



Asap's farm tour

September
19 & 20, 12-5 pm

1 PASS

2 DAYS

Countless Possibilities

asapconnections.org

Asap's farm tour

New Hours!
12 pm - 5 pm

The Farm Tour is hosted annually by ASAP (Appalachian Sustainable Agriculture Project), an Asheville-based nonprofit with a mission to help local farms thrive, link farmers to markets and supporters, and build healthy communities through connections to local food. Learn about ASAP's work in the region at asapconnections.org, or call 828-236-1282.

Appalachian Grown™: Certified Local

All farms on the tour are Appalachian Grown certified by ASAP. That means they're family-owned farms producing food in the Southern Appalachian Mountains. Look for the Appalachian Grown logo at stores, restaurants, farmers tailgate markets, and other businesses to feel confident that the food you are purchasing is truly local! Find over 700 certified farms, over 300 partner businesses, and 100 farmers tailgate markets at appalachiangrown.org.

Admission

Purchase a pass for ASAP's Farm Tour online at asapconnections.org or from any of the vendors listed on the back of this guide. If you purchase online, print and show your emailed receipt at the first farm you visit in exchange for your pass.

When you present your Farm Tour pass, everyone in your party will receive an ASAP sticker to wear for access to more farms that day.

Car Pass Prices

- One pass admits an entire carload into all farms both days:
- \$30 advance purchase
 - \$40 at farms the days of the event
 - OR \$15 to visit an individual farm

Pass = Prizes

Your Farm Tour pass is also a raffle ticket. Present your pass at the first farm you visit and be entered to win two Biltmore Annual Passes plus a \$100 gift card to celebrate NC Wine Month with Taste of Biltmore! The gift card is also valid for any other Biltmore purchase at any time of the year.

For more tour information, visit asapconnections.org.



September 19 & 20

Fun for Everyone!

ASAP's Farm Tour is the perfect outing for visitors of all ages, abilities, and interests. Use this guide to discover what you can see and do on the tour, and to find exciting tour extras, like our Farm Tour Scavenger Hunt. For more tour information visit asapconnections.org or contact us at 828-236-1282.

Bring your appetite and picnic basket



Enjoy delicious homemade snacks and meals available for purchase on the tour. Look inside for details. Farms also make great picnic spots, so bring a blanket and some fixings, and enjoy a leisurely afternoon with picturesque mountain views.

Volunteer for the tour



Want to help a farmer the weekend of the tour and take the tour for free the day you are not working? Volunteer! Sign up now at asapconnections.org or email volunteer@asapconnections.org.

We wish you a safe and enjoyable Farm Tour. There are inherent risks in agritourism, so please respect the farms' posted warnings and directions regarding safety around animals, water, electric fences, and farm equipment. Supervise your children closely. Participation in ASAP's Farm Tour is at your own risk.



On Your Mark, Get Set, and Snap!

- ☐ **A**ttend a fiber demonstration
- ☐ **B**uy your favorite farm product
- ☐ **C**luck with a chicken
- ☐ **D**iscover what's inside
- ☐ **E**njoy a farm picnic
- ☐ **F**ind an Appalachian Grown logo
- ☐ **G**et to know someone new
- ☐ **H**ow's the view
- ☐ **I**mitate you favorite farm animal
- ☐ **J**oin a guided tour
- ☐ **K**id around with a goat
- ☐ **L**earn a new farming tip
- ☐ **M**ake a donation to ASAP
- ☐ **N**ectors so sweet! Stop and smell a flower
- ☐ **O**ink with a pig
- ☐ **P**ick your own fruit or vegetable
- ☐ **Q**uack with a duck
- ☐ **R**ecognize a volunteer and say thank you
- ☐ **S**how something that inspires you
- ☐ **T**ake a bite
- ☐ **U**se your Farm Tour guide
- ☐ **V**egetables, fruits, and herbs, oh my!
- ☐ **W**hy do you go on the Farm Tour?
- ☐ **X**-change places with another photographer in your group
- ☐ **Y**ay for hay! Take a hay ride
- ☐ **Z**illions of bees

Entry into the Farm Tour Photo Scavenger Hunt contest grants ASAP and the individual farms permission to use photographs in any and all public informational material. Full contest rules and details at fromhere.org.



ASAP's Farm Tour Photo Scavenger Hunt

Join ASAP's Farm Tour Photo Scavenger Hunt to share your tour experience, and possibly win fabulous prizes!

To play:

1. Complete and photograph as many of the items as you can from the list.
2. Upload your photos over the weekend to social media (via Instagram, Facebook, or Twitter) using the hashtag **#asapfarmtour**, or email to events@asapconnections.org by midnight, on Monday, September 21.
3. Mark each photo with the letter and description associated with the task in order for it to be counted.
4. Submit the highest number of items for your chance to win! ASAP will share the most fun and creative photo on our websites and future tour promotions!

Tips: High resolution setting = greater photo quality. Adjust your photo settings to public to share them.





Plan ahead and make the most of your experience

- Make a tour itinerary:** Before you set off, we recommend choosing three or four farms to visit each day, allowing one to two hours at each farm. Visiting farms in clusters can maximize your time at farms.
- Map your trip:** Study the map and locations of farms to plan your route in advance, and print directions. GPS can be unreliable for some farms, and cell phone service can be spotty.
- Pack supplies:** Be prepared with drinking water, sunscreen and hats, closed toe walking shoes, hand sanitizer, bug spray, a cooler, an umbrella or rain jacket, cash, and a camera
- Leave pets at home:** They pose food safety threats, can damage plants, and are dangerous to livestock.
- Plan your meals:** Use our guide to find farms serving meals, or stops where you can purchase snacks to make your own picnic. All farms offer products for sale, from produce and cheeses to meats, herbs, and fiber. Many farms accept debit/credit but not all, so bring extra cash.



