-cut Christmas trees. We supply restaurants in the area and sell at the Flat Rock and Mills River Farmers Markets.

Holmes Brothers Hops 🍷
Leicester, NC—Madison Co.
828-656-1467
holmesbrothershops@gmail.com
www.holmesbrothershops.com

Located in Little Sandy Mush, our microclimate and ideal soil provide an

FARM STANDS AND STORES

CENTRAL MOUNTAINS, NC

Buncombe, Madison, Yancey counties

Farm Listing Page

Addison Farms Vineyard , 4005 New Leicester Hwy., Leicester, NC Winery tasting room. Open: year-round.	43
Becki's Bounty , 312B Hiwassee Ave., Black Mountain, NC Once weekly produce stand offering fresh produce. Wed. afternoons, time schedule TBA. Changes to Fri. afternoons after Sep. 30, 2015. Open: Apr. 17-Dec.	49
Cane Creek Valley Farm , 1448 Cane Creek Rd., Fletcher, NC Hours of operation will be posted on our website. Open: May 19-Oct. 25	52
Cloud 9 Farm , 137 Bob Barnwell Rd., Fletcher, NC We open the farm store by appointment. Janet loves to tell you about the products from the farm. Open: Jun.-Dec.	52
The Farmer's Hands , 605 Phillips Valley Rd., Mars Hill, NC We have a small farm stand outside our home where we sell our extra produce, preserves, and flower arrangements. Open: Jun. 15-Oct. 16	57
Farside Farms , 1022 Old Hwy. 20, Alexander, NC We produce fresh eggs, pork, and chicken. We also grow fresh vegetables in the summer. Our store is north of Beaver Lake. Open: year-round.	58
Finally Farm , 155 Reems Cove Rd., Marshall, NC Greenhouse sales on farm. Please call ahead. Open: Apr.-Dec.	58
Flying Cloud Farm , 1860 Charlotte Hwy., Fairview, NC We operate an honor-system, self-service roadside stand on our farm. We only sell what we grow, so the produce will be what is seasonally available in this area. We start with transplants in Apr., add produce in May and end with wreaths in Dec. Call or email us for availability. Open: Apr.-Dec.	59
Green Hill Urban Farm , 30 Green Hill Ave., Asheville, NC Our roadside stand is only available to members. We offer plenty of diversified vegetables, limited supplies of strawberries and raspberries, plums, pears, apples, and grapes, all sold first come first serve to members. Contact us for membership options and benefits. Open: May 8-Nov.16	63
Hickory Nut Gap Farm , 57 Sugar Hollow Rd., Fairview, NC We sell our 100% grassfed beef and pastured pork year-round. Chicken is available Apr.- Dec. We also offer locally produced jams, honey, and crafts. Open: year-round, seven days a week.	64
Highlander Farm , 35 Kirkpatrick Ln., Fairview, NC We sell free range eggs, grassfed lamb, and pasture-raised chicken. Open: by appointment.	66
Imladris Farm , 45 Little Pond Rd., Fairview, NC We're pleased to open our farm store for your visit. Call for an appointment. Open: year-round.	67
Ivy Creek Family Farm , 390 North Fork Rd., Barnardsville, NC Our roadside stand is at the front of our farm. Open: May 4-Oct. 30, Mon.-Sat.	67
Long Branch Environmental Education Center , 278 Boyd Cove Rd., Leicester, NC On-farm location. Open: mid-Jun. to end of Nov.	69
Meadow Cove Farm , 260 Dula Springs Rd., Weaverville, NC We welcome visitors to come to our farm and pick out the produce they'd like to buy. We're typically open 10 am-7 pm, 7 days a week, but please call ahead to make sure we're home. Advance orders are available for pick up at the farm and can be placed either by phone or email. Open: May-Nov.	70

outstanding environment that produces exceptional quality hops. We currently cultivate Cascade, Chinook, and Nugget, with additional varieties in field testing.

Hoots Family Farms And Fruit Stand 🏠
Hendersonville, NC—Henderson Co.

828-674-6785
keithhootsfarm@outlook.com

We're a family-owned farm in Edneyville going into our 12th season growing a variety of vegetables including cabbage, sweet corn, potatoes, and several kinds

Patchwork Urban Farms, Asheville, NC 75
We'll be offering our veggies, herbs and eggs for sale on a sliding scale. Our stand has a strong social mission to bring food back to places in need. We need the support of the whole city to make this work, so come on out and get some ultra-local, high quality, responsible food grown with a serious social mission. Open: May 5-Oct. 31

Randall Cove Farm, 96 Randall Cove Rd., Leicester, NC 76
Fresh produce, eggs, and farm products available at the farmhouse, plus barbecue smoked on the farm, farmhouse foods, homemade breads, and homemade ice cream. Open: Apr. 1-Dec. 1

Reems Creek Nursery & Landscaping, 70 Monticello Rd., Weaverville, NC 77
We offer a beautiful selection of trees, shrubs, perennials, fruits, native plants, veggie starts and herbs, annuals, and organic gardening supplies. Many of our plants are grown at the Penland's family farm location. Open: year-round, but our hours change seasonally.

Round Mountain Creamery, 2203 Old Fort Rd., Black Mountain, NC 78
Come try our award winning cheeses. Open: year-round.

Sandy Hollar Farms, 63 Sandy Hollar Ln., Leicester, NC 79
Locally grown or handmade items for selection in our on-farm shop. Open: Thanksgiving-Dec.15

Sandy Mush Herb Nursery, 316 Surrent Cove Rd., Leicester, NC 79
We have a plant nursery offering in excess of 1,500 different plants, including herbs, scented geraniums, perennials, ferns, conifers, lilacs, native plants, shrubs, and more. Visitors may explore the garden for planting ideas, discuss plants with staff, and select plants from the greenhouses. Open: Mar.-Nov.

Shady Place Farm LLC, 321 Morgan Branch Rd., Leicester, NC 79
Store located on the farm. Open: year-round by appointment.

Spinning Spider Creamery, 4717 East Fork Rd., Marshall, NC 80
Cheese and meat can be purchased at the farm Fri., Sat., and Sun. afternoons from noon-4 pm. Open: May-Dec.

Whiskey Pigs Meats, 67 Reeves Home Pl., Leicester, NC 83
The farm store will be located in the same building in which my great grandmother ran a store in the early 1900's. We will offer Whiskey Pig Meats and vegetables. The store will also be a pick up place for the CSA members. Open: Jun. 1-Dec. 20

Wild Mountain Apiaries, 425 Weaverville Hwy., Asheville, NC 83
Our retail location, Wild Mountain Bees, offers a complete line of beekeeping supplies, our local honey, pollinator-friendly plants, trees, and seeds, beeswax candles, mead making supplies, bee pollen, propolis, value-added products from the hive, and bee-related gift items. Open: Mid-Feb through Oct. with holiday hours in Dec.

Zimmerman's Berry Farm, 2260 Revere Rd., Marshall, NC 83
Farm store with homegrown and handmade preserves, pick your own berries, and craft items. Call for availability. Open: mid-Jun. to mid-Aug.

Reference the page numbers on the right for full farm descriptions and contact information.

of green beans. Find us on Facebook at Keith Hoots Farm.

Imladris Farm 🏠
Fairview, NC—Buncombe Co.
828-628-9377
info@imladrisfarm.com
www.imladrisfarm.com

Shhh...hear that? At any time of year, a visit to Imladris Farm is an adventure of flavor and a chance to rejoin the age-old cycle of seasons. Try our preserves and

naturally raised rabbit meat. Farm tours available by appointment.

Ivy Creek Family Farm 🍷 🏠
Barnardsville, NC—Buncombe Co.
828-626-2447
wncfarm@gmail.com
www.ivycreekfamilyfarm.com

We produce high-quality vegetables, cut flowers, and shiitake mushrooms using sustainable growing practices. We sell our produce at local tailgate markets, area restaurants, and through our CSA.

Ivy Point Farm 🏠 🍷
West Jefferson, NC—Ashe Co.
336-846-2470
jcbarlow@skybest.com

NC Century Farm specializing in u-pick berries, heirloom vegetables, and choose-and-cut Christmas trees.

J.W. Mitchell Farms 🏠 🍷
Franklin, NC—Macon Co.
828-349-2725
jwmitchellfarms.com
www.jwmitchellfarms.com

We grow 30+ 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.

Jake's Farm
Candler, NC—Buncombe Co.
828-665-4472
jakesfarm@msn.com
www.jakesfarm.com

Est. 1998, 11 acres certified organic between 1999/2013. We will always follow NOP standards. We sell a wide variety of produce, including some small fruit. Two greenhouses operate all year. Visitors welcome by appointment.

Jasperwood Farm
Leicester, NC—Buncombe Co.
828-775-4902
jasperwoodfarm@gmail.com

Sixth-generation family farm producing pumpkins and winter squash, Fraser fir Christmas trees and wreaths, and assorted seasonal vegetables.

Jewel Hill Farms
Madison Co.
Jewelhillfarms@yahoo.com

With more than 30 hives, Jewel Hill Farms primary venture is honey, honeybees, and beeswax candles. We also have Friesian horses, cattle, a stocked pond, an antique apple orchard, vineyard, blueberries, raspberries, and blackberries.

Jewel of the Blue Ridge Vineyard
Madison Co.
828-606-3130
Chuck@JeweloftheBlueRidge.com
www.JeweloftheBlueRidge.com

Our vineyard has farm tours from Jun. 15 to Oct. 15. You can register on our website. We are the first commercial cold-hardy Katauh Muscadine vineyard in the mountains. We do not use any chemicals in our vineyard.

Jolley Farms

Canton, NC—Haywood Co.
jolleyfarms@gmail.com
www.jolleyfarms.com

Intensive growing methods and attention to detail give our products that homegrown taste and freshness that make great meals. Microgreens, lettuces, greens, edible flowers, heirloom tomatoes and gourmet baby vegetables handled to arrive safe and fresh.

Junaluska Farms

Andrews, NC—Cherokee Co.
828-557-6701
nealme@frontier.com

We're a small family farm in the WNC mountains. We offer a variety of naturally grown fruits and vegetables (as available) and farm fresh eggs. Stop by to visit our ducks, free range chickens, and goats. On-site farm store sales from Jun.-Nov.

Justus Orchard 🍏

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

Fourth-generation family farm growing apples, blackberries, and pumpkins. All are u-pick or we pick. We also offer seasonal fried apple pies, apple cider donuts, apple cider, canned goods, and local vegetables.

Kay Farm

Flat Rock, NC—Henderson Co.
828-808-6426
adverfarm@gmail.com

Third-generation family farm now returned to full-time produce production. Heirloom vegetables and select hybrids for tailgate markets, restaurants, and retail. Extended season and greenhouse production of greens and lettuces.

