

2012

FREE

*Asap*

# LOCAL FOOD GUIDE

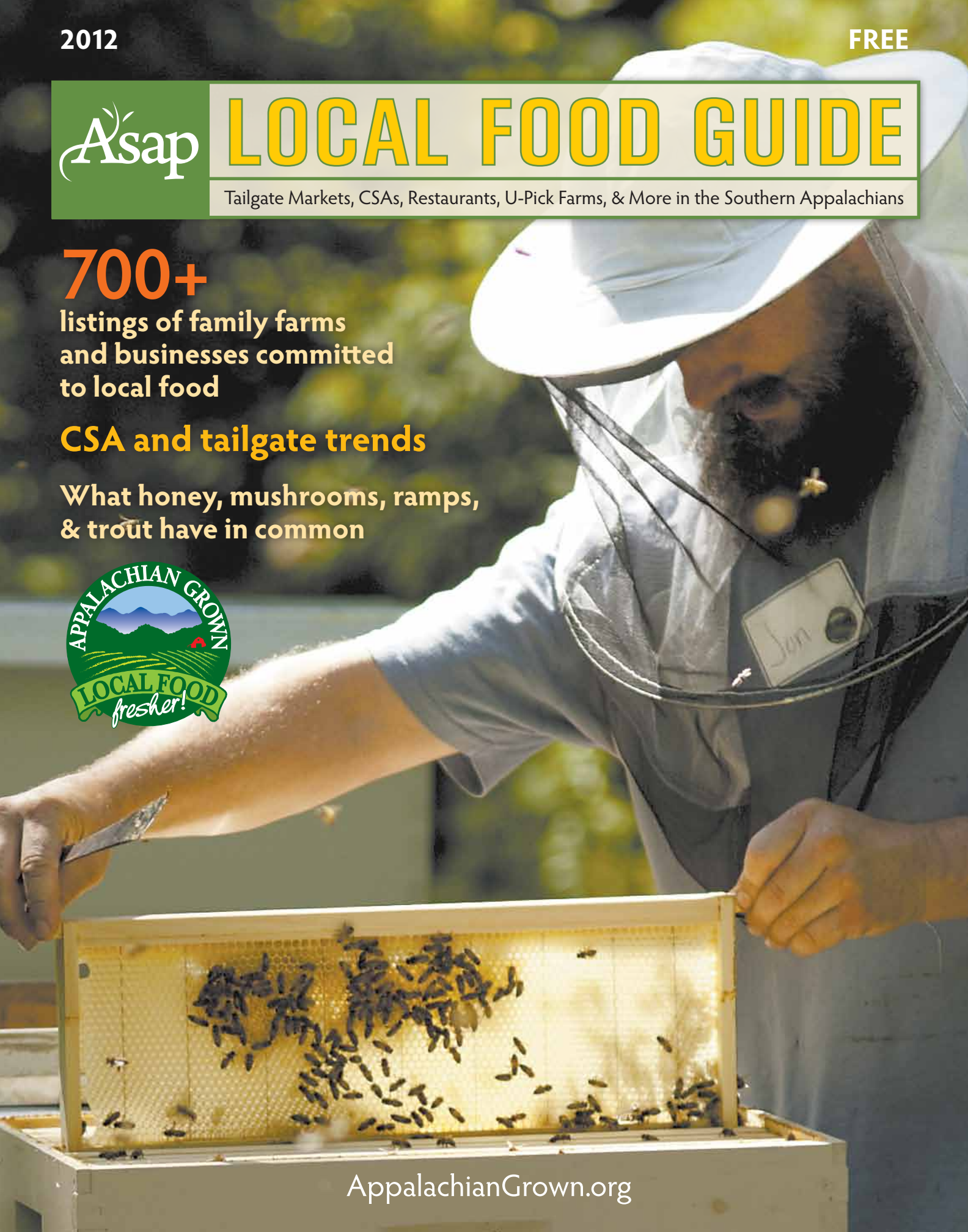
Tailgate Markets, CSAs, Restaurants, U-Pick Farms, & More in the Southern Appalachians