Tag Your Tour

Social media savvy? Use #asapfarmtour when you post and tweet about your Farm Tour experience, and follow the hashtag for ideas and inspiration from others. We'll be active on Facebook, Twitter, and Instagram, throughout the weekend.

- facebook.com/asapconnections
- @asapconnections
- @asapconnections

Stay Connected with the Farms on the Tour!

See our Farm Offerings Index to learn about the many ways you can stay in touch and support your favorite local farming families. Interested in joining a CSA, going to a U-pick, or eating at a restaurant that sources from local farms? Refer to the table below and our online Farm Tour map at asapconnections.org for year-round product and visitor information.



The Appalachian Grown logo identifies products from family farms in the Southern Appalachians
appalachiangrown.org

		Farmers Markets	CSA	U-pick	Farm Store	Farm Lodging or Camping	Workshops or Events	Grocery and Retail Stores	Restaurants
Addison Farms Vineyard	addisonfarms.net								
Doubletree Farm	Find us on on ASAP's Local Food Guide								
Dry Ridge Farm	dryridgefarm.org								
Duck Dance Farm	duckdancefarm.com								
East Fork Farm	eastforkfarm.net								
Farm Fresh Ventures	recoveryventurescorp.org								
Farm House Beef	farmhousebeef.com								
Flying Cloud Farm	flyingcloudfarm.net								
Franny's Farm	frannysfarm.com								
Full Sun Farm	fullsunfarm.com								
Good Vibrations Angora Goats	Find us on ASAP's Local Food Guide								
Hickory Nut Gap Farm	hickorynutgapfarm.com								
Hop'n Blueberry Farm	hopnblueberryfarm.com								
Imladris Farm	imladrisfarm.com								
Ivy Creek Family Farm	ivycreekfamilyfarm.com								
Justus Orchard	justusorchard.com								
KT's Apiary and Orchard	Find us on Facebook								
Long Branch Environmental Education Center	longbrancheec.org								
Meadow Cove Farm	meadowcovefarm.net								
Mountain Gardens	mountaingardensherbs.com								
New Beginnings Historic Farm	newbeginningsfarms.com								
North River Farms	northriverfarms.co								
Queen's Produce and Berry Farm	queensberryfarm.com								
Rayburn Farm	Find us on Facebook								
Reeves Home Place Farm	facebook.com/whiskeypigsfarm								
Rise up Rooted	Find us on Facebook								
Saint Paul Mountain Vineyards	saintpaulmountainvineyards.com								
Smoking J's Fiery Foods	smokingjsfieryfoods.com								
Sospiro Farmstead	pisgahgoats.com								
Sunburst Trout Farms	sunbursttrout.com								
The Farmer's Hands Homestead	thefarmershands.com								
The Mushroom Hut @ Fox Farms	Find us on localharvest.org								
Two Trees Farm	facebook.com/sustainabilities								
Vandele Farms on Cedar Creek	vandelefarms.com								
Venezia Dream Farm	veneziadream.com								
Wake Robin Farm	brwm.org/sbard								

Contact farms in advance for hours of operation and go to appalachiangrown.org for visitor information.

Went touring, now what?

- Support local farmers and find Appalachian Grown farm products at roadside stands, farmers tailgate markets, restaurants, CSAs, and grocers. Browse our online Local Food Guide at appalachiangrown.org.
- Learn and network at ASAP events like our CSA Fair, Business of Farming Conference, and Farm to School Conference; visit our events calendar at fromhere.org for more community events and workshops.
- Get lesson plans, recipes, and educational resources from ASAP's Growing Minds Farm to School Program; growing-minds.org.
- Post to and search our online classified ads at fromhere.org for farm products, plants and seeds, farm jobs/internships, land, and much more!
- Subscribe to one of ASAP's e-newsletters at asapconnections.org and stay informed on local food news and events.
- Connect with ASAP on:
 - Facebook /asapconnections
 - Twitter @asapconnections
 - Pinterest /asapconnections
 - Instagram @asapconnections
 - YouTube /appgrow
- Volunteer or intern with ASAP.
- Complete our online farm tour survey at asapconnections.org to share you tour experience and feedback.

Save the date for the 2016 Farm Tour; September 17-18.

Fixing the food system is no small potatoes.

Asap Local Food Strong Farms Healthy Communities

Donate to ASAP today!
asapconnections.org

Tour Sponsors



B.B.BARNS
Green River Picklers
Hendersonville
Community Co-Op
ImageSmith
IWANNA

More Appalachian Grown Fun

Visiting from out of town or looking for a local food stay-cation? Fill your Farm Tour experience with more straight- from-the-farm fun.

Asheville City Market

161 South Charlotte St., Asheville, NC

- Fiber demonstrations and finger knitting with Growing Minds@Market, September 12, 9 am-noon
- Farm Tour Q&A and tour tips with ASAP, September 19, 8 am-noon

Polk Fresh Farm Tour

Start your Saturday tour early! Your ASAP Farm Tour pass also admits you into the Polk Fresh Farm Tour for free! Visit polkcountyfarms.org for details on hours and participating farms.

Exclusive Farm Tour Deals

Take advantage of special discounts for tour goers at participating Appalachian Grown businesses. Go to asapconnections.org for details.

Purchase a pass at one of these locations:

- Asheville City Market
- B.B.BARNS The Garden-Gift-Landscape Company
- Greenlife Grocery/Whole Foods Market
- Haywood's Historic Farmer's Market
- Hendersonville Community Co-op
- ASAP Office

Passes may also be purchased online at asapconnections.org or from the first farm you visit on the tour.

asapconnections.org
828-236-1282