Kimberlin Hill Farm

Rural Retreat, VA—Wythe Co.
276-620-6188

FARM STANDS AND STORES

FOOTHILLS, NC
Burke, Caldwell, McDowell, Rutherford counties

Farm Listing Page

Altapass Orchard , 1025 Orchard Rd., Spruce Pine, NC Apples on the Blue Ridge Parkway. Music, snacks, crafts and demonstrations, canned goods, apple butter, honey, ice cream and homemade fudge. Butterfly garden, storytelling, hayrides, tours. Open: May-Nov. 1. Seven days in week in Oct.	43
Apple Hill Orchard and Cider Mill , 2075 Pleasant Hill Ave., Morganton, NC Open: Aug.-Oct., Mon.-Sat. 9 am-6 pm; Nov.-Dec., Mon.-Sat. 9 am-5 pm	47
Clyde Valley Farm , 1725 Salem Rd., Morganton, NC We store our rice in food grade barrels unmilled. Rice can be milled at the time of order to assure freshness. Open: Sep.-Jul.	53
Farm Fresh Ventures , 306 Davistown Church Rd., Old Fort, NC We are open to the public seven days per week. Open: year-round, 8 am-5 pm.	57
Russell Family Farms , 116 N. Sterling St., Morganton, NC High Country in downtown Morganton. This is our retail store for clothing, however we also offer all of our farm items.	78
Sweet Betsy Farm , 3947 Mudcut Rd., Marion, NC Small retail honey stand with handcrafted gift items. Open: May-Oct.	81

Reference the page numbers on the right for full farm descriptions and contact information.

kimberlinhillfarm@gmail.com
www.kimberlinhillfarm.com

Lavender and herb growers and growers of naturally grown Indian corn with stone-ground corn meal.

KT's Orchard and Apiary 🍏

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

We have a wide variety of apples, peaches, nectarines, blueberries, raspberries, local honey, and fresh eggs. Our fruit starts around the middle of Jul. and runs through Dec. We sell a full line of bee supplies, lip balm, and beeswax cream.

Kuster Farms 🍏

Fletcher, NC—Buncombe Co.
828-242-2981
ernestkuster@att.net
www.kusterfarms.com

We specialize in non-GMO products, using GAP and sustainable practices, producing green beans, edamame (late Aug.), and other vegetables for retail and wholesale to local farmers markets, Mother Earth Produce, and Ingles.

Lady Luck Flower Farm 🍏

Leicester, NC—Buncombe Co.
828-683-3200
ladyluckflowerfarm@gmail.com
www.ladyluckflowerfarm.com

We grow flowers, medicinal herbs, and vegetables using natural farming methods in the beautiful Sandy Mush Valley. Wholesale and retail, arranged or by the bucket. U-pick by appointment.

Laughing River Farm

Mars Hill, NC—Madison Co.
828-689-5015
laughingriverfarm@gmail.com
www.laughingriverfarm.com

We are Laughing River Farm, LLC, located on the Ivy River in Mars Hill. We raise vegetables, flowers and herbs using sustainable, organic practices.

Laughing Water Farm 🍏

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

Growing naturally for you and our earth! We use sustainable practices to produce grass-fed, classically aged Angus beef, Ossabaw Island pork,

FARM STANDS AND STORES

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

Farm Listing Page

Apple Hill Farm , 400 Apple Hill Rd., Banner Elk, NC Eggs, poultry, fiber crafts, unique gifts, and a large selection of clothing items and yarn made from alpaca fiber. Our store and farm is open year round!	47
Elk Creek Farm, LLC , 5713 Elk Creek Rd., Deep Gap, NC Watch for the mushroom signs that lead to the farm shop; it's the packing shed with all the activity. The signs mean we have mushrooms for sale. Or, call to schedule a visit. Open: Apr.-Nov.	57
Harrell Hill Farms , 467 Byrd Rd., Bakersville, NC Our old milkhouse is now a produce stand for the products we produce here on the farm. Open: Jul.-Oct.	64
High Mountain Farms , 260 Lonnie Ln., Fleetwood, NC We have all our pumpkin varieties for sale, Indian corn, corn shocks, popcorn, pumpkin breads, and pumpkin pie tarts. Open: Sep. 20-Nov. 1	65
Highland Meadows Cattle Co. , 998 Virgil Greer Rd., Lansing, NC We sell beef, jams, jellies, honey, pottery and baked goods. Please call for hours and appointments. Open: year-round.	66
Ivy Point Farm , 1789 Beaver Creek School Rd., West Jefferson, NC Please call for hours and availability. Open: Jun.-Oct.	67
OakMoon Farm & Creamery , 452 Roan View Dr., Bakersville, NC OakMoon Farm Stand & Cheese Shop opened for business in July '14 at 262 Baker Lane, adjacent to Lee's Country Cafe. Our store offers our goat cheese and other products made by local farmers and food producers. Honor system section is open 7 days per week. Whole store is open 3 days weekly. Open: year-round.	74
Old Orchard Creek Farms , 410 Swansie Shepherd Rd., Lansing, NC We sell pre-picked blueberries on-site. Open: Jul.-Aug.	74
Rose Mountain Farm , PO Box 225, Lansing, NC Fresh custom cuts of all local, family farm-raised meats. Non-GMO fed livestock on natural pastures and humanely slaughtered. Where vegetarians get their meat. Open: year-round.	78
Trosly Farm , 95 Peter Harding Ln., Elk Park, NC Our farm store is open Sat. from noon-5 pm, Feb.-Oct. Come by to pick up farm-raised meats, artisan breads, and chocolates. Great local food for your table. Open: Feb. 21-Dec. 19	82

Reference the page numbers on the right for full farm descriptions and contact information.

chevon, rose veal, and lamb. Our garden features heirloom varieties selected for quality and flavor.

Lila's Garden Microgreens

Hendersonville, NC—Henderson Co.
828-595-9681
carolyn@lilasgarden.com
www.lilasgarden.com

Hydroponically grown from certified organic seed and purified water. From arugula, basil, leeks, and chervil to every type of brassica (broccoli, radish, kale etc.) we produce beautiful microgreens. This is a true superfood.

Linda's Plants and Shrubs 🍏

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

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

Lingering Thymes Farm

Waynesville, NC—Haywood Co.
828-627-1058

millracemercantile@earthlink.net

Situated within an heirloom apple orchard, our farm produces fruits, berries, vegetables, flowers and herbs. We offer a variety of preserves, vinegars, breads, pies, and other baked goods. Find us at Haywood's Historic Farmers Market.

Lively Orchards

Flat Rock, NC—Henderson Co.
828-691-9889

Wholesale and retail apples. Blackberries and cherries.

Living Web Farms

Mills River, NC—Henderson Co.
828-891-4497
livingwebfarms@gmail.com
www.livingwebfarms.org

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

Long Branch Environmental Education Center 🍏

Leicester, NC—Buncombe Co.
828-683-3662
paul@longbrancheec.org
www.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: 1,635 acres in the Newfound Mountains. Waterfalls, wildflowers, wildlife.

Long Valley Eco-Biotic Farm 🍏

Marshall, NC—Madison Co.
828-689-3606
longvalleyfarm@frontier.com
www.localharvest.org/
long-valley-eco-biotic-farm-M48353

Our family-owned farm seasonally offers 100+ varieties of heirloom vegetables, fruits, flowers, and herbs. Our soil building techniques don't employ synthetic fertilizers or chemical pesticides. Enjoy our products through our CSA and tailgate markets.



FARM STANDS AND STORES

GEORGIA, SOUTH CAROLINA,
TENNESSEE, VIRGINIA

Farm
Listing
Page

Belue Farms , 3773 Parris Bridge Rd., Boiling Springs, SC Our cool and clean farm market provides delicious strawberries, peaches, okra, corn, and tomatoes in season. Also find hot boiled peanuts and local honey, cheeses, breads, meats, jams, jellies, chow chow relish, pickles, syrups, and more. Open: year-round.	49
Erin's Meadow Herb Farm , 132 England Ln., Clinton, TN Beautiful display gardens, greenhouses, herb shop and herbal education classes. Extensive variety of herb plants for cooking, medicine, crafting, tea. Essential oils & aromatherapy supplies, dried bulk organic herbs, books & gifts, Programs for groups. Open: Mar.-Dec.	57
The Happy Berry , 510 Gap Hill, Six Mile, SC Pre-picked fruit, fresh pussy willow cuts for drying Jan. to Easter. Open: Jun.-hard freeze	63
Holden Creek Farms , Ellijay, GA Our farm store is open 1-2 weekends monthly or by appointment. Please visit our website for our farm store schedule. Open: year-round.	66
Laughing Water Farm , 368 North Overlook Dr., Marion, VA Farm-fresh produce and grassfed meats. Open: year-round, by appointment.	68
Louderbranch Farms , 244 Windy Hollow Rd., Walhalla, SC Located at our greenhouses, we offer honey, soaps, and hand made products. It is where we have the pick-up for our CSA. Open: Apr. 3-Jun. 5	70
Mountain Valley Farm , 2021 Homer Wright Rd., Ellijay, GA Our farm store offers UDSA-inspected and labeled dry-aged grassfed beef and free range heritage pork by the individual cuts. Also available: fresh raw cow milk (for pets) from our herd, local cheese, handcrafted ice cream, low-temp pasteurized creamery butter, free range eggs, and more. Open: year-round.	71
Red Apple Barn , 3379 Tails Creek Rd., Ellijay, GA Come and enjoy our apple and peach pies, fritters, breads, caramel and candied apples, canned goods, honey, ciders, dried apples, and our very own cookbook. Open: Aug.-Dec.	76

Reference the page numbers on the right for full farm descriptions and contact information.

Lotus Urban Farm
Asheville, NC—Buncombe Co.
828-505-3533

operations@lotusfarmandgarden.com
www.lotusfarmandgarden.com

Lotus Urban Farm is an aquaponic and hydroponic indoor farm. We produce no spray, all natural greens and micro-greens for local restaurants.

Louderbranch Farms 🍌 🍌
Walhalla, SC—Oconee Co.
864-638-2255
louderbranch@bellsouth.net
www.louderbranchfarms.com

We are a family owned and operated farm located in Walhalla, SC. We offer produce, bedding plants, vegetable plants, honey and soaps. We are in the process of offering a pasture-raised

poultry CSA. We are also implementing pork in to our operation.

Lyda Farms 🍌
Hendersonville, NC—Henderson Co.
828-685-3459
www.lydafarms.com

Fifth-generation working farm. Selling locally grown NC apples, pumpkins, vegetables, and fruits. Visitors welcome. Visit the pumpkin patch, view barnyard animals, and get your picture taken with Grandma Lyda. School, church, and tour groups welcome.

Maple Creek Farm
Rutherfordton, NC—Rutherford Co.
828-429-1959
kitty@blueridgedesignllc.com
www.maplecreekfarmrc.com

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

McConnell Farms 🍌
Hendersonville, NC—Henderson Co.
828-692-2819
mcconnell_farms@bellsouth.net

We grow berries, rhubarb, asparagus, micro-mix greens, vegetables, apples, peaches, plums, Asian pears, and greenhouse and nursery plants. We also sell preserves, fruit butters, and ciders. We offer field trips and tours and have an ice cream shop.

Meadow Cove Farm 🍌
Weaverville, NC—Buncombe Co.
828-658-0294
meadowcovefarm@frontier.com
www.meadowcovefarm.net

Growing seasonal vegetables, berries, fruits, and shiitake mushrooms in beautiful Dula Springs Cove. Our naturally grown products are marketed to individuals, restaurants, grocers, and commercial customers. Contract grown and direct farm sales preferred.

MIGHTY Greens - RCP Farm
Murphy, NC—Cherokee Co.
828-361-2266
rcpfarm@yahoo.com

Organically grown, high quality micro-greens. Sunflower and pea shoots, broccoli, cabbage, salad mixes, cilantro, basil, and kale microgreens. Special orders for events, restaurants, and individual clients.