**700+**

listings of family farms  
and businesses committed  
to local food

**CSA and tailgate trends**

What honey, mushrooms, ramps,  
& trout have in common



AppalachianGrown.org

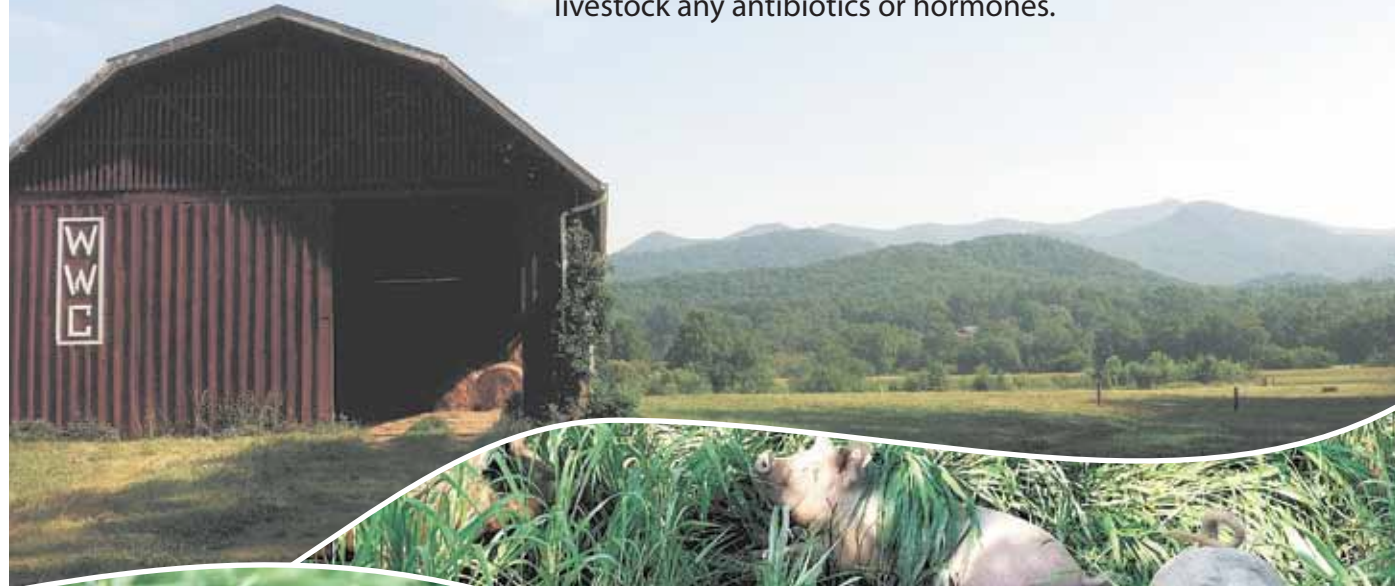


# WARREN WILSON COLLEGE FARM

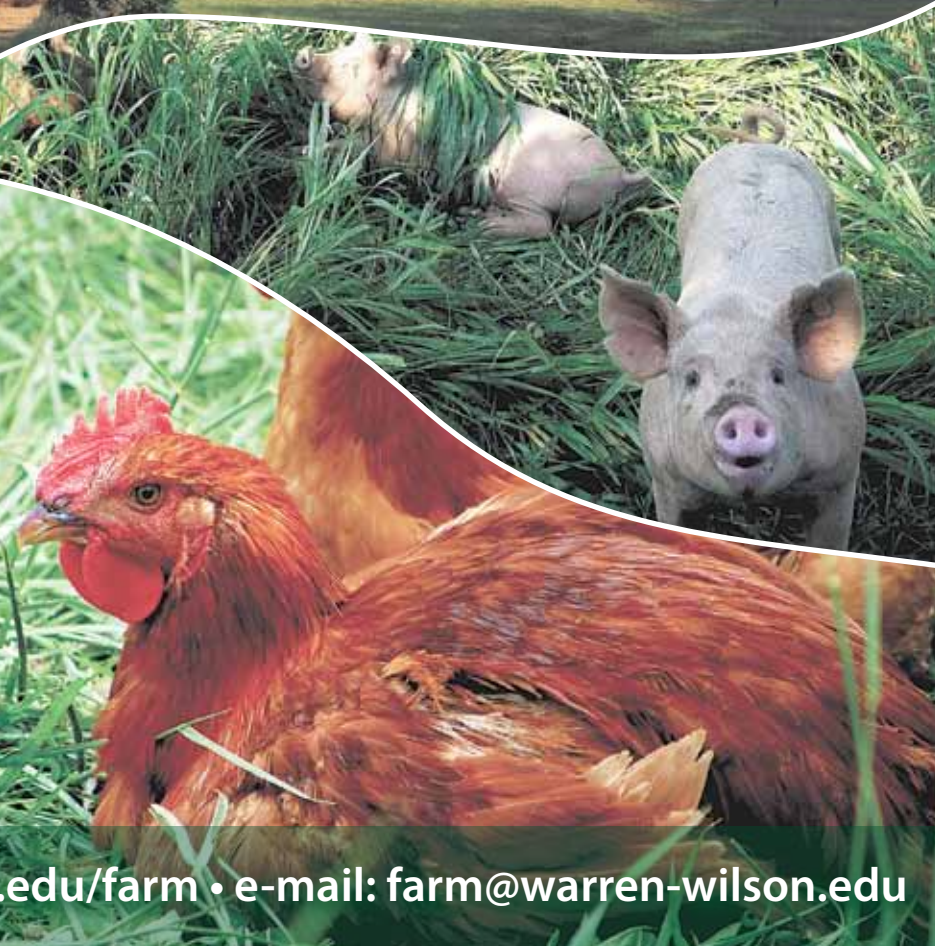
since 1894

Practicing sustainable agriculture in the beautiful Swannanoa Valley.

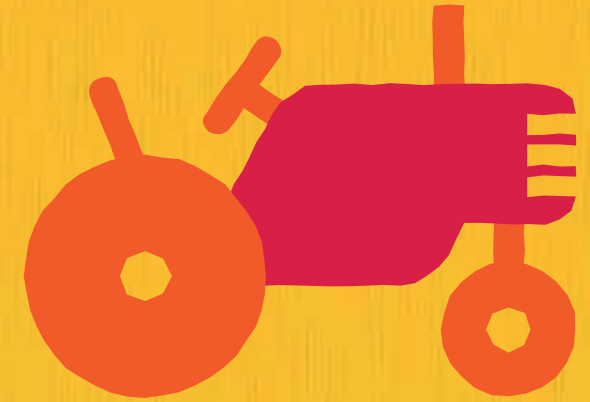
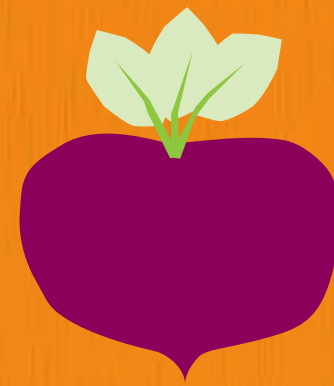
Warren Wilson College Farm has been run by students for over 115 years, and we are proud to carry on that rich agricultural tradition. We produce delicious beef by rotating our cattle on high-quality grass, clover, and alfalfa pastures. Our hogs seasonally graze fields of oats and turnips and are fed corn and barley grown on our farm. By using healthy, nature-based farming systems, we do not need to give our livestock any antibiotics or hormones.



We offer a wide variety of products in our seasonal meat sales, including cuts of beef and pork sold in bulk packages, whole chickens, specialty sausages, and bacon. Please visit our website to be added to our mailing list or email us to request more information.

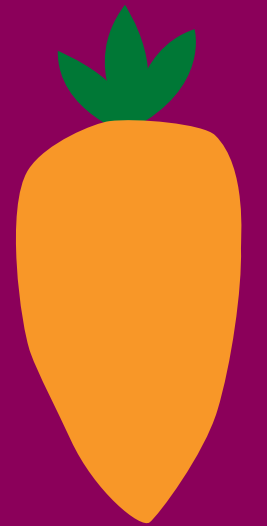


[www.warren-wilson.edu/farm](http://www.warren-wilson.edu/farm) • e-mail: [farm@warren-wilson.edu](mailto:farm@warren-wilson.edu)



# New Sprout<sup>TM</sup> organic farms

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New Sprout Organic Farms is your *local* source for the highest quality organic produce. Available at **Ingles, Earth Fare, Greenlife, Whole Foods, Amazing Savings** and many other great retailers.




[www.newsproutfarms.com](http://www.newsproutfarms.com)  
ASHEVILLE, NC



# TWO LOCATIONS OPEN WEEKLY

ASHEVILLE  
**CITY MARKET**  
Local Food Local Farmers



**SATURDAYS, 8-1**  
April 7th - December 15th



At the Public Works Building  
161 South Charlotte Street

DOWNTOWN ASHEVILLE

- FEATURING:**
- Firefly Farm
  - Byers Pottery
  - Colour Visions
  - Spicewood Farm
  - Three Graces Dairy
  - Faerie Made
  - Farm & Sparrow
  - Simple Bread
  - Green Bee Cleaning
  - Take the Cake
  - McConnell Farms
  - Wildwood Herbal
  - Blue Ribbon Farm
  - Aardvark Farm
  - Fisher Branch
  - New Moon Herbs
  - East Fork Farm
  - Kay Farm
  - Rio Bertolini
  - Wild Salmon Co.
  - Dancing Doe Farm
  - Foster Creek Farm
  - Ol' Turtle Farm
  - Local Buggy
  - Ten Mile Farm
  - Finally Farm
  - Smiling Hara
  - Jake's Farm
  - Jack's Nut Butters
  - Pies in Disguise
  - Tsalagi Greens
  - Blazing Shuttles
  - Beulah's Bavarian Pretzels
  - Bear Blossom Mountain Farm
  - Green Jade Herbal
  - Gaining Ground Farm
  - Smoking J's Fiery Foods
  - Crooked Condiments
  - Roots & Branches
  - Sweetheart Bakery
  - Claire's ABC Gourmet Preserves
  - Spinning Spider Creamery
  - Bath Salts and Beyond
  - Ma Belle France
  - Creasman Farms
  - Wild Mountain Apiaries
  - Flying Cloud Farm
  - Hickory Nut Gap Meats
  - Earthlife Farms
  - Cane Creek Valley Farm
  - Hominy Valley Farms
  - Green Toe Ground
  - Blue Meadow Farms
  - Sunburst Trout
  - High Country Nursery
  - Blue Ridge Mountain Creamery
  - The High Fiber Company
  - The Chocolate Lab
  - Useful Plant Nursery
  - Earhart Market Gardens
  - Biltmore Coffee Traders
  - Moon Rabbit Foods
  - Sweet Life Bakeshop
  - Willow Creek Nursery
  - Fancy Dirt Forge

# 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 those in the Southern Appalachian region on a journey to reconnect with their food. At the center of the campaign is our *Local Food Guide*, now in its 11th 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, operates Asheville City Market, coordinates the Mountain Tailgate Market Association, and helps connect area chefs and foodservice buyers with the farmers who suit their needs.

