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**FOR IMMEDIATE RELEASE:**

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**ASAP's 2024–25 Local Food Guide Is Out Now**

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

**ASHEVILLE, NC (May 14, 2024)**—ASAP's *Local Food Guide*, the annual free publication for finding local food and farms, is updated for the 2024–25 season. This definitive resource lists hundreds of Appalachian Grown™ certified farms, farmers markets, restaurants, groceries, artisan producers, 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 listing content, the 2024–25 edition features stories that highlight the variety of farming across the region. Delia Jovel Dubón of **Tierra Fértil Coop** (pictured on the cover) talks about creating a sense of belonging for the Hispanic immigrant community in Henderson County. Lyric and Noah East of **Wild East Farm** in McDowell County detail the journey through their first full year of farming and how they've arrived at "a rough draft that's working." Kaci Nidiffer of **The Liar's Table** in Avery County shares how scaling up and opening several retail spaces have created stronger connections with customers and community. Rounding out the issue are recipes from farmers at **Two Trees Farm (Sustainabillies)**, **Lee's One Fortune Farm**, **Two Stones Farm + Mill**, **Carringer Farms**, and **Terra Lingua Growers**.

"The *Local Food Guide* is such a beautiful way to share the stories of this place," said Sarah Hart, ASAP's Communications and Engagement Director. "To emphasize that sense of place, listings in this year's *Guide* are organized into nine subregions with a short intro on what makes local farms in each area unique."

Look for the *Guide* at farmers markets, visitors centers, libraries, groceries, restaurants, and other partner businesses throughout the region. Copies of the *Guide* are also available to pick up in the lobby of ASAP's office in Asheville at 306 W. Haywood St., Tuesday to Thursday, 9 a.m. to 5 p.m. Contact ASAP if you need help locating a copy in your area or if you are interested in distributing *Guides* at your business.

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, location, activities, and more.

Funding for the *Local Food Guide* was made possible in part by the U.S. Department of Agriculture (USDA) through the Agricultural Marketing Service, National Institute of Food and Agriculture's Beginning Farmer Rancher Development Program, Gus Schumacher Nutrition Incentive Program, and Southern Sustainable Agriculture Research and Education program. Support was also provided by Dogwood Health Trust, 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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