Mikell's Farm
Old Fort, NC—McDowell Co.
828-668-0103
sharrymikell@gmail.com

We grow various varieties of naturally grown vegetables, herbs, and fruit; most organic seed. We are beekeepers and have certified sourwood honey and spring bloom honey. We have beeswax beauty products: body butter, soap, lip balm and salve. Thank you bees!

More Tomorrow Farm
Hendersonville, NC—Henderson Co.
828-692-4363
moretomorrowfarm@gmail.com

Enjoy our fresh cut flowers and vegetables by visiting us at the Brevard Tailgate Market, shopping at local florists or by calling for pick up at the farm. Florists, call for delivery. We use only organic methods but are not certified organic.

Moss Farms
Asheville, NC—Henderson Co.
828-606-3245
dlmoss63@yahoo.com
www.mossfarmsnc.com

We are a family-owned business and have been in operation for six generations. We grow, harvest, and pack over fifteen varieties of delicious mountain apples. Visit us at the WNC Farmers' Market seven days a week Sep.-Nov.

Mossy Creek Mushrooms
Jefferson Co.
865-742-6521
mossycreekmushrooms@gmail.com
www.mossycreekmushrooms.com

Our focus has been to grow our mushrooms as sustainably as possible. We grow on locally sourced materials, recycle waste such as coffee grounds, and use our mushroom compost in many restorative projects. We sell fresh mushrooms, and DIY kits.

Mountain Farm 🍌
Burnsville, NC—Yancey Co.
mtnfarmnc@gmail.com
www.mountainfarm.net

A lavender, blueberry and dairy goat farm in the valley of Mt Mitchell. NC's smallest certified dairy, we produce a variety of unique aged raw milk goat cheeses, many flavored with our lavender. See the WNC Cheese Trail. Also a farm stay cottage.

Mountain Fresh Orchards 🍌
Hendersonville, NC—Henderson Co.
828-685-7606
mtnfreshorchards@yahoo.com
www.mtnfreshorchards.com

We offer quality fresh-picked apples, as well as cider, cider slush, apple butter, pumpkin butter, jellies, jams, vinegar, honey, molasses, cabbage, tomatoes, pumpkins, bakery, gift boxes, and more. Buses welcome with plenty of parking.

Mountain Harvest Organics 🍌
Hot Springs, NC—Madison Co.
828-622-3654
farmer@mountainharvestorganic.com
www.mountainharvestorganic.com

Our 130-acre farm uses natural farming practices to produce a wide diversity of fresh vegetables, fruits, herbs, flowers, and meat. We sell at area tailgate markets and through our CSA.

Mountain Meadows Farm 🍌 🍌
Heiskell, TN—Anderson Co.
mountainmeadowsfarm@gmail.com
www.mountainmeadowsfarmtn.com

We're a family-owned and operated sustainable farm in northeast Anderson Co. Our premium quality fruit, berries, and vegetables are naturally grown. We grow for farmers markets, u-pick, CSA members, and local restaurants in the greater Knoxville area.

Mountain Meadows Farm & Nursery 🍌
Leicester, NC—Buncombe Co.
828-989-9898
trey@mountainmeadowsnc.com
www.mountainmeadowsnc.com

Organically grown raspberries, blackberries, blueberries, muscadine grapes, Asian pears, apples, and peaches. Also flowers and veggies. Custom growing services for restaurants. Beautiful cabin for vacation rental on the farm. Contact for availability

Mountain Memories Farm
Elk Creek, VA—Grayson Co.
276-655-4744
mark.dawnrhudy@yahoo.com
www.mtnmemoriesfarm.com

A fourth-generation farm producing lamb, beef, pork, goats, chickens, eggs, and fresh produce. Our humanely raised animals receive no hormones or antibiotics. Our meat is at restaurants, shops, and farmers markets. We also offer winter deliveries.

Mountain Select Natural Products, LLC
Brevard, NC—Transylvania Co.
828-883-2334
samuelhendson@yahoo.com
www.mountainselect.com

We provide upscale restaurants, health conscious grocery stores and the general public in WNC with a

high protein, low fat, low cholesterol, chemical and steroid-free alternative to fatty meats.

Mountain Top Farms
Ennice, NC—Alleghany Co.
336-648-9950
deb@mountaintopfbers.com
www.mountaintopfbers.com

Heritage breed rabbits for meat are offered wholesale and retail. Luxury yarns are offered at local retail stores.

Mountain Valley Farm 🍌
Ellijay, GA—Gilmer Co.
706-889-0999
suzyw@ellijay.com
www.grassfedgeorgia.com

Growing locally since 1840 here on our family farmstead. Dry-aged grassfed beef and free range heritage pork sold by the individual cut. Raw cow milk for pets. No hormones, antibiotics, pesticides, steroids, or chemical fertilizers.

Mountain Works Farm
Zionville, NC—Ashe Co.
828-266-3379
mtnworks@gmail.com
www.mtnworks.org

We farm and manage forestland with draft horses. We offer naturally grown produce, grassfed heritage beef and lamb, pastured poultry,

Mountain Memories Farm

Lamb, Chicken, Beef, Pork
Free Range Eggs
Organic Vegetables

- 5th Generation Farm, Fresh Food
- Raised Natural and Healthy
- No Added Hormones
- No Antibiotics

276-655-4744
1541 Mount Zion Rd.
Elk Creek, VA

www.MtnMemoriesFarm.com

sorghum molasses, and sustainable wood products. Sustainable building, traditional crafts, and music also available.

Mt. Mitchell Produce

Burnsville, NC—Yancey Co.
828-208-4104

We're USDA Certified Organic. Our primary product is lettuce. We also sell strawberries and gladiolus.

Mudluscious Pottery and Gardens

Mars Hill, NC—Madison Co.
828-689-4353
mudlusciousgardens@gmail.com
www.mudlusciousgardens.com

Surrounded by unparalleled beauty, we cultivate two acres and grow a wide variety of fruits and vegetables using organic methods. We sell directly to customers via email. Visitors welcome. Stay over in an 1830s cabin for an outstanding breakfast.

The Mushroom Hut @ Fox Farms

Burnsville, NC—Yancey Co.
828-682-1405
yanceyfoxfarms@frontier.com

We are a small-scale diversified farm. We were one of WNC AgOptions 2015 grant recipients for "Growing On-Farm Agritourism and Sales". We will offer Farmstead cheese, in-season veg./berries, flower jellies, Bloody Butcher corn/cornmeal, honey/more

Mushroom Mountain

Easley, SC—Pickens Co.
864-855-2469
Sporeprints@gmail.com
www.mushroommountain.com

Mushroom Mountain is a 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 LLLP

Candler, NC—Buncombe Co.
828-633-4132
wspittenger@yahoo.com

We offer organically grown produce, blackberries, organically fed, pasture raised farm fresh eggs, wool from our sheep, handcrafted jewelry and hand knitted items. Find us at both

Asheville City Market and Asheville City Market- South.

Nantahala Farm and Garden

Topton, NC—Macon Co.
828-321-9036
farm@nantahala-farm.com
www.nantahala-farm.com

Live comfrey roots, October beans and more. Dominique, Brabanter, Bantam chicken, Ancona duck hatching eggs. We sell the 280 page "Western North Carolina Farm and Garden Calendar." Monthly guide when/how to plant, harvest, and maintain. Azomite and kelp.

Nantahala Herb Company

Nantahala, NC—Macon Co.
828-321-9810
nantahalaherbcompany@yahoo.com

Offering all natural soaps and scrubs using herbs and flowers grown on-site and organic ingredients. Custom orders and gift sets available. We also offer transplants and vegetables in season with fresh and dried herbs.

Nate's Farm

Marshall, NC—Madison Co.
828-273-9993
natesfarm@yahoo.com

Grassfed beef, no hormones, no chemicals, vaccination-free. Buy a whole, half, or quarter. Or, have your own choice of cut. Our goal is to make you happy and satisfied. Our farm is located 25 miles from Asheville. Visitors welcome.

Nature's Houses

Brevard, NC—Transylvania Co.
natureshouses@yahoo.com
www.natureshouses.com

Family-owned farm offering local honey, pasture-raised ducks, duck and chicken eggs. Our honey is collected from hives located in Henderson Co. and Transylvania Co. Raw honey contains antioxidants and is rich with many vitamins and minerals.

Nellie Bee Farm

Fletcher, NC—Buncombe Co.
828-337-3077
lflowers9876@gmail.com

We offer organically grown shiitake mushrooms, farm fresh eggs, Top Bar beehives, beeswax products, composted manure and densified firelogs as a

sustainable and renewable energy source.

New Beginnings Historic Farm

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

Come away with us, where there is peace and quiet and little distractions from the outside world. At New Beginnings Farm you have at your fingertips, opportunities for spiritual and physical restoration, with adventures around every corner.

New Life Farm

Boone, NC—Watauga Co.
828-355-9964
newlifefarm.nc@gmail.com
www.newlifefarmnc.com

We're a first-generation family farm dedicated to producing food that is good for the people and the environment where it is grown. We focus on a wide variety of organically grown annual crops as well as pasture-based livestock.

New Moon Herbs Farm

Fairview, NC—Buncombe Co.
newmoonherbs@aol.com
www.newmoonherbs.com

In our 22nd year, we offer premium-quality heirloom vegetables, fruits, and herbs produced using only organic and bio-dynamic methods. We sell through our CSA and at Asheville City Market.

New Sprout Organic Farms

Asheville, NC—Buncombe Co.
828-357-5501
growersupport@newsproutfarms.com
www.newsproutfarms.com

New Sprout Farms is a leader in local, organic, sustainable vegetable farming. We also offer quality organic seed potatoes and sweet potato slips for sale. We are located just minutes from downtown Asheville, NC.

North River Farms

Mills River, NC—Henderson Co.
828-890-5316
northriverfarms3333@gmail.com
www.northriverfarms.co

Growing corn, soybeans, wheat, barley, tomatoes, potatoes, peppers, cabbages,

Western North Carolina Farm Tours



How many Appalachian Grown farms have you visited? Have you seen cheese made or sampled Sungold tomatoes from the vine? This is not your average road trip, so mark your calendar for five different farm tours across Western North Carolina. Tell your own story of where your food comes from by connecting firsthand with Appalachian Grown farmers.

FAR WEST FARM TOUR

June 26 & 27, 2015
Clay and Cherokee Counties, NC
southernappalachianfamilyfarms.com

HIGH COUNTRY FARM TOURS

June 27, 2015 in Ashe County, NC
July 18, 2015 in Watauga County, NC
farmtour.brwia.org

9TH ANNUAL FARM TOUR AND GARDEN WALK

July 25 & 26, 2015
Jackson County, NC
jacksoncountyfarmersmarket.org

POLK COUNTY FARM TOUR

September 19, 2015
Polk County, NC
polkcountyfarms.org

ASAP'S FARM TOUR

September 19 & 20, 2015
Buncombe, Haywood, Henderson, Madison,
and Yancey Counties, NC
www.asapconnections.org

Find out more about farm tours in the region under events at fromhere.org.

WHO GROWS YOUR FOOD?



cucumbers, squash, beans, and horse hay. We're now open to the public for farm tours, hay rides, u-pick, guided tubing trips, and camping.

OakMoon Farm & Creamery

Bakersville, NC—Mitchell Co.
828-688-4683
oakmoonfarm@gmail.com
www.freewebs.com/oakmoonfarm

A forage-based non-GMO goat dairy producing unique fresh goat cheese specialties and rustic aged raw goat milk cheeses. OakMoon sells from our nearby farm store and many local outlets. Seasonally offering kids, bred does. Member of WNC Cheese Trail.