And that's not all! To find out more about our work, visit us online at [asapconnections.org](http://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.

**Look up!** Our new logo makes its debut.

# LOCAL FOOD GUIDE

## Listings

- Tailgate Markets ..... 8
- CSAs ..... 20
- Roadside Stands ..... 28
- Restaurants ..... 36
- Artisan Food Producers, Bakers, and Caterers ..... 56
- Grocers ..... 60
- Wholesalers and Distributors ..... 64
- Family Farms ..... 66
- Forest Products ..... 94
- U-Pick Farms ..... 96
- B&Bs and Farm Lodging ..... 100
- Wineries and Travel Destinations ..... 104

# Farm fresh adventure!

Asap Local Food Strong Farms Healthy Communities

APPALACHIAN GROWN LOCAL FOOD fresher!

EBT • credit • debit PAYMENTS WELCOME

AT BOTH LOCATIONS. Purchase tokens at the market's info table using your EBT, credit, or debit card. Then shop at vendors with EBT, Credit, Debit Accepted signs.




SPONSORED BY Greenlife BILTMORE



Long Shoals Rd at I-26 Exit 37

- FEATURING:**
- Three Graces Dairy
  - McConnell Farms
  - Rio Bertolini
  - Ma Belle France
  - Roots & Branches
  - Jack's Nut Butters
  - The Chocolate Lab
  - Green Bee Cleaning
  - Cane Creek Valley Farm
  - Sweet Monkey Bakery
  - Blue Meadow Farms
  - Crooked Condiments
  - High Country Nursery
  - Spinning Spider Creamery
  - Gladheart Farms
  - Bath Salts and Beyond

ASHEVILLE  
**CITY MARKET**  
Local Food Local Farmers *South*



**WEDNESDAYS, 2-6**  
May 2nd - October 31st

**SOUTH ASHEVILLE**

Info for both markets: Mike McCrory:  
[mike@asapconnections.org](mailto:mike@asapconnections.org)  
348.0340 • [asapconnections.org](http://asapconnections.org)

**2012**  
ASAP's *Local Food Guide* is an annual publication with a distribution of 100,000 copies.

This guide is printed using soy-based inks on 100% recycled stock.

**On the Cover**  
Renowned NYC-based photographer Aaron Zebrook ([aaronzebrook.com](http://aaronzebrook.com)) visited Western North Carolina last summer for our annual Farm Tour. It was during the tour, while visiting Wild Mountain Apiaries in Marshall, that he captured the buzz worthy photo we chose for this year's cover! Wild Mountain Apiaries' owner, Jon Christie, and our region's nearly 100 beekeepers certainly deserve the spotlight; they produce the best-tasting honey available. Find an index of local honey producers on page 94.

Did you know that honey is a forest product? Flowers from forest trees are an important source of nectar for our local honeybees. Learn more about forests' role in providing distinctive local foods on page 94. You can also search specifically for forest products at our online *Local Food Guide*, [appalachiangrown.org/forest\\_products](http://appalachiangrown.org/forest_products).

306 W. Haywood St., Asheville, NC 28801 [www.asapconnections.org](http://www.asapconnections.org)




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THE *Kesler* COLLECTION

Red Stag Grill and The Grand Bohemian Hotel Asheville support the Growing Minds Program and Asheville's agricultural industry. Executive Chef Adam Hayes carefully crafts Red Stag Grill's menu with inspiration from seasonal menu items that support local agriculture.

Stop by and indulge in our locally-inspired menu.

**GRAND BOHEMIAN HOTEL**  
ASHEVILLE

11 Boston Way • Asheville • 828.505.2949  
grandbohemianasheville.com

## Local Goes Social

Last year's guide was our 10th edition. With ASAP and the guide entering a new decade, we took to Facebook and Twitter to ask: **What is your hope for the local food landscape over the next 10 years?**

Rose Mountain Farm in Lansing, NC, kicked off the comments:

**"Small farms feeding families forever."**

Find more locals' local food hopes, big and small, scattered throughout the pages of this guide. Didn't get a chance to share your wishes? You still can via Facebook, Twitter, or email to [maggie@asapconnections.org](mailto:maggie@asapconnections.org)!

Follow us on Facebook,  
Twitter, and YouTube



@asapconnections



/asapconnections



AppGrown

## Get in the Guide

Are you a farmer looking to reach new markets? A restaurant or grocer seeking customers who value your commitment to buying from local farms? ASAP's *Local Food Guide* will help you find customers and suppliers! To get in the guide, visit [appalachiangrown.org/guide](http://appalachiangrown.org/guide). Our online guide is updated regularly while this printed version is created and released every spring.

## Photography

ASAP thanks the following photographers for their contributions to this publication:

- Aaron Zebrook (cover, 35, 66, 95, 101)
- Melinda Stuart (24, 94, 98)
- Allison Morgan (80)
- Camilla Calnan (47)
- Catherine Vibert (103)

## About the Guide

If you're looking for a go-to resource to help you find and connect with local food, you've come to the right place! Every year, ASAP collects detailed information about area farms and the businesses that support them to bring you this *Local Food Guide*. Browse the listings to learn where to find local veggies, fruits, meats, cheeses, plants, and more. Also find articles to learn more about ASAP's work and the ways you can engage with us and the local food community.

What is local food? ASAP defines local through our Appalachian Grown branding and certification program; find a list of eligible counties—those within roughly 100 miles of Asheville—on page 7 and read more about the program on page 44. But, we recognize that only you can define local for yourself. That's why, while the focus of our program and this guide is Western North Carolina, we also include counties in Georgia, South Carolina, Tennessee, and Virginia. In the Southern Appalachians, our nearest neighbor might just be across state lines! Find even more listings from these states in our online guide at [appalachiangrown.org](http://appalachiangrown.org).

Find Local Food All Over the Map...and Online!.....	7
Markets in WNC No Longer Cash Only.....	13
Get Local.....	16
Locally Grown and Growing—Tailgate Trends to Watch.....	19
CSA Trends and Terms: What Does it All Mean? .....	24
Appalachian Grown: Certified Local.....	44
Chefs Earn Extra Credit.....	48
2 Days, 35+ Farms, Countless Possibilities .....	52
Mix It Up.....	74
Local Food Guide...for KIDS!.....	86
Local Cheese, Please .....	103
From ASAP's Executive Director.....	108

**FROM HERE**  
*Thousands of miles fresher!*

Join ASAP in an ongoing conversation about local food FROM HERE in the Southern Appalachians.



