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**FOR IMMEDIATE RELEASE:**

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**ASAP's 2023 Local Food Guide Is Out Now**

*The free, definitive resource for finding local food and farms also features farm stories and recipes.*

**ASHEVILLE, NC (April 24, 2023)**—The 2023 *Local Food Guide*, ASAP's annual free publication for finding local food and farms, hits newsstands this week. This definitive resource lists hundreds of Appalachian Grown™ certified farms, farmers markets, restaurants, groceries, travel destinations, and more throughout Western North Carolina and surrounding counties in Virginia, Tennessee, Georgia, and South Carolina. A digital version of the print *Guide* may be viewed at [asapconnections.org/guide](http://asapconnections.org/guide).

In addition to the listing content, the 2023 edition features stories that highlight the variety of farming across the region. Jake Puckett, of **Crow Fly Farms** in Marion, NC, details his passion for holistic animal management. Malcolm Banks, of **Yellow Mountain Gardens** in Franklin, NC, describes his mission to teach his neighbors—and the world—to grow their own food. Gwen and Jay Englebach, of **Black Trumpet Farm** in Leicester, NC, talk about building a business and customer relationships. Rounding out the issue are seasonal recipes from chefs at **Cultura**, **Little Chango**, **The Montford**, and **Red Fiddle Vittles**.

"ASAP's *Local Food Guide* is so unique in that it's updated every year, with callers reaching out to more than 1,600 farms and other businesses," said David Smiley, ASAP's Local Food Campaign Program Manager. "It's an incredibly time-consuming process, but one that's important to us to ensure we're putting out the most accurate information to help our community connect with farms."

Find *Local Food Guide* copies at farmers markets, visitors centers, libraries, community centers, groceries, restaurants, and other partner businesses throughout the region. They are also available to pick up in the lobby of ASAP's office in Asheville at 306 W. Haywood St., Monday to Friday, 9 a.m. to 5 p.m. Contact ASAP if you need help locating a copy in your area.

In addition to the print *Guide*, ASAP maintains the online *Local Food Guide* at [appalachiangrown.org](http://appalachiangrown.org). This database, with more than 1,400 listings, is updated throughout the year and is searchable by products, locations, activities, and more.

The 2023 *Local Food Guide* is made possible in part with support from the U.S. Department of Agriculture (USDA) through the Agricultural Marketing Service and Beginning Farmer Rancher Development Fund, as well as the Community Foundation of Western North Carolina and Asheville Regional Airport.

*[High-resolution photos are available here. Contact Sarah Hart at [sarah@asapconnections.org](mailto:sarah@asapconnections.org) for more.]*

**ABOUT ASAP (APPALACHIAN SUSTAINABLE AGRICULTURE PROJECT)**

ASAP's mission is to help local farms thrive, link farmers to markets and supporters, and build healthy communities through connections to local food. To learn more, visit [asapconnections.org](http://asapconnections.org).

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