Odell Barnwell & Sons, LLC

Hendersonville, NC—Henderson Co.
828-685-7300

Farm stand offering apples, cider, spiced cider, vinegar, jam, pumpkins, vegetables, and peaches. Also selling at the Hendersonville Curb Market for more than 50 years.

Ol'Turtle Farm

Marion, NC—McDowell Co.

828-738-8286
farmer@olturtlefarm.com
www.olturtlefarm.com

Sustainable vegetable farm producing chemical-free vegetables and fruits. We grow vegetable and flower transplants in organic potting soil. We market at French Broad Food Co-op, Hendersonville Community Co-op, West Village Market, and Roots and Fruits.

Old Orchard Creek Farms

Lansing, NC—Ashe Co.
336-384-2774
oldorchard@skybest.com
www.oldorchardcreek.com

We're an artisanal historic Appalachian farm. We raise blueberries and heirloom apples using sustainable, pesticide-free farming practices. We're open to the public as a u-pick blueberry operation from Jul.-Aug.

Oliver Organiks

Hendersonville, NC—Henderson Co.
828-697-1153
olivorg@bellsouth.net

More than 150 types of bedding

plants. 10-20 different items of produce weekly in season. We sell at Henderson County Tailgate Market, Asheville Herb Festival May 1-3, and Growing in the Mountains at WNC Farmers Market Apr. 24-25.

Open Ridge Farm

Burnsville, NC—Yancey Co.
828-536-4106
gretchsara@yahoo.com
Find us on Facebook

We currently offer organically grown annual veggies and some jams from wild-harvested berries and old fruit trees and grapes on the farm. We are planting an orchard, berries and asparagus for the years to come!

Oteen Farms

Asheville, NC—Buncombe Co.
828-230-9501
george@oteenfarms.com
www.oteenfarms.com

Our family has been farming in Oteen for 50 years. For the last two years, we have been selling our vegetables and berries at the Riceville (now East Asheville) market on Fri., 3-7 pm.

Ottanola Farm

Hendersonville, NC—Henderson Co.
828-685-7508
ottanola@bellsouth.net

Wholesale and retail sales. Apple varieties include Gala, Mutsu, Fuji, Honeycrisp, Empire, Stayman, Grannysmith, Jonagold, Gingergold, Red and Golden Delicious, Rome, and many more. Open Aug.-Oct.

Otter Creek Trout Farm

Topton, NC—Macon Co.
828-321-9810
ottercreektrout@yahoo.com

Farm-fresh rainbow trout whole or fillet, and live trout for stocking. We offer pond and creek fishing. Call ahead for school groups or public farm tours and learn more about aquaculture in WNC.

Our Tiny Farm

Hendersonville, NC—Henderson Co.
828-243-0806
davis2722@bellsouth.net
www.ourtinyfarmnc.blogspot.com

We produce pure, sweet honey, garlic, fresh vegetables, and pasture-raised

U-PICK

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

Farm Listing Page

A Blueberry Farm 42
Whittier, NC
 Pick your own blueberries. We operate on an honor system: pick your berries, weigh them, use the chart, and deposit your money in the jar. Bag them for transport.
 Blueberries: Jul.-frost

Boyd Mountain Tree Farm 50
Waynesville, NC
 Choose n' cut and wholesale Christmas tree farm. You select the tree, we cut it, bale it, and tie it on your vehicle, or you can use our bow saws and cut it yourself. Specializing in high-quality Fraser firs.
 Christmas Trees: Nov.-Dec.

Deal Family Farm 54
Franklin, NC
 Pumpkins: Sep.-Oct.

Frog Holler Organiks 61
Waynesville, NC
 Flowers and elderberries on Customer Days (send email address for a list of Customer Days)
 Elderberry: late summer-fall
 Flowers: May-Oct.

Black Angus beef on our family farm in Etowah. We only use approved organic products in the gardens. The cattle are raised without hormones or antibiotics.

Owenbys Fruit Stand

Hendersonville, NC—Henderson Co.
828-691-4397
wmdkowenby@hotmail.com

Cider, jam, specialties, pumpkins, peaches, cabbage, apples, and other vegetables. Fruit stand is located at 4517 Chimney Rock Hwy. and is open mid-Aug. through mid-Nov. Seven days a week, 9 am-6 pm.

Owl Feather Organic Farm

Crumpler, NC—Ashe Co.

J.W. Mitchell Farms 67
Franklin, NC
 30+ varieties of vegetables: heirloom tomatoes, flowers, peppers, cabbage, corn, beans, strawberries, broccoli, melons, peas, and more. Most items on our farm are available for u-pick.

Otter Creek Trout Farm 74
Topton, NC
 We offer pond and creek fishing to guarantee you the farm-freshest catch.
 Rainbow Trout: year-round

Peaceful Valley Nursery 75
Franklin, NC
 U-pick blueberries
 Blueberries: Jul.-Sep.

River Road Farm 78
Franklin, NC
 Call for availability, or check our website.
 Blackberries: Jul.-Aug. 1
 Blueberries: Jul.-Aug. 30

Shelton Family Farm 79
Whittier, NC
 Beautiful mountain farm located near Great Smoky Mountains National Park. We produce field-grown strawberries and vegetables for u-pick and to purchase at the farm.
 Tomatoes: end of Jul.-frost (mid-Oct.)
 Strawberries: 3rd week of Apr.-1st week of Jun.

The Ten Acre Garden 81
Canton, NC
 Flowers, strawberries, green beans, sweet corn, potatoes, carrots, raspberries, blackberries and blueberries.
 Cut flowers: May-Oct.

Wright-Way Nursery and Landscaping 83
Waynesville, NC
 Call for appointment.
 Raspberries: summer
 Blueberries: mid-May-Jun./Jul.

Reference the page numbers on the right for full farm descriptions and contact information.

3369-822-4313
mail@createdonthemountain.com
www.createdonthemountain.com/
partners/mountain-popcorn-girls

Owl Feather Farm has started its first incubator farm program. Mountain Popcorn Girls began in the summer of 2013 growing non-GMO popcorn

Sky Top

ORCHARD

U-Pick
We-Pick
Orchard

Variety of Apples
& Fruit in the Stand

Jams, Jellies &
Local Honey

Pies, Doughnuts &
Seasonal Treats

Apple Cider
Doughnuts

Open 9a - 6p
Every Day
Aug. - Dec.

www.SkyTopOrchard.com (828) 692-7930

Advanced Search

Take your pick from almost 200 u-picks, all listed in the online guide at appalachiangrown.org.

and using all natural farming practices. Popcorn for sale on our website.

Paper Crane Farm

Marshall, NC—Madison Co.
828-575-4028
soilseeker@gmail.com
www.papercranefarm.sqsp.com

Mixed vegetable operation located 20 miles north of Asheville. We cultivate 5 acres of unique produce, specializing in diversity, color, and flavor. Devoted to time-honored agricultural practices, our offerings are handcrafted and grown naturally.

Parker-Binns Vineyard

Mill Spring, NC—Polk Co.
828-894-0154
parkerbinnsvineyard@gmail.com
www.parker-binnsvineyard.com

We are family-owned and operated in the Tryon Foothills of Polk Co. We use our own grapes to make sweet and dry wine. Come visit and enjoy our farm animals and relax with a picnic in our patio area. 40 min from Asheville.

Patchwork Urban Farms

Asheville, NC—Buncombe Co.
412-418-2633
patchworkurbanfarms@gmail.com
www.patchworkurbanfarms.com

Multi-plot Urban Farm. CSA Shares available. Look for us at markets and our roadside stands.

Peaceful Valley Farm

Old Fort, NC—McDowell Co.
828-668-7411
mcentirenc@gmail.com

The McEntire family has lived and worked on the farm for five generations. We have fresh ground cornmeal, grits, and whole wheat and rye flour for sale. The farm displays antique tractors, hit-n-miss engines, a sorghum molasses mill and so much more.

Peaceful Valley Nursery

Franklin, NC—Macon Co.

CSA
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Farm Stand/Store
pages 65-72

U-Pick
pages 77-82



U-PICK

SOUTHERN MT, NC

Henderson, Polk,
Transylvania counties

Farm
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Page

Billy Laughter Orchards **49**

Hendersonville, NC
We're a family farm specializing in pick your own apples. We have most varieties and unrestricted hours, Mon.-Sat.
Apples: Aug.-Nov. 1

Coston Farm & Apple House **53**

Hendersonville, NC
The orchard is located within walking distance of the Apple House. We open around Labor Day weekend in Sep. and close when the apples have been picked or the weather gets too cold. Little red wagons are provided for transport of apples or kids. No ladders are needed or permitted to be used.
Apples: Sept.-Oct.

Creasman Farms **54**

Hendersonville, NC
Several different varieties of apples, from heirlooms to some of the newest apples available. All varieties are not available in the u-pick. Only open for u-pick on Sun. Please call for availability and hours.
Apples: Sep.-Oct.

DeerHaven Hills Farm **55**

Columbus, NC
Muscadines are great for jelly, wine, or just eating. Call for prices, quantity discounts. By appointment only in Tryon (Green Creek), about 45 minutes southeast of Asheville.
Certified Organic Muscadine Grapes: Sep.-Oct.
Certified Organic Blueberries: Jul.-Aug.

Grandad's Apples **62**

Hendersonville, NC
Apples and peaches in season.
Peaches: Jul.-Labor Day
Apples: Aug.-mid-Nov.

Green River Farm Millspring **63**

Mill Spring, NC
Pick your own blueberries at our quiet location with mountain views and picnic tables. Limited quantities of berries, call for availability and to avoid disappointment. Wed. through Sat. operation from 8 am-noon.
Blueberries: Mid-Jun.-Jul.

Justus Orchard **68**

Hendersonville, NC
Pumpkins: Sep.-early Nov.
Blackberries: Jul.-Sep.
Apples: mid-Aug.-early Nov.

North River Farms **72**

Mills River, NC
We offer tomatoes, peppers, sweet corn, and cucumbers for u-pick. Availability of produce will vary.

Queens Produce and Berry Farm **76**

Pisgah Forest, NC
Blackberries, raspberries, beans, blueberries, and flowers available for u-pick.

Sky Top Orchard **79**

Zirconia, NC
Panoramic view of the Blue Ridge Mountains, plus 25 varieties of u-pick/we-pick apples, grapes, peaches, Asian pears, and pumpkins. We press our own apple cider. Bring a picnic, feed our farm animals, and visit our playground. Picking containers included for an abundance of fruit, weather permitting.
Pumpkins: late Sep.-Oct. 31
Grapes: Sep. 1-Sep. 30
Peaches: Aug. 9-Sep. 5
Apples: Aug. 9-Nov. 15
Asian Pears: Aug. 20-Oct. 31

Stepp Farms Hillcrest Orchard **80**

Hendersonville, NC
Beautiful 45-year, three-generation family-owned farm. Pick your own with 22 varieties of apples, grapes, honey, molasses, cider, potatoes, and pumpkins. Gift shop. Great place for family gatherings.

Trickle Creek Farm **81**

Mill Spring, NC
Blackberries and blueberries. Please call to verify we are open. Tus. & Thu. 5:30 pm-dark, Sat. 9 am-noon starting about the middle of Jun. through mid-Jul.