- what's fresh at tailgates
- recipes
- local food events
- classifieds
- and more!

## Contributing Sponsors



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## Asheville Regional Airport

## Help Make the Local Food Guide Possible

ASAP produces this free guide so you can learn more about local food. This is just one part of ASAP's commitment to reconnect people to the way that food is grown and to the farmers who are growing it. As a nonprofit organization, ASAP relies on the generosity of supporters like you to promote fresh food and local farms, preserve rural land and culture, and build a local food system for the future.

To make a secure online donation, visit [asapconnections.org](http://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](mailto:scott@asapconnections.org) or 828-236-1282 ext. 104. All donations are tax-deductible.



## Respect for the land is our century-old heritage

In the 1890s, George Vanderbilt brought the best minds of his time to Asheville with the mission of restoring the over-worked land's beauty and bounty. The results reinforced his legendary hospitality: deliciously fresh foods 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. It's the same thinking that inspired our Field to Table program, where estate vineyards yield juicy grapes, Black Angus cattle and lambs roam our pastures, and gardens give up their bounty to our chefs. An essential part of this program is partnerships with local growers and artisanal producers to expand the regional foods we offer and to support the growth of Appalachian agriculture.

Discover our legacy of home-grown goodness at [biltmore.com/fieldtotable](http://biltmore.com/fieldtotable).



## Find Local Food All Over the Map... and Online!

On paper, our region looks like simple lines, shapes, and colors. In person, it's much more dynamic thanks to the farms that define its landscape and the farmers who continue the Southern Appalachian's rich agricultural heritage today.

That's what this guide is all about. It's the resource to help you get out and experience our rural landscape and shop for the truly local foods from here.

Before you begin, check out these tips to help better navigate the hundreds of farms and businesses that bring local food to all corners of the map:

### Start Your Search

Each section in the guide is meant to be a quick reference. While the listings are alphabetical, you'll also find sections grouped by region. As you navigate these pages, reference the map above.

### Go Online

Wish the map was more interactive or that you could search the listings by keyword, product, or city? You can! Find all the information from this printed guide and more online at [appalachiangrown.org](http://appalachiangrown.org). Also find tips for navigating the online guide printed in every section.

### Click and Connect

When you're online, be sure to click on the Trip Planner tab at the top of the screen. There, you can take your search one step further. Want to find a farm stand on your route home from work or near your B&B? Select the tailgate markets or businesses you're curious about, enter your starting and/or ending point, and your local food and farm experience will be mapped for you with directions ready to be printed.

What are you waiting for? Turn the page and start your search for local food!

### Counties in ASAP's Appalachian Grown Region

#### SMOKY MOUNTAINS, NC

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

#### SOUTHERN MOUNTAINS, NC

Henderson, Polk, Transylvania

#### CENTRAL MOUNTAINS, NC

Buncombe, Madison, Yancey

#### FOOTHILLS, NC

Burke, Caldwell, McDowell, Rutherford

#### HIGH COUNTRY, NC

Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes

#### GEORGIA

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

#### SOUTH CAROLINA

Anderson, Cherokee, Greenville, Oconee, Pickens, and Spartanburg

#### TENNESSEE

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

#### VIRGINIA

Carroll, Grayson, Scott, Smyth, Washington, Wythe

**F**armers tailgate markets are the perfect community experience: a chance to talk with farmers, meet neighbors, try new foods, enjoy live music, and more. Luckily, the Southern Appalachians are home to 90!

Tailgate market season runs April through November. However, nearly every county holds special holiday markets in November and December, and many remain open indoors during the winter months. At holiday and winter markets, look for apples, fall root veggies and greens, meats and cheeses, wreaths and Christmas trees, baked goods, and locally made gifts—from handmade crafts to clothing.

Find out what's fresh at area tailgate markets through weekly updates on ASAP's community website fromhere.org and via its weekly e-newsletter, as well as from local media outlets.



The tailgate markets in these pages are listed by region. Reference the map on page 7.



**Andrews Farmers Market, Macon Co.**  
Join us for fun, music, and community produce every Sat. morning until noon (or when we sell out, which happens every week).  
Sat., 8 am-noon  
First St. in Andrews, NC, 20 minutes west of Nantahala Gorge. • 828-321-5960

**Canton Tailgate Market, Haywood Co.**  
Locally grown fruits, vegetables, flowers,

plants, and honey from Haywood Co. farmers.

Tue., Sat., 7 am-noon; Thu., 4-7 pm  
Town hall in the municipal parking lot on Park St. • 828-235-2760  
www.cantonnc.com  
dholcombe@canton.nc.net

**Cashiers Tailgate Market, Jackson Co.**  
Local farmers market in its fourth year. Organic local vegetables and fruits, fresh baked goods, jellies, eggs, meat, cheese, honey, and more.

Sat., 9 am-noon  
Parking lot of Cashiers Community Center on Hwy. 107 between Cashiers and Highlands. • 828-743-5106  
www.blueridgefarmersco-op.com  
bearfootgrandonna@yahoo.com

**Cedar Valley Farmers Market, Cherokee Co.**  
Only local produce and crafts such as wood-turned bowls, pottery, fiber arts, soaps, jams, jellies, and boiled peanuts. Kids' activities and live music. Market opens first Sat. in Apr. and goes until last Sat. in Oct.

Sat., 10 am-2 pm  
On the square in Historic Murphy.  
cedarvalleyfarmersmarket@gmail.com

**Franklin Tailgate Market, Macon Co.**  
Purchase delicious fresh fruits, vegetables and herbs, beautiful cut flowers and plants, free range eggs, handmade cheeses, baked goods, fresh trout, and exquisite honey.

Sat., 8 am-noon  
North side of the 200 block of East Palmer St., in the parking lot next to Town Hill Clothing, Franklin.  
blueribboneggs@gmail.com

**Graham County Farmers Market**  
The Graham County Farmers Market sells goods that are homegrown or homemade. A wide array of local fruits, vegetables, and plants are available May-Oct.

Sat., 8:30 am-noon  
Parking lot of the Graham County Body Shop, 719 Tallulah Rd. in Robbinsville.  
828-479-8788 • www.smnpa.org  
bwrc@earthlink.net

**Haywood's Historic Farmers Market, Haywood Co.**  
Producer-only market offering produce, herbs, plants, baked goods, meat, eggs, cheese, preserves, pottery, furniture, wood products, soap, and candles. NC seafood delivered semiweekly. Monthly demonstrations and events, local musicians each Sat.

Wed., Sat., 8 am-noon  
In Waynesville at the HART Theater/Shelton House (Museum of NC Handicrafts) parking lot at 250 Pigeon St. /Hwy. 276S.  
828-550-4748  
www.waynesvillefarmersmarket.com  
haywoodfarmersmarket@gmail.com

**Jackson County Farmers Market**  
Apr.-Oct., a producer-only market featuring locally grown produce, products, and crafts. Winter market Nov.-Mar. with vegetables, meats, jams, crafts, herbal products, baked goods, and more.

Sat., 9 am-noon  
Summer: Municipal parking lot next to Bridge Park, Sylva. Winter: St. John's Episcopal Church, Sylva. • 828-631-3033  
jennywm@buncombe.main.nc.us

**Mountain Valley Farmers Market, Clay Co.**  
Local farmers and growers come together every Sat. morning with fresh seasonal produce, herbs, soap, plants, honey, salsa, jelly, jam, flowers, homemade baked goods, and other homegrown and handcrafted items.

Sat., 8 am-noon  
Old Courthouse Square downtown Hayesville. • 828-389-3022  
clayjoan@frontier.com

**Stecoah Tailgate Market, Graham Co.**  
Located at the Stecoah Valley Cultural Arts Center, a nonprofit organization dedicated to preservation and promotion of Southern Appalachian mountain culture. Market provides produce, eggs, baked goods, jams and jellies, plants, and more.

Wed., 8-11 am  
Grounds of the Stecoah Valley Cultural Arts Center, Stecoah (Robbinsville). • 828-479-3364  
www.stecoahvalleycenter.com  
kate@stecoahvalleycenter.com

**Swain County Farmers Market**  
Organic and sustainable produce, plants, herbs, trout, quail, rabbit, chicken, and honey. Artisan crafts include jewelry, quilts, pottery, photographs, gourds, and more. May 4 through the last Fri. in Oct.

Fri., 9 am-1 pm  
Parking lot behind the old courthouse off Main St; I-40 to exit 67 (Bryson City), market is on the left (corner of Main and Everett), Bryson City. • 828-488-3848  
christine\_bredenkamp@ncsu.edu

**Waynesville Tailgate Market, Haywood Co.**  
Waynesville's longest running tailgate market. We're starting our 28th year with a lifetime of farming and gardening experience. Seasonal fresh fruits and vegetables, plants, herbs, cut flowers, honey, and nursery stock.

Wed., Sat., 8 am-noon  
American Legion, off S. Main St. (behind Bogart's), Waynesville. • 828-648-6323  
ncnannyandpapaw@gmail.com

**SOUTHERN MOUNTAINS**

**Columbus Tailgate Market, Polk Co.**  
Wide variety of locally grown, seasonal fresh fruits and produce. Also available are eggs, honey, cut flowers, ornamentals, and handmade crafts.

Sat., 8-11:30 am  
Courthouse St. in front of the historic Polk County Courthouse, Columbus.  
828-894-2281 • www.polkcountyfarms.org  
lsprague@polknc.org

**Flat Rock Tailgate Market, Henderson Co.**  
Predominantly organic, chemical-free, and/or sustainable local and regional produce. Seafood, grassfed beef, pork, lamb, heritage chickens, baked goods, handcrafted cheese, herbs, flowers, bedding plants, fruits, mushrooms, jams, and prepared foods.

Thu., 3-6 pm  
Parking area behind Hand in Hand Gallery in Flat Rock on Greenville Hwy. (225 S.), just south of the Flat Rock Play House.  
828-698-8775 • theglassylady@bellsouth.net

**Green Creek Tailgate Market, Polk Co.**  
A source of fresh fruits and vegetables, local meat, plants, baked goods, and crafts.

Tue., 5-7 pm  
Shopping center at Rte. 9 and Sandy Plains Rd., Green Creek. • 828-894-2281  
www.polkcountyfarms.org  
lsprague@polknc.org

**Henderson County Curb Market**  
A co-op of 100 families selling plants, dried flowers, jams, local fruits, vegetables, cut flowers, fresh baked breads, cakes, candy, soap, and folk crafts. All items are homemade, handmade, and produced in Henderson Co.

Tue., Thu., Sat., 8 am-2 pm  
Church St. (US 25 S.), directly across from the old Hendersonville courthouse.  
828-692-8012 • www.curbmarket.com  
curbmarket@bellsouth.net

“Farmers feeding the country AND making a living at it!”  
—Linda, Crouse, NC

**Kid Fun!**  
Saturday mornings at

**KIDS CORNER MARKET**

June 4-August 27, 9 am-12 noon

Make a local food smoothie with bicycle power, learn about pollinators and bees, and get active with fun games, hula hooping and more!

asapconnections.org/kidsactivitiesatacm.html

**Henderson County Tailgate Market**

One of the oldest open air markets in Western NC. Trees, native plants, and shrubs. Fruits, vegetables, herbs, plants, eggs, fresh baked goods, and locally raised meats. Open early spring to late fall. Handicap accessible.

Sat., 7 am-noon  
 Parking lot at 100 N. King St. (between First and Second Ave.), Hendersonville.  
 828-551-9330  
[www.hendersoncountytailgatemarket.com](http://www.hendersoncountytailgatemarket.com)  
[hendersoncountytailgatemarket@gmail.com](mailto:hendersoncountytailgatemarket@gmail.com)

**Mills River Farmers Market**

Henderson Co.  
 Local farmers, growers, and crafters come together on Sat. mornings with a variety of fresh local produce, honey, cheeses, eggs, meats, jams, and jellies. Kids' activities and live music. May-Oct.

Sat., 8 am-noon  
 Directly off NC 280 in the G&B Energy Plaza in Mills River. • 828-890-4105  
[millsriverfarm@gmail.com](mailto:millsriverfarm@gmail.com)

**Saluda Tailgate Market, Polk Co.**

A source of fresh fruits, vegetables, local meat, plants, and baked goods all from Henderson and Polk counties.

Fri., 4:30-6:30 pm  
 Irving St. at the west end of the city municipal parking lot, Saluda. • 828-749-9365  
[sldekay@tds.net](mailto:sldekay@tds.net)

**Transylvania Tailgate Market**

Transylvania Co.  
 Certified organic, natural, and conventionally grown vegetables, fruits, herbs, meats, eggs, cheeses, honey, and more. Plants, shrubs, cut flowers, baked goods, locally roasted coffee, jams, pickled items, and arts and crafts.

Sat., 8 am-12:30 pm  
 Parking lot behind Comporium (corner of Jordan and Johnson streets), Brevard  
 828-877-3796 • [mclance@citcom.net](mailto:mclance@citcom.net)

**Tryon Tailgate Market, Polk Co.**

A source of fresh fruits and vegetables, local meat, plants, baked goods, and crafts.

Thu., 4-6:30 pm  
 McCowan St. in Tryon. • 828-894-2281  
[www.polkcountyfarms.org](http://www.polkcountyfarms.org)  
[lsprague@polknc.org](mailto:lsprague@polknc.org)

**CENTRAL MOUNTAINS**

**Asheville City Market, Buncombe Co.**

Downtown's producer-only market with fresh produce, local eggs, meats, farm-raised trout, wild salmon, fresh baked goods, handmade pasta, gourmet cheeses, honey, preserves, flowers, natural body care products, and artisan crafts.

Sat., 8 am-1 pm  
 Public Works Building parking lot (161 S. Charlotte St.). • 828-348-0340

[www.asapconnections.org/citymarket.html](http://www.asapconnections.org/citymarket.html)  
[mike@asapconnections.org](mailto:mike@asapconnections.org)

**Asheville City Market - South**

Buncombe Co.  
 Producer-only market featuring produce, grassfed beef, pastured pork, free range chicken, pastries, farmstead cheeses, handmade pasta, fruit butters, preserves, natural body care products, artisan arts and crafts, nursery plants, herbs, and cut flowers.