Reference the page numbers on the right for full farm descriptions and contact information.

828-369-7563
peacefulvalleynursery@gmail.com

We're local growers of evergreens, ornamental shrubs, perennials, herbs and berry plants in our 'Backyard Nursery'. 2013 was our first year for 'u-pick blueberry' and the blueberries were outstanding. Please call first.

Pitch Pine Farm

Penrose, NC—Transylvania Co.
828-384-2300
pitchpineorganicfarm@gmail.com
www.pitchpineorganicfarm.com

We are a certified organic diversified farm growing for CSA members, the Transylvania Farmers Market, restaurants

and grocery stores. Focusing on crop quality, fresh harvests, and sustainable growing methods, we grow over 45 kinds of produce.

Preservation Farms, LLC

Telford, TN—Washington Co.
423-433-9027
matt@preservationfarms.com
www.preservationfarms.com

We're a small family farm that produces seasonal chemical-free fruits, vegetables, and mushrooms. We specialize in home or restaurant delivered half-bushel boxes and sell at the Boone St. Market in Jonesborough. Call or email anytime.

Queens Produce and Berry Farm

Pisgah Forest, NC—Transylvania Co.
828-884-5121
leetuttle@citcom.net
www.queensberryfarm.com

We're a 12-acre farm offering u-pick raspberries, blueberries, and blackberries. We have garden vegetables, fruits, flowers, and honey in season. Eggs are available all year. Call for directions and availability, or check our website.

Randall Cove Farm

Leicester, NC—Buncombe Co.
828-683-5758
info@randallglen.com
www.randallglen.com

Traditional mountain farm using organic practices to raise heritage produce, sheep, goats, pigs, and poultry. We're an agritourism destination that welcomes families to share in our farm's working and yield.

Rayburn Farm

Barnardsville, NC—Buncombe Co.
828-424-5109
mlrayburnfarm@gmail.com
Find us on Facebook

A small, organic farm. We offer specialty preserves, herbs, berries (including elderberries), potatoes, garlic braids, colored popcorn, purple sweet potatoes, and winter squash. U-pick pumpkins (cut and hardened on the vine) start in mid-Sep.

Red Apple Barn

Ellijay, GA—Gilmer Co.



U-PICK

CENTRAL MT, NC

Buncombe, Madison,
Yancey counties

Farm
Listing
Page

Aquaponics4All **47**

Asheville, NC
Aquaponics4All sells fresh produce year round. We sell by the live plant or by the lb. mixed greens.
Live Mixed Salad Greens

Cane Creek Asparagus & Company CSA **52**

Fairview, NC
U-pick blueberries for our CSA members. Email in advance to arrange appointment, and bring own containers.
Blueberries: Aug.

Cloud 9 Farm **52**

Fletcher, NC
U-pick blueberries only by appointment.
Blueberries: Jul.-Sep.

Dogwood Hills Farm **55**

Weaverville, NC
Several heirloom varieties of apples, blueberries, blackberries, and Concord grapes. Growing organically but not certified. Call or email for availability and hours.
Blueberries: Early Jun.-Early Jul.
Grapes: early Aug.-late Aug.
Blackberries: mid Jul.-early Aug.
Apples: late Jul.-early Oct.

The Farmer's Hands **57**

Mars Hill, NC
We offer u-pick flowers, priced by the bucket.

Flying Cloud Farm **59**

Fairview, NC
U-pick flowers Jul. through frost. Priced by the bucket, open every day. Please call or email if you have any questions.

Franny's Farm **61**

Leicester, NC
Strawberries and blueberries, small crops available in season

Gardens United **61**

Asheville, NC
Organically grown seasonal produce.
Seasonal Vegetables: Apr.-Oct.

Green Hill Urban Farm **63**

Asheville, NC
Plenty of diversified vegetables, limited supply of strawberries, raspberries, plums, pears, apples, and grapes, all sold first come first serve to members of the farm on pick/market days and by appointment.

Hickory Nut Gap Farm **64**

Fairview, NC
Asparagus: mid-May- Jun.
Pumpkins: Sep.-Nov.
Blueberries: Jun.-Aug.
Blackberries: Jun.-Sep.
Red Raspberries: Aug.-Oct.
Black Raspberries: Jul.-Sep.

Holmes Brothers Hops **66**

Leicester, NC
For anyone interested in fresh hops or just the experience, we offer u-pick during harvest time. Please contact us for further information.
Hops: Aug. 1-Aug. 31

Lady Luck Flower Farm **68**

Leicester, NC
Come enjoy the beauty of our farm as you gather your own bounty. By appointment only please.
Herbs: May-Oct.
Cut Flowers: May-Oct.

Long Branch Environmental Education Center **69**

Leicester, NC
Heritage variety red raspberries, native blackcap raspberries, blueberries, wineberries, thornless blackberries. Heirloom apples, pears, cherries, chestnuts, trout.
Apples: mid-Aug.-Nov.
Wineberries: mid-Jun.-Aug.
Thornless blackberries: mid-Jun.-Sep.
Blueberries: mid-Jun.-Nov.
Heritage variety red raspberries: mid-Jun.-Nov.
Trout: Jan. 1-Dec. 31
Chestnuts: Aug. 15-Nov. 15

Mountain Farm **71**

Burnsville, NC
Blueberries: Jun.-Jul.

Mountain Meadows Farm & Nursery **71**

Leicester, NC
Call and/or send an email asking for current availability. Our website is also regularly updated.

706-635-5898
apples@redapplebarn.com
www.redapplebarn.com

Enjoy a visit with your family to the Red Apple Barn, near Ellijay in the North Georgia Mountains. The farm has been in the family since 1927.

Rayburn Farm **76**

Barnardsville, NC
Jack-o-lantern and pie pumpkins available Sat. starting mid-Sep. until we sell out. We accept cash, credit, and EBT/SNAP for edibles.
Pumpkins: mid-Sep.-Oct.

Smoking J's Fiery Foods **79**

Candler, NC
We offer u-pick peppers by appointment only. Contact us for a list of varieties.

Your Vase or Mine **83**

Asheville, NC
From May through Oct., select from hundreds of varieties of annuals and perennials. By-the-stem, by-the-vase or by-the-bucket. Pick your own select flowers.
Buckets of Flowers: May-Oct.
Flower Arrangements: May-Oct.
Wedding Flowers: May-Oct.
Herbs: May-Oct. Fresh Flowers: May-Oct.

Zimmerman's Berry Farm **83**

Marshall, NC
Season starts in Jun. with red and black raspberries followed by blackberries and blueberries in Jul. Visit our website for directions and availability.
Blackberries: Mid Jul.-Mid Aug.
Red Raspberries: Mid Jun.-Mid Aug.
Black Raspberries: Mid Jun.-Late Jun.

Reference the page numbers on the right for full farm descriptions and contact information.

Reems Creek Nursery & Landscaping

Weaverville, NC—Buncombe Co.
828-645-3937
www.reemscreek.com

We offer a beautiful selection of trees, shrubs, perennials, fruits, native plants, veggie starts and herbs, annuals, and organic gardening supplies. Many of our plants are grown at the Penland's family farm location.

Rhodes Country Market

Hendersonville, NC—Henderson Co.
828-698-2723
www.rhodescountrymarket.com

Come by and pick up ripe-from-the-vine vegetables and freshly picked fruits from 4th generation farmers. We offer

CSA
pages 54-62

Farm Stand/Store
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U-Pick
pages 77-82

locally-grown and organic produce, jams and jellies, local honey, fresh eggs, meats, hoop cheese, and crafts.

Rise Up Rooted Farm & River Camp
Black Mountain, NC—Buncombe Co.
828-669-6996
riseuprootedfarm@gmail.com
Find us on Facebook

Locally grown organic produce and artisan greens in greenhouse and hoop houses and small gardens along the Broad River near Black Mountain, NC. A great place to visit, camp, and share with your friends and family.

River Road Farm 🍏
Franklin, NC—Macon Co.
770-330-3280
lennyjordan@gmail.com
www.riverroadfarmnc.com

U-pick berry farm. Blackberries and blueberries. We also sell seasonal produce.

Roan Highlands Farm 🍏
Roan Mountain, TN—Carter Co.
423-212-3276
info@roanhighlandsfarm.com
www.roanhighlandsfarm.com

Roan Highlands Farm currently produces pastured eggs, raspberries, and sustainable firewood for conscientious consumers in our area. The farm is a restoration of our abandoned family homestead. Watch for our heirloom apples and blueberries in 2016!

Rocky Field Farm
Greene Co.
423-620-0184
wayne.hughes@fbitn.com

Founded in 1796, Rocky Field Farm is an east TN beef farm growing various forages to support a cow herd of 55 head. We specialize in Angus cattle free of hormones and anti biotics. We treat our cows humanely and the environment responsibly.

Root Bottom Farm
Marshall, NC—Madison Co.
828-689-8665
rootbottom@gmail.com
www.rootbottomfarm.com

We grow high-quality organic crops including weekly microgreens, root crops, herbs, flowers, berries, and

U-PICK

FOOTHILLS, NC
*Burke, Caldwell, McDowell,
Rutherford counties*

U-PICK

FOOTHILLS, NC
*Burke, Caldwell, McDowell,
Rutherford counties*

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HIGH COUNTRY, NC
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HIGH COUNTRY, NC
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Wilkes counties*

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Wilkes counties*

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U-PICK

GEORGIA, SOUTH CAROLINA, TENNESSEE, VIRGINIA

Farm Listing Page

Gibson Berry Farm **61**
Greenville, TN
Blueberry: Jul.-Aug.

Laughing Water Farm **68**
Marion, VA
Wild, organic berries along the scenic Middle Fork of the Holson River.
blackberries: Jul.-Aug.

Mountain Meadows Farm **71**
Heiskell, TN
Strawberry u-pick Sun. from 10 am-4pm
Strawberry: May

Red Apple Barn **76**
Ellijay, GA
U-pick apples planned starting day is Sep. 1 and all of Labor Day weekend. Sat. hours are 10:30 am-5 pm. Sun. hours are 1:30-4 pm.
Apples: Sep.-Oct.
Pumpkins: Oct.

Roan Highlands Farm **78**
Roan Mountain, TN
Will be offering u-pick black, red and purple raspberries for 2015. Please call ahead to schedule.
Raspberries: mid-Jun.-Aug.

Spinning Spider Creamery 🍷
Marshall, NC—Madison Co.
828-206-5509
spinningspidercreamery@gmail.com
www.spinningspidercreamery.com

We are a fully licensed family goat dairy offering handcrafted, award-winning artisan cheeses including fresh chevre, bloomy rind, and aged goat cheeses. Look for our family at tailgate markets and our cheeses in restaurants and specialty stores.

Spirit Dog Farm 🍏
Knoxville, TN—Knox Co.
865-577-8602
spirit.dog.farm@gmail.com
www.turtleislandmandellas.info/spiritdog

Appalachian Grown, non-certified organic fresh garden produce and herbs available on-site. Also available: fresh eggs, composted manure, custom chicken coops, and other farm crafts.

Spirit Dog Farm **80**
Knoxville, TN
The majority of our produce is available as "assisted" u-pick.

The Happy Berry **63**
Six Mile, SC
Blue and blackberries, table grapes, figs, and muscadines

Seedless table grapes: Jul. 2-Sep.15
Blueberries: Jun. 15-Sep.1
Muscadines: Aug. 20-Oct. 15
Blackberries: Jun. 1-hard freeze
Figs: August 1-Oct. 15

Trivette Family Farm **81**
Elizabethton, TN
U-pick offered for seasonal produce. Call for availability

Wolfcreek Wilderness Farm **83**
Blairsville, GA
Organically grown blueberries in the Appalachian Mountains. Wholesale and u-pick. We supply the picking buckets and will package the berries for you. Open Sat. and Sun. Mid- Jul. through Aug. each year 9am - 5pm.
Blueberries: Jul. 15 - Sep. 1

Reference the page numbers on the right for full farm descriptions and contact information.

Call for availability, information, and directions.

Stepp Farms Hillcrest Orchard 🍷🍏
Hendersonville, NC—Henderson Co.
828-685-9083
www.steppapples.com

45-year, three-generation family farm. Pick your own with 22 varieties of apples, grapes, honey, cider, and pumpkins. Weekend wagon rides. Gift shop. School tours during the week. Groups and buses welcome. Harvesting family memories for generations.

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.

Stockbridge Farms, LLC
Andrews, NC—Cherokee Co.
828-321-2171
zackandjen2004@yahoo.com
www.stockbridgefarms.blogspot.com

Pasture-raised chicken and honey are our primary products. Eggs, laying hens, and pork may be available. Buy our products at the farm or at our area farmers markets.

Straw Hat Farm
Marshall, NC—Madison Co.
828-649-1192

Are you looking for a farm work opportunity? We need volunteers this season. Organic farm with animals with roaming about. Call Farmer Dad for details.

Sugar Creek Meat
Leicester, NC—Buncombe Co.
828-623-0072
sugarcreekmeat@gmail.com
sugarcreekmeat.com

At Sugar Creek Meat we raise only heritage breed animals in the best possible environment. Stress free, happy animals taste better. Specializing in Red Wattle Pork and Suffolk Lamb. Commercial and retail sales. Farm tours available.

Sugar Hollow Farms
Fairview, NC—Buncombe Co.
828-768-4957
sugarhollow@icloud.com

Located in the mountains of Fairview, NC, Sugar Hollow Farms is a family based operation, committed to bringing local food to you. We specialize in lamb, chicken, and pork, raising free range, happy animals.

Sugar Tree's Finest, LLC
Jefferson, NC—Ashe Co.
336-246-9271
poedirtwork@embarqmail.com

We tap trees and produce maple syrup at our sugar house, starting the tapping process in Feb. We also grow potatoes and other produce on the farm.

Sunburst Beef, LLC
Waynesville, NC—Haywood Co.
828-648-6157
vicki@sunburstbeef.com
www.sunburstbeef.com

Pasture-raised beef, high-protein supplement last 100 days. No added hormones, no antibiotics. Buy at Haywood's Historic Farmers Market or by appointment at the farm. Some farm-fresh eggs, too.

Sunburst Trout Farms 🍷
Waynesville, NC—Haywood Co.
800-673-3051
wes@sunbursttrout.com
www.sunbursttrout.com

Sustainably and humanely farming rainbow trout beneath the Pisgah National Forest with no pesticides, hormones, or antibiotics. Fresh fillets, smoked trout, dip, caviar & more—locally and across the US.

Sunny Creek Farm Inc.
Tryon, NC—Polk Co.
828-863-2963
leeewing@windstream.net
www.sunnycreekfarm.com

We produce alfalfa, radish, clover, mung bean, broccoli sprouts, and crunchy mixed bean sprouts. We do in-house lab testing for salmonella, listeria, and E. coli on all of our products and facility. We also have a full line of local produce.

Sweet Betsy Farm 🍷
Marion, NC—McDowell Co.
828-724-4444
sales@sweetbetsyfarm.com
www.sweetbetsyfarm.com

Local Glenwood award-winning honey and gift items. We manage our bees with no chemical treatments and bottle our honey raw and unfiltered. Store is open May-Oct. on Fri. and Sat. and by appointment. Find us on Facebook.

Sweet Betty Bee's Honey and Hive
Marshall, NC—Madison Co.
828-649-1639
ed@sweetbettybees.com
www.sweetbettybees.com

We're a honeybee farm. We produce raw, unheated, unfiltered honey and comb honey without using pesticides or antibiotics. We do not feed them corn syrup or high fructose corn syrup.

Tater Gap Garlic
Marshall, NC—Buncombe Co.
828-298-2604
tatergapgarlic@gmail.com
www.tatergapgarlic.com

Tater Gap Garlic is a family farm located in the beautiful mountains of Western North Carolina. We grow nine different varieties of garlic organically. We had a wonderful 2014 season and look forward to 2015!

Thankful Fork Farm
Lenoir, NC—Caldwell Co.
828-493-1441
jdbuilders@yahoo.com

Thankful Fork Farm is located in the foothills of Caldwell Co., NC. A growing family farm that supplies fresh flowers, fruits, honey, and veggies when seasonally available.

Thatchmore Farm 🍷
Leicester, NC—Buncombe Co.
828-683-1180
thatchmore@main.nc.us
www.thatchmorefarm.wordpress.com

We're a 10-acre certified organic family farm. We sell at the North and West Asheville tailgate markets. We offer a CSA and buyer club discounts.

The Ten Acre Garden 🍷🍏
Canton, NC—Haywood Co.
828-235-9667
farmboy53149@yahoo.com

Beautiful views surround the Ten Acre Garden. We specialize in u-pick strawberries and raspberries. Many varieties of vegetables grown in this fertile river bottom are available Apr.-Oct. Flowers also available.

Three Graces Dairy
Marshall, NC—Madison Co.
828-656-2195
sacha@3gracesdairy.com
www.3gracesdairy.com

We're a state-of-the-art cheese facility. Our Three Graces—goats, sheep, and cows—lend variety to our farmstead cheeses. Look for us at farmers markets, specialty stores, and restaurants.

The Tomato Art Company
Henderson Co.
828-713-6909
brucetipton947@msn.com

Owned by Hilda Rico Tipton Farms. Hilda's pink variety tomatoes promote breast cancer awareness. Find our tomatoes in fine supermarkets and restaurants.

Trickle Creek Farm 🍏
Mill Spring, NC—Henderson Co.
828-606-5928, 828-329-0989
tylertricklecreekfarm@gmail.com

We are a u-pick blackberry and blueberry farm. Weather permitting U-pick hours: Tue. and Thu. 5:30 pm-dark, Sat. 9 am-noon. Located at 3620 Hwy. 9 N, Mill Spring NC. Call us to verify we are open. Also at local tailgate markets.

Trivette Family Farm 🍏
Elizabethton, TN—Carter Co.
423-213-7533
trivetteff@gmail.com



www.trivettefamilyfarm.com

We're a small family run farm located in the mountains of East TN. Our goal is to grow produce at the highest quality possible. We strive to provide our customers with wholesome, great tasting produce.

Trosly Farm 🍌 🍷

Elk Park, NC—Avery Co.
828-733-4938
troslyfarm@att.net
www.troslyfarm.com

Proudly continuing our mountain heritage, our small farm specializes in pork, lamb, CSA vegetable production, and artisan breads and chocolates. Our farm store is open Sat. from noon-5 pm. Please come visit or check our website for more info.

Tumbling Shoals Farm 🍌

Millers Creek, NC—Wilkes Co.
336-452-2920
farmer@tumblingshoalsfarm.com
www.tumblingshoalsfarm.com

Nestled in the bucolic valley where Tumbling Shoals Creek meanders beneath the shadow of Bullhead Mountain, our farm produces top-quality certified organic fruits, vegetables, and cut flowers.

Twisted Ridge Farms

Sylva, NC—Jackson Co.
828-736-2019
twistedridgefarms@gmail.com
www.twistedridgefarms.com

Our goal is to grow the most flavorful vegetables you've ever tasted. This is only achieved by well fed soil microbes and carefully timing of harvests before market. We use only organic practices

and IPM to grow the healthiest food we are capable of.

Useful Plants Nursery

Black Mountain, NC—Rutherford Co.
828-669-6517
info@usefulplants.org
www.usefulplants.org

Food and medicine plants for edible landscaping, home and community orchards, and permaculture-inspired plantings. We grow more than 200 varieties of fruits, nuts, berries, and medicinal plants. Open by appointment. Delivery available.

Vandele Farms on Cedar Creek

Lake Lure, NC—Rutherford Co.
828-429-9312
kat@vandelefarms.com
www.vandelefarms.com

Family-owned farm raising all natural pastured pork and beef on Cedar Creek Rd. in Lake Lure. Products available in area stores, markets and at the farm by appt. Also available venue for private occasions and farm events. See website for more info.

Wagon Wheel Farm

Independence, VA—Grayson Co.
276-773-2547
wagonwheelfarmva@gmail.com

We're a family-owned organic produce farm located in Southwest VA. We grow a variety of fruits, vegetables, and honey. We sell at several area farmers markets.

Wake Robin Farm Breads

Marshall, NC—Madison Co.
828-683-2902
wakerobinfarmbreads@main.nc.us

Our farm has been in our family since 1820. We bake European-style and

whole grain breads with local ingredients in our wood-fired oven. We sell at area tailgate markets. Call about cooking classes, tours, and private events.

Walnut Cove Farms 🍌

Waynesville, NC—Haywood Co.
828-400-0115
walnutcovefarms@gmail.com
www.walnutcovefarms.com

We're a non-certified organic farm. We raise only heirloom, open-pollinated crops—no GMOs. We also have a plant nursery offering native plants and edibles, as well as other ornamentals. Outdoor event venue with farm to table dinners.

Walnut Hollow Ranch 🍷

Hayesville, NC—Clay Co.
828-389-8931
info@walnuthollowranch.com
www.walnuthollowranch.com

We're dedicated to providing high-quality all natural beef. Our Black Angus cattle are raised responsibly with top standards, producing the finest beef obtainable and offering a healthy beef product direct to your family.

Warren Wilson College Farm 🍌

Swannanoa, NC—Buncombe Co.
828-771-3014
farm@warren-wilson.edu
www.warren-wilson.edu/farm

WILD MOUNTAIN BEES

your local source

Local honey
Beeswax candles
Bee products
& gifts



828-484-9466
www.wildmountainbees.com



Beekeeping
classes &
supplies.
Nucs &
Queens

We're a 275-acre mixed crop and livestock farm raising grass-finished beef, pasture-raised pork, and pastured poultry. Our grains—corn and barley—are grown here on the farm. Meat sales in spring and fall.

Warren Wilson College Garden

Swannanoa, NC—Buncombe Co.
828-771-3066
pross@warren-wilson.edu
www.warren-wilson.edu

The Warren Wilson College Garden is a five-acre operation of mixed fruits and vegetables. We market our produce to the dining service on campus, to a CSA, and a farmers market on campus.

Wehrloom Honey and Essentials 🍷

Robbinsville, NC—Graham Co.
828-735-2771
jwehr@mac.com
www.wehrloom.com

Visit our farm store at 257 Willie Colvin Rd. in Robbinsville to purchase honey, home made skin care essentials, beekeeping equipment, and other fine things. You can learn about honeybees and see how honey gets from the hive to your table.