Wed., 2-6 pm  
 Town Square Blvd. in the center of Biltmore Park Town Square; I-26 exit Long Shoals Rd. in South Asheville. • 828-348-0340  
[www.asapconnections.org/citymarket.html](http://www.asapconnections.org/citymarket.html)  
[mike@asapconnections.org](mailto:mike@asapconnections.org)

**Big Ivy Tailgate Market, Buncombe Co.**

Growers offer poultry, eggs, grassfed beef, lamb, fresh vegetables, herbs, baked goods, mushrooms, fresh-roasted coffee beans and brewed coffee, jams, jellies, handcrafted soaps, crafts, fiber arts, special events, and more.

Sat., 9 am-noon  
 Parking lot of the old Barnardsville fire station (across from the post office, Hwy. 197).  
 828-626-2624 • [hhrumpf@gmail.com](mailto:hhrumpf@gmail.com)

**Black Mountain Tailgate Market**

Buncombe Co.  
 Sat. morning community event featuring organic and sustainably grown produce, plants, cut flowers, herbs, locally raised meats, seafood, breads, pastries, cheeses, eggs, and local arts and handcrafted items. Market runs May-Oct.

Sat., 9 am-noon  
 Behind First Baptist Church in Black Mountain at 130 Montreat Rd.  
 828-669-8722  
[www.blackmountaintailgatemarket.org](http://www.blackmountaintailgatemarket.org)  
[info@blackmountaintailgatemarket.org](mailto:info@blackmountaintailgatemarket.org)

**East Asheville Tailgate Market**

Buncombe Co.  
 An array of fresh, locally grown produce, eggs, meats, honey, jams, baked goods, handmade crafts, and jewelry.

Fri., 3-6 pm  
 Upper parking lot at Groce Methodist Church on Tunnel Rd. in East Asheville.  
[betsy@slabcreek.org](mailto:betsy@slabcreek.org)

**French Broad Food Co-op Wednesday Tailgate Market, Buncombe Co.**

A Wed. afternoon institution in downtown Asheville for more than 11 years.

Offering produce, breads, flowers, meats, and cheeses.

Wed., 2-6 pm  
 Parking lot of Build It Naturally (next to French Broad Food Co-op) downtown on Biltmore Ave. in Asheville. • 828-255-7650  
 On Facebook at Wednesday Co-op Tailgate marketing@frenchbroadfood.coop

**The Holiday Bazaar, Buncombe Co.**

Support local farmers and artisans in every season. Open first three Saturdays in Dec. You can make holiday meals from the best local ingredients even in winter. Also available are local gifts and decorations.

Sat., 11 am-3 pm  
 Lower parking lot of Asheville Chamber of Commerce Visitor Center at 36 Montford Ave., Asheville. • 828-683-1607  
[natmholidaybazaar@gmail.com](mailto:natmholidaybazaar@gmail.com)

**Leicester Farmers Market, Buncombe Co.**

A variety of locally grown and produced products and crafts. Our vendors strive to produce their products in a sustainable, natural manner using natural and organic principles.

**From the Fisherman to You.**

Special Price for Bulk Orders!

Available at Asheville tailgate markets Oct. - Dec.

Check out website to find a Buying Club near you.

[www.thewildsalmonco.com](http://www.thewildsalmonco.com)  
 Call Heidi at: 828.216.2565



**WILD SALMON CO**

Fri., 4-7 pm; Sat., 9 am-2 pm  
 Parking lot of Leicester Landing shopping center at 338 Leicester Rd. (behind Zaxby's).  
 828-284-3421 • [leicesterfarmersmarket.com](http://leicesterfarmersmarket.com)  
[leicesterfarmersmarket@yahoo.com](mailto:leicesterfarmersmarket@yahoo.com)

**Madison County Farmers & Artisans Market**

Fresh local produce, garden and landscape plants, farmstead cheeses, meats, eggs, baked goods, jams, honey, sorghum molasses, and crafts. Open Apr.-Oct. Now accepting EBT/debit/credit cards. Visit website to sign up for weekly updates.

Sat., 9 am-1 pm  
 Across from the tennis courts on the Mars Hill College campus, Mars Hill.  
[www.marshillmarket.org](http://www.marshillmarket.org)  
[marshillmarket@yahoo.com](mailto:marshillmarket@yahoo.com)

**Madison County Indoor Winter Market**

Keep buying local through winter at our indoor market. Meats, vegetables, cheese, gifts, and crafts. Held on the second and fourth Sat. of each month in Jan.- Mar.

Sat., 10 am-2 pm  
 Madison County Cooperative Extension office in Marshall. • 828-712-6225  
[lettuceman2@yahoo.com](mailto:lettuceman2@yahoo.com)

**Montford Farmers Market**

Buncombe Co.  
 Come shop for the best selection of local fruits, vegetables, breads, pastries, jams, herbs, meats, cheeses, eggs, flowers, cornmeal, grits, fresh NC seafood, plants, crafts, and local beer. Weekly live music, friends, and fun.

Wed., 2-6 pm  
 Lower parking lot of Asheville Chamber of Commerce Visitor Center at 36 Montford Ave., Asheville. • 828-649-2792  
 On Facebook at Montford-Farmers-Market  
[montfordfarmersmarket@gmail.com](mailto:montfordfarmersmarket@gmail.com)

**North Asheville Tailgate Market**

Buncombe Co.  
 An incredible local food experience. The area's oldest producer-only market offering a wide variety of produce, fruits, flowers, meats, baked goods, cheeses, and more. Now accepting EBT/ debit/credit cards.

Sat., 8 am-noon  
 UNC-Asheville (UNCA) campus, commuter lot #C. From WT Weaver Blvd. traffic circle market is first lot on the right; follow yellow signs for additional parking. • 828-776-6286  
[www.northashevilletailgatemarket.org](http://www.northashevilletailgatemarket.org)  
[contact@northashevilletailgatemarket.org](mailto:contact@northashevilletailgatemarket.org)

**Sundays on the Island, Madison Co.**  
 Located on Marshall's beautiful shaded island in the middle of the French Broad River. Wide variety of produce, eggs, goat cheese, natural meat, honey, mushrooms, bread, pastries, potted plants, flowers, beverages, live music, and arts and crafts.  
*Sun., noon-4 pm*  
 Cross the river at the courthouse on Main St. in downtown Marshall, turn right onto the island. • 828-775-8844  
 steverice@hotmail.com

**Third Thursday Greenlife Market Buncombe Co.**  
 Come celebrate local at the Third Thursday Market. Craft vendors, local produce, product samples, and local music featured each month. Apr. 19, May 17, Jun. 21, Jul. 19, Aug. 16, and Sep. 20.  
*Thu., 2-6 pm*  
 In front of Greenlife (70 Merrimon Ave.), Asheville. • 828-254-5440  
 nicole.white@wholefoods.com