Whiskey Pigs Meats 🍌 🍷

Leicester, NC—Madison Co.
828-231-2390
Robin@whiskeypigs.com
www.whiskeypigs.com

Our family farm has been in operation since 1840. We raise beef cattle, pigs, and pasture-raised chickens and turkeys. We DO NOT add hormones or antibiotics to our animals. Whiskey Pigs animals are fed the Whiskey Mash from Troy and Sons.

Whispersholler Farms, LLC

Burnsville, NC—Yancey Co.
828-536-4953
whispersholler@gmail.com
www.whispershollerfarms.com

Organically grown and conventional vegetables. Organically grown plant starts. Heritage hogs. Lamb. Jams. Jellies. Honey. Fruits in season. Specializing in local.

Wild Mountain Apiaries

Asheville, NC—Buncombe Co.
828-484-9466

wildmountainbees@yahoo.com
www.wildmountainbees.com

Pure, raw varietal honeys, herbal-infused honeys, beeswax, candles, bees, queens, beekeeping supplies, and hands-on beekeeping workshops. Generous attention is given to the health of our apiaries to produce healthy bees and healthy products for you.

Wildcat Ridge Farm 🍌

Clyde, NC—Haywood Co.
828-627-6751
wildcatridgefarm@gmail.com
www.wildcatridgefarm.com

We grow and sell award-winning peonies and gourmet fig trees. Cut flowers available mid-Apr. through mid-May. Peony plants and fig trees available spring through fall. By appointment only, call for more information.

Wildwood Herbal 🍌

Weaverville, NC—Buncombe Co.
828-407-3339
alanbsalmon@gmail.com
Find us on Facebook

We are a family farm that has been serving WNC with organically grown products for 25 years. We love bringing healthy food and plants into the community. We offer herb and vegetable starts in the spring and and produce year round.

WNC Mushrooms

Candler, NC—Buncombe Co.
828-545-5742
keithbyrom1@gmail.com

We sell log-grown shiitake mushrooms from our farm as well as fresh choice wild-harvested mushrooms in season. Shiitake logs for sale. We supply to restaurants, but you can also find our products at French Broad Food Co-op and West Village Market.

Wolfcreek Wilderness Farm 🍌

Blairsville, GA—Union Co.
706-835-2737
wolfcreek@windstream.net
Find us on Facebook

The most delicious organically grown Blueberries in the Appalachian Mountains. U-pick opened Mid-Jul. through Aug. U-pick \$2/pt., we pick \$3/pt. Open Sat. and Sun. 9 am - 5 pm or call for appt.

Woodland Harvest Mountain Farm 🍌

Boone, NC—Ashe Co.
336-877-3715
woodlandharvest@riseup.net
www.woodlandharvestmountainfarm.org

Small rustic, off grid permaculture farm. Varieties of vegetables, fruits, eggs, compost, woodland herbs, kimchi, salves, and specialty products. Biodynamic, organic (uncertified). Workshops, trainings, PDC, internships, and worktraders seasonally.

Wright-Way Nursery and Landscaping 🍌 🍷

Waynesville, NC—Haywood Co.
828-507-5176

Fresh-picked blueberries and raspberries in season. 12 varieties of blueberries, as well as yellow, red, and black raspberries. Landscape services and installation of our locally grown plants available.

Yellow Branch Cheese and Pottery 🍷

Robbinsville, NC—Graham Co.
828-479-6710
mail@yellowbranch.com
www.yellowbranch.com

A family-owned dairy with a small herd of Jersey cows to produce our cheeses. The farm is pasture based and managed using sustainable organic practices. The pottery is a working studio and gallery.

Your Vase or Mine 🍌

Asheville, NC—Buncombe Co.
828-299-4394
yourvaseormine@charter.net
www.yourvaseormine.com

Hundreds of varieties of flowers. April through October, purchase fresh, locally, and organically grown blooms that you select. Blossoms by the stem, vase, or the bucket-you choose. Because this is our home garden, our prices are extremely competitive.

Zimmerman's Berry Farm 🍷 🍌

Marshall, NC—Madison Co.
828-656-2056
pam@zimmermansberryfarm.com
www.zimmermansberryfarm.com

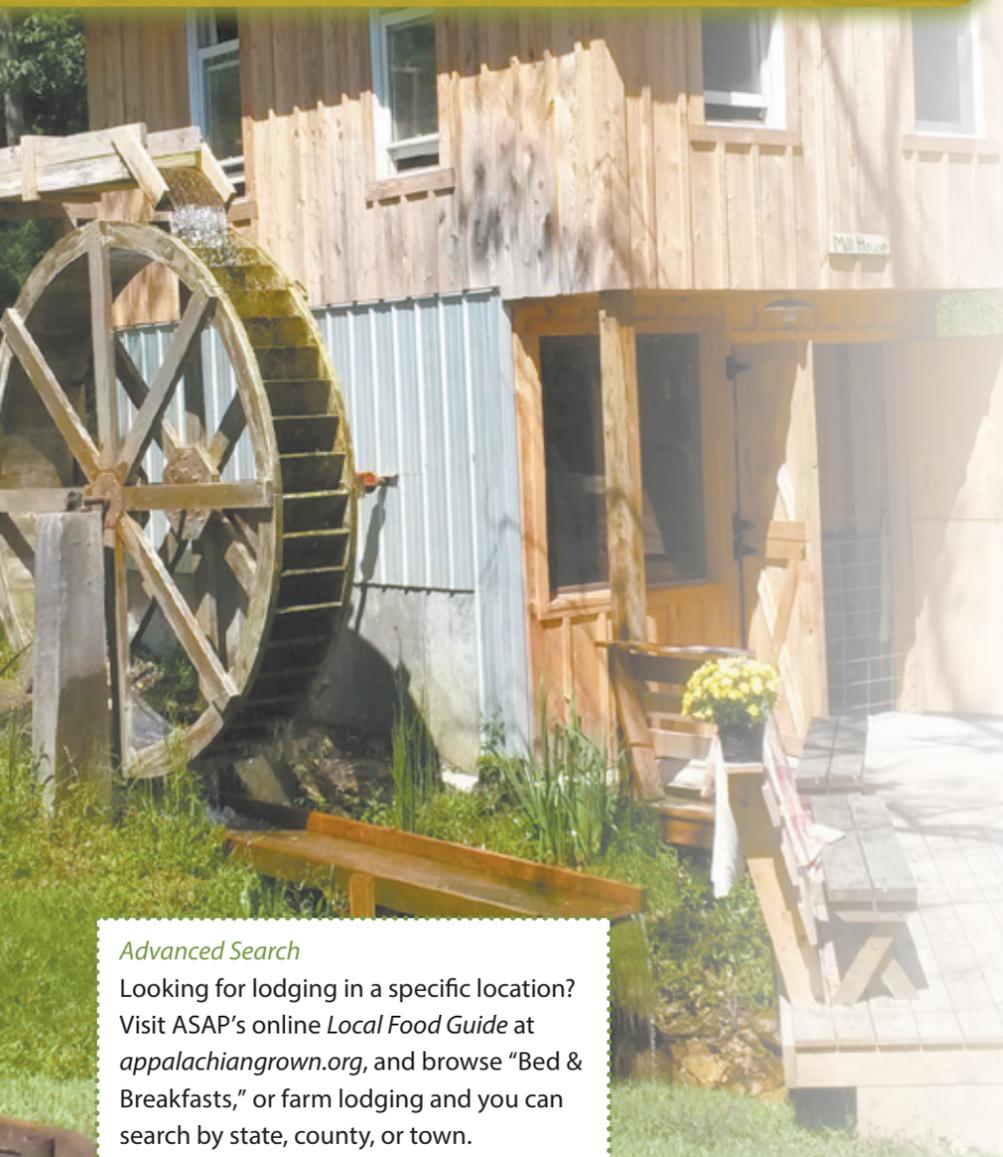
We're a family u-pick berry farm. Our season starts mid-Jun. with red and black raspberries, then blackberries in Jul. Mown, level grassy picking rows. Visit our website for daily availability.



Visiting the Southern Appalachians from elsewhere?



Stay in an Appalachian Grown bed & breakfast or on the farm itself! Take the opportunity to immerse yourself in mountain agriculture, whether it's through a breakfast prepared with eggs, bacon, and fruit from an Appalachian Grown farm, or by waking up to vegetables and animals outside your door. You can choose to relax and enjoy the vistas, or get involved in daily farm activities. Either way, you can connect with the rich, Appalachian culture, and food heritage when you stay at any of the locations listed here.



Advanced Search

Looking for lodging in a specific location? Visit ASAP's online *Local Food Guide* at appalachiangrown.org, and browse "Bed & Breakfasts," or farm lodging and you can search by state, county, or town.

Albemarle Inn
86 Edgemont Rd.
Asheville, NC
828-255-0027
info@albemarleinn.com
www.albemarleinn.com

Located in the Grove Park neighborhood, we offer gracious hospitality and romantic, timeless appeal. In the evenings, guests can relax on the grand veranda overlooking gardens. Our breakfast menu features local and artisanal fresh products.

Blueberry Cottage
3001 Halls Chapel Rd.
Burnsville, NC
mtfarmnc@gmail.com
www.mountainfarm.net

A traditional farmhouse, with two bedrooms, sleeping loft, large bath, wraparound porch, cable, high speed internet, on two acres of lawn, landscaping, roses and lavender. Often used for weddings. Access to the farm for hands on milking, harvesting, and farm animals.

Boyd Mountain Log Cabins
143 Boyd Farm Rd.
Waynesville, NC
828-926-8888
trees@boydmountain.com
www.boydmountaintreefarm.com

We offer authentic log cabins. Call or visit our website for more information.

Broadwing Farm Cabins
20 Berry Wills Rd.
Hot Springs, NC
828-622-3647
mary@broadwingfarmcabins.com
www.broadwingfarmcabins.com

We offer three unique cabins for year-round nightly rental. Each has a private hot tub filled with only fresh mineral water. Our gardens, orchard, and greenhouse provide fresh vegetables, berries, and flowers for guests to gather and enjoy.

Cobblestone Farm
828-712-4768
info@cobblestonefarmavl.com
www.cobblestonefarmavl.com

We offer vacation rentals, guided bike tours, and cycling vacations.

Common Ground
125 Morning Glory Ln.
Burnsville, NC
828-675-5448

Want a night on a farm? We have an extra bedroom large enough for two people, available for rent/work trade by the night. Call for more details.

East Fork Farm and Cottages
215 Meadow Branch Rd.
Marshall, NC
828-206-9075
stephen@eastforkfarm.net
www.eastforkfarm.net

Enjoy one of two secluded cottages overlooking our picturesque farm. Experience peaceful mountain farm life at its best. Complimentary farm products provided with each stay.

Eco-Cabins on Franny's Farm Organic Farm
38 Came Sharp Rd.
Leicester, NC
828-216-2875

frannycabinsfarm.com
www.frannycabinsfarm.com
Find us on Facebook.

Eco-cabins with a shaded commercial kitchen and bathhouse on ridgetop overlooking our working, organic farm with gardens and livestock. Camping options. Accommodations available for special events.

Eight Owls Farmstead
Rosman, NC
828-884-6957
rain@eightowlsfarmstead.com
www.eightowlsfarmstead.com

We offer camping for farm immersions and workshops.

The Farm Cabins and Cottages
215 Justice Ridge Rd.
Candler, NC
ckillander@yahoo.com
www.thefarmevents.com/category/garden

We have a selection of beautiful places to rest your weary head if you feel inclined. Please be sure to book in advance.