**Weaverville Tailgate Market Buncombe Co.**  
 Fresh locally grown produce, farm-raised beef, pork, chicken, lamb, eggs,

farmstead cheeses, savory baked goods, jams, jellies, seafood, and garden and landscaping plants. Apr.-Oct. Visit website for weekly updates.  
*Wed., 2:30-6:30 pm*  
 Behind the yellow Community Center overlooking Lake Louise (on Weaverville Hwy. just south of downtown).  
 www.weavervilletailgate.org  
 weavervillemarket@yahoo.com

**West Asheville Tailgate Market Buncombe Co.**  
 Vendors' tables overflow with an array of vegetables, flowers, fruits, eggs, cheeses, meats, baked goods, fish, herbs, and mushrooms. Other offerings include plant starts, soaps, prepared foods, and more. Now accepting EBT.  
*Tue., 3:30-6:30 pm*  
 718 Haywood Rd., in the parking area between Grace Baptist Church and Sun Trust Bank. • 828-216-8102  
 www.westashevilletailgatemarket.com  
 westashevilletailgate@gmail.com

**WNC Farmers Market-NC Farmers Area, Buncombe Co.**  
 Located on 36 acres overlooking

the beautiful Blue Ridge Mountains and Biltmore Estate. Open May to Oct., the NC Farmers Area is full of local, in-season produce and plants.  
*Daily, 8 am-6 pm*  
 Brevard Rd. at I-40, Asheville.  
 828-253-1691 • www.wncfarmersmarket.org  
 doug.sutton@ncagr.gov

**Yancey County Farmers Market**  
 A source of high quality, fresh, farm-produced and farm-related products. Everything is locally grown/prepared, mostly from farms using natural and organic techniques.  
*Sat., 8:30 am-12:30 pm*  
 South Main St. at US 19E in Burnsville at the Burnsville Town Center. • 828-682-0601  
 djfleck@frontier.com

**FOOTHILLS**  
**Burke County Farmers Market at Valdese**  
 Locally grown, harvested-fresh produce along with fresh-baked local goods. Also offering local honey, jams, and jellies.  
*Wed., 8 am-noon; Fri., 2-5 pm*  
 Faet St., Valdese. • 828-879-2129  
 www.visitvaldese.com

**Caldwell County Tailgate Market**  
 Wide variety of locally grown fresh fruits and produce in season, along with baked goods and crafts.

*Sat., 6 am-noon*  
 Caldwell Co. main library, Lenoir.  
 828-221-0223

**Connelly Springs Farmers Market Burke Co.**  
 Offering customers an array of locally grown produce, eggs, honey, and mushrooms.  
*Mon., 8 am-noon*  
 Front parking lot of town hall in Connelly Springs. • 828-448-1495  
 www.ci.connelly-springs.nc.us  
 ksigmon@ci.connelly-springs.nc.us

**Hildebran Farmers Market, Burke Co.**  
 A diverse selection of locally grown foods along with handmade crafts.  
*Tue., Sat., 8 am-1 pm*  
 Parking lot of Hildebran Town Hall.  
 828-397-5801  
 farmersmarket@hildebrannnc.org

**Historic Marion Tailgate Market McDowell Co.**  
 Local grower market with easy, accessible parking. Vegetables, fruits, eggs, hormone-free meats, plants, mushrooms, flowers, goat cheese, and baked goods. Tue. market runs May-Oct., Sat. market runs Jul.-Aug.  
*Tue., 3-6 pm; Sat., 9-noon*  
 One block from Main St. in the municipal parking lot under city-owned shelter.  
 828-652-2215 • www.hometownmarion.com  
 freddiek@frontier.com

## Markets in WNC No Longer Cash Only

You can now purchase local food at some farmers tailgate markets in the same convenient way you can at the grocery store. Simply bring your debit, credit, or EBT (food stamp benefits) card to market, and a friendly vendor or manager will swipe the amount you request and give you the equal value in wooden tokens to spend at vendor booths. Then, just shop!

Farmers, like the rest of us, are also using more handheld devices and may even be able to swipe your credit card on their smartphone. Some markets also accept WIC and Senior Farmers Market Nutrition Program coupons. Not sure what your market offers? Ask for the manager; they'll be happy to tell you.



This year, West Asheville Tailgate Market, North Asheville Tailgate Market, and Jackson County Farmers Market will be newly swiping plastic. Four markets in Polk County launched an EBT program last year.

In 2011, Asheville City Market led all NC markets in food stamp use. In addition, thousands of dollars of customer purchases were made using credit cards. It's a connection that's great for the farmer and great for card-carrying market shoppers, too.

**WEST ASHEVILLE TAILGATE MARKET**

**NOW ACCEPTING EBT AND CREDIT TUESDAYS**  
**3:30 - 6:30 PM**  
 718 HAYWOOD RD APRIL - NOVEMBER  
 www.westashevilletailgatemarket.com

**Black Mountain Tailgate Market**

**Saturdays 9 to noon**

130 Montreat Rd. Black Mountain

**WEAVERVILLE TAILGATE MARKET**

**Wednesdays 2:30 - 6:30**  
 behind the community center at Lake Louise  
 Weavervilletailgate.org

**MADISON COUNTY FARMERS & ARTISANS MARKET**  
 MARS HILL, NORTH CAROLINA

**Saturdays 9 am-1 pm**  
 April thru October

Across from the tennis courts on the Mars Hill College campus

**www.marshillmarket.org**



**Morganton Farmers Market, Burke Co.**  
Fruits, vegetables, homemade desserts, organic meat, eggs, goat cheese, cut flowers, handmade crafts, and baked goods from local farms. Look for specialty mushrooms and seasonal fruit and vegetable tarts.

Wed., 2-6 pm; Sat., 8 am-noon  
Wed. location: 111 N. Green St.; Sat. location: just behind Geppetto's Pizza on Beach St. in downtown. • 828-438-5252  
www.downtownmorganton.com  
sharonj@downtownmorganton.com

**Rutherford County Farmers Market**  
Wide variety of locally grown fresh and seasonal fruits, herbs, and vegetables.

Tue., Fri., 7 am-noon  
260 Fairgrounds Rd., Spindale.  
828-287-6080 • jan\_mcguinn@ncsu.edu

**Sawmills Farmers Market, Caldwell Co.**  
Large variety of fresh locally grown produce, handmade crafts, jellies, jams, honey, plants, flowers, and live music.

First and third Tue. each month, 3-7 pm  
Hwy. 321A in Sawmills (across from the Sawmills Fire Department). • 828-426-8506  
sawmillsfarmersmarket@gmail.com

**Tri-City Tailgate Farmers Market**  
Rutherford Co.

A growers-only market offering fresh produce, meats, eggs, artisan breads, jams, homemade soaps, and more.

Sat., 8 am-noon  
Tri-City Mall beside Retro Cinema, Forest City. • On Facebook at Tri City Tailgate  
prezsfga@gmail.com



**Alleghany County Farmers Market**  
Locally grown produce, food items, plants, jams, jellies, honey, baked goods, cider, molasses, syrup, and herb vinegars. Sat. market opens May 12, Thu. market opens in June.

Thu., 4:30-6:30 pm; Sat., 8 am-1 pm  
Crouse Park in Sparta. • 336-372-5597  
teresa\_herman@ncsu.edu

**Ashe County Farmers Market**  
Homegrown and handmade in Ashe Co., the market offers a variety of fresh produce, meat, cheese, and crafts. Sat. market opens Apr. 14, Wed. market opens Jul. 11. Holiday markets are Nov. 17, 23, 24, and Dec. 1.