Farm Stay
36 Rootstock Rd.
Candler, NC
828-230-9652

store@smokingjsfieryfoods.com
www.smokingjsfieryfoods.com

Three bedroom, one bath. Cable and internet. Call for details and availability.

The Farmer's Hands Homestead
605 Phillips Valley Rd.
Mars Hill, NC
646-415-2898
mrfarmershands@gmail.com
www.thefarmershands.com

Lodging on farm is available through airbnb.com, www.airbnb.com/rooms/4428249?s=05sn

The Gardener's House at Frog Holler
234 Tommy Boyd Rd.
Waynesville, NC
828-356-7652
froghollerorg@aol.com
www.frogholler.net

Experience the comfort and coziness of a 1920's farmhouse nestled amongst the Great Smoky Mountains. The Gardener's House combines a 4 bedroom, 2 bath farmhouse with gardens, ponds,

mountain views, and farm life. Virtual tour available online.

Hawk and Ivy Bed and Breakfast
133 N. Fork Rd.
Barnardsville, NC
828-626-3486
info@hawkandivy.com
www.hawkandivy.com

WNC's oldest organic B&B retreat and 24-acre nature preserve. Beautiful organic gardens, healthy gourmet breakfasts, and simple elegance. Slow Food B&B, on-farm tour, and classes in gardening, cooking, and floral design. Green weddings and retreats.

Heavenly Hideaway Cabin and Cloud 9 Relaxation Home
137 Bob Barnwell Rd.
Fletcher, NC
828-628-1758
info@cloud9relaxation.com
www.cloud9farm.net

Mountaintop vacation rentals for families and couples. Relax on 200 private acres of conservation farm.

September 19 & 20, 2015



Visiting a farm can be a life-changing event for a child.

Search for farms to visit, online at appalachiangrown.org.

Berries, chickens, cows, honey, hiking trails, hot tubs. Family reunions and business picnics near Peterson Pond. Cathedral in the woods for weddings. Plenty of parking.

The Hermitage

300 Indigo Bunting Ln.
Marshall, NC
828-649-3536
robert@ncgoldenseal.com
www.ncgoldenseal.com

Rustic cabin available for rent. Call for details. May through Sep., \$25 per night, per person.

Inn on Biltmore Estate

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

Please visit www.biltmore.com/stay for details and to book a reservation.

Lavender Farm Cottage

570 Brevard Rd. Retail Bldg. B
Asheville, NC
305-401-0004

mshapiro@4seasonsgreens.com
www.4seasonsgreens.com

New construction two bedroom, two bath 1200 sq. ft. upscale country cottage located on our farm. Enjoy luxurious quiet country living. Located 8 miles from Hendersonville; 23 from Asheville; 12 from Brevard. Near DuPont Forest and area camps. Call Brian for rental availability.

Long Branch Environmental Education Center

278 Boyd Cove Rd.
Leicester, NC
828-683-3662
paul@longbrancheec.org
www.longbrancheec.org

Rustic accommodations and camping available year-round.

Meadow View Cabin

221 Garrett Cove Rd.
Leicester, NC
828-989-9898
trey@mountainmeadowsnc.com
www.mountainmeadowsnc.com

Stays need to be arranged in advance. Call or email; availability is limited to one cabin that is listed in numerous sources, so advanced reservations are required. VRBO Listing #: 583899

Metcalf Cabin

2993 Hamburg Rd.
Mars Hill, NC
828-689-4353
mudlusciousgardens@gmail.com
www.mudlusciousgardens.com

Our early-to-mid 1800s pioneer one-room cabin sleeps three to four (queen plus convertible futon). No plumbing, but there's private bathroom access nearby. Small fridge, microwave, coffee pot, spring water dispenser included. Minimum 2-night stay.

Mountain Works Farm

2736 West Brushy Fork Rd.
Zionville, NC
828-266-3379
mtnworks@gmail.com
www.mtnworks.org

You may tent camp on the farm. Check out the nearby towns of Boone and West Jefferson. Elk Knob State Park in NC and Watauga Lake in TN

are also just a short drive away from our farming community here on the Brushy Fork of the New River.

Nantahala Farm and Garden Vacation Rental

Call or email for appointment
Topton, NC
828-321-9036
farm@nantahala-farm.com
www.nantahala-farm.com

On-farm vacation rental available all year. Two-bedroom, two-bath single-family home; comfortable and low cost. Enjoy a farm tour and local whitewater rafting, hiking, fishing, boating, bird watching, and more.

Nate's Farm

3951 East Fork Rd.
Marshall, NC
828-273-9993
natesfarm@yahoo.com

The house has two rooms and a bathroom, with an open kitchen and wooden floors. It's 2,000 square feet, including the basement, and is a peaceful, quiet, lovely house.

Old Orchard Creek Farms

410 Swansie Shepherd Rd.
Lansing, NC
336-384-2774
oldorchard@skybest.com
www.oldorchardcreek.com

Two beautiful cabins located on the farm. One has two bedrooms and one bath with a stone fireplace. The other has three bedrooms and one bath and an outdoor shower. Both are minutes away from the blueberry field.

Randall Glen

96 Randall Cove Rd.
Leicester, NC
828-683-5758
info@randallglen.com
www.randallglen.com

Luxury vacation cabins on our mountainside with hot tub, fireplace, chef's kitchen, and designer furnishings. Guests are encouraged to participate in farm activities like feeding and interacting with the animals, including milking cows and goats. Gem mining and trail rides also available.

Redwood Dreaming

PO Box 1511
Boone, NC
336-877-3715
woodlandharvest@riseup.net
www.woodlandharvestmountainfarm.org

Small rustic cabin in the woods with solar power. Quiet, beautiful, magical space that sleeps four and hosts an amazing library. Minimal lighting; cook stove. Water at the farmhouse 100 yards away. Lovely deck, forest trails, pond nearby.

Rise Up Rooted Farm and River Camp

Black Mountain, NC
828-669-6996
riseuprootedfarm@gmail.com
Find us on Facebook

BYO camping gear. Rustic tent sites along the river offer a safe, private camping environment for families and friends. Help on the farm, eat fresh produce, cook on a campfire, hike, fish, and cool off in the river. Near Chimney Rock, Hickory Nut Gorge, and Lake Lure.

River House Inn & Restaurant

1896 Old Field Creek Rd.
Grassy Creek, NC
336-982-2109
riverhouse@skybest.com
www.riverhouseenc.com

River House is a full-service inn and restaurant on the North Fork of the New River. Far from the bustle of everyday life, we offer country comfort with culinary class. Call for restaurant hours; inn open all the time.

Sparrow's Nest Cottage

260 Dula Springs Rd.
Weaverville, NC
828-658-0294
meadowcovefarm@frontier.com
www.meadowcovefarm.net

Two-bedroom, two-bath fully furnished house with kitchen situated on our farm. The cottage is one level for easy access and provides sleeping accommodations for up to nine people. Visit our website to see photos. We also accept scheduling for special events, reunions, weddings, and farm to table gatherings.

The Stovall House

1526 Hwy. 255 N.
Santee Nacoochee, GA

706-206-9581
lloydsummer@gmail.com
www.stovallhousebnb.com

Stovall House is a 177 year old farmhouse that has been restored as a B&B, farm, and farm to table restaurant. We offer cooking classes, herb classes, hikes, or just plain relaxing. Only minutes out of Helen, Ga. Pets and children welcome.

Walnut Hollow Ranch Trail Vacation Stables and Vacation Rentals

1100 Carter Cove Rd.
Hayesville, NC
828-389-8931
info@walnuthollowranch.com
www.walnuthollowranch.com

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Addison Farms Vineyard

4005 New Leicester Hwy.
Leicester, NC
828-581-9463
jfrisbee@addisonfarms.net
www.addisonfarms.net

Addison Farms Vineyard was established in 2009. We completed our first crush fall 2010 from fruit grown by other NC growers, while the first fruit from our vineyard was harvested in mid-Sept 2011. We invite you to join us at our tasting room to sample and purchase our wines.

Belle Nicho Winery

525 Patton Valley Dr.
Nebo, NC
828-659-3168
purpledog@hughes.net
Find us on Facebook

We are a small farm vineyard with winery and tasting room. We produce wines from our vineyard and with grapes from other NC vineyards. We practice sustainable agriculture with emphasis on native and hybrid grape varieties. We also have vinifera vines.

Biltmore Estate

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

Biltmore's first vineyards were planted in 1971. The initiative flourished and the Biltmore Winery opened in 1985. We now produce about 170,000 cases of wine annually and have become the most-visited winery in the nation. Estate admission required.

Eagle Fork Vineyards

225 Dick Jones Rd.
Hayesville, NC
828-389-8466
eagleforkvineyards@gmail.com
www.eagleforkvineyards.com

Come spend an hour or a day with us at Eagle Fork Vineyards. Taste our fine wines, have a picnic, plan a wedding or a family reunion. The friendly staff at Eagle Fork Vineyards invite you to make our valley your home for the day.

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36 Mount Airy Rd.
Marshall, NC
828-683-2316
fontainevineyard@yahoo.com
www.fontainevineyards.com

Only 20 min. from downtown Asheville, we offer a breathtaking 360 degree view of WNC, tours, wine tastings, & lunch or snacks in the vineyards. Book your party or special event in a relaxing atmosphere. Great services, bakery & more. Award-winning.

John C. Campbell Folk School

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

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

Logan Turnpike Mill

4494 Gainesville Hwy.
Blairsville, GA
800-844-7487
loganturnpikemil@windstream.net
www.loganturnpikemill.com

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Parker-Binns Vineyard

7382 Hwy. 108 E.
Mill Spring, NC
828-894-0154
parkerbinnsvineyard@gmail.com
www.parker-binnsvineyard.com

We are a family-owned and operated vineyard and winery located in the Tryon Foothills of Polk County. We grow Merlot, Chardonnay, Cabernet Franc, Cabernet Sauvignon, Muscat, Petit Manseng and Chambourcin grapes and make both sweet and dry wine. We have a patio area for picnics and do private events.

Penley Produce Spa Retreat & Gallery

15410 Holly Trail Lane
Candler, NC
828-216-9003
mike@mountaineerconstruction.com
Find us on Facebook

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Saint Paul Mountain Vineyards

588 Chestnut Gap Rd.
Hendersonville, NC
828-685-4002
saintpaulvineyard@gmail.com
www.saintpaulmountainvineyards.com

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Wineries and Travel Destinations

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2240 S. Creek Rd.
Nebo, NC
828-652-5729
sales@southcreekwinery.com
www.southcreekwinery.com

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WNC Farmers Market

570 Brevard Rd.
Asheville, NC
828-253-1691
doug.sutton@ncagr.gov
www.wncfarmersmarket.org

Conveniently located near downtown Asheville. We're open all year round, 7 days a week. The public is invited to enjoy the atmosphere. Admission is FREE! Our retail area features high quality fruits and vegetables, mountain crafts, jams, jellies, preserves, sourwood honey, and other farm-fresh items.

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



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ASAP's Local Food Research Center examines the social, economic, and environmental impacts of localizing food systems. The center researches and tests our theory of food system change: localizing food systems strengthens local economies, boosts farm profitability, increases sustainable production practices, and improves individual and public health. This theory is grounded in ASAP's conviction that when the distance between consumer and producer decreases, transparency in the food system increases and drives changes that increase public health, build local economies, and sustain family farms. Find out more at asapconnections.org under the research tab.



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