Wed., Sat., 8 am-1 pm  
On Backstreet (formerly Second Ave.) parallel to the main shopping district of West Jefferson. • 336-877-4141  
www.ashefarmersmarket.com  
info@ashefarmersmarket.com

**Avery County Farmers Market**  
A cooperative of area farmers that produce organic and conventionally grown fruits and vegetables, jams,

jellies, breads, herbal products, crafts, maple syrup, fresh eggs, potting plants, ornamentals, seedlings, and more.

Sat., 9 am-noon  
Linville St. between CVS and the Avery Co. administration building, Newland.  
828-733-8274

**Bakersville Farmers Market, Mitchell Co.**  
Locally grown fruits and vegetables using conventional or alternative practices. The market offers mushrooms, rabbit meat, grassfed beef, jams, honey, baked goods, artisan breads, free range eggs, herbs, plant starts, flowers, candles, and artisan crafts.

Sat., 8 am-noon  
Bakersville Community Medical Clinic parking lot (opposite the U.S. Post Office), Bakersville. • 828-688-6131  
hartyfarm4@msn.com

**Banner Elk Farmers Market, Avery Co.**  
A group of area farmers offering freshly grown organic and conventional fruits, vegetables, fresh bread, homemade jams, jellies, herbal products, crafts, maple syrup, fresh eggs, ornamentals, and seedlings.

Thu., 5-7 pm  
Tate Lawn on the campus of Lees McCrae College. • 828-733-8274

**Blowing Rock Farmers Market**  
Watauga Co.  
The finest in fresh fruits, veggies, whole foods, and meats from local farmers.

Get your holiday treats at special holiday markets in Nov. and Dec.

Thu., 4-6 pm  
Wallingford St., between Memorial Park and the American Legion. Ample parking.  
828-295-9861  
www.blowingrock.com/farmersmarket.htm  
dell@blowingrockrealty.com

**Freedom Farmers Market, Watauga Co.**  
Regional vendors selling fresh vegetables, fruit, flowers, vegetable plants, perennials, herbs, eggs, pasta, baked goods, and crafts. Local entertainment appears throughout the season. Producer-only market. Stop by and see what's fresh, fun, and local!

Sun., 11 am-4 pm  
Parking lot of Earth Fare in Boone.  
423-768-3167 • appshed@mac.com

**Lansing Farmers Market, Ashe Co.**  
All agricultural products from growers in Ashe and adjoining counties.

Thu., 1-6 pm  
Grassy field behind the fire department under the big tent. • 336-977-2535  
www.explorelansingnc.com  
rosemountainfarm@gmail.com

**Spruce Pine Farmers Market, Mitchell Co.**  
Vendors from Avery, Mitchell, and Yancey counties. Organic and naturally grown produce. Eggs, artisan breads, baked goods, honey, jams, goat cheeses, mushrooms, rabbit, grassfed beef, artisan crafts, notecards, dreamcatchers, magnets, and beeswax candles.

Wed., 2-5 pm  
On Pollyanna's Porch (next to Wildflowers), Upper St., Spruce Pine. • 828-688-6131  
hartyfarm4@msn.com

**Valle Crucis Farmers Market at Mast General Store, Watauga Co.**  
Offering flowers and plants, canned goods, vegetables, meat, baked goods, and crafts from May-Aug.

Wed., 2-6 pm  
Behind the original Mast General Store.  
828-963-6511 • sheri@mastgeneralstore.com

**Watauga County Farmers Market**  
Sat. market runs May-Oct., Wed. market runs Jun.-Sep. The market features up to 85 vendors offering quality local produce, plants, flowers, home baked goods, meat, cheese, and handmade crafts.

Wed., Sat., 8 am-noon.  
At the Horn in the west parking lot, Boone.  
828-355-4918  
www.wataugacountyfarmersmarket.org  
info@wataugacountyfarmersmarket.org

**Wilkes County Farmers Market**  
We're a market of local growers who pride ourselves on growing quality produce. The market also offers crafts, baked goods, herbs, honey, and more.

Tue., 3-5:30 pm.; Sat., 7:30-11 am  
Smoot Park in North Wilkesboro.  
336-651-7333 • william\_hanlin@ncsu.edu

**Wilkesboro Open Air Market, Wilkes Co.**  
A comfortable location for consumers, farmers, and artisans to buy and sell "fresh from the farm" produce and handcrafted products. Come for the freshness, stay for the fun!

Fri., 4-8 pm  
West Main St., beside Steam Systems and across from the 50's Snack Bar.  
336-838-3951 • On Facebook at Wilkesboro Open Air Market  
planning@wilkesboronorthcarolina.com

**GEORGIA**

**Dahlonega Farmers Market**  
Lumpkin Co.  
Shop the market for vegetables, fruits, honeys, herbs, flowers, and plants. Every Sat. (except Oct. 20)  
May 5-Oct. 27.

Sat., 8 am-1 pm  
Intersection W. Main and Waters St. (across from the Holly Theater), downtown. 706-482-2707 • www.dahlongegadda.org  
rebeccashirley@dahlongegadda.org

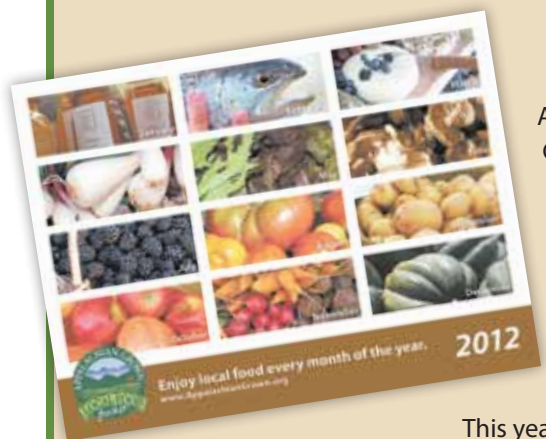


The markets in these pages are listed by region. Reference the map on page 7.

**fbfc**  
**Wednesday**  
**Tailgate Market**  
April - November  
Wednesdays 2-6 pm  
76 Biltmore Avenue  
at the Co-op  
find us on facebook

**Montford Farmers Market**  
Wednesdays • June - November • 2 - 6 pm  
36 Montford Avenue  
(in the Chamber of Commerce parking lot)

Farmer Jane Soap	Viable Cultures	Empanada Lady	Dave's Honey
Ten Mile Farm	Dave the Fish Guy	Gaining Ground Farm	Sweetheart Bakery
East Fork Farm	Let It Grow	Spinning Spider	Full Sun Farm
Blue Ribbon Farm	Wake Robin Bakery	Green Toe Ground Farm	Blue Hill Farm
Firefly Farm	Farm & Sparrow		Flying Cloud Farm



## Get Local

get Local

A year-round component of ASAP's Local Food Campaign, Get Local brings together farmers, chefs, and community members in celebration of a featured local ingredient each month. The featured foods are chosen because of their abundance at farmers tailgate markets, groceries, and roadside farm stands during their time in the spotlight. Because each local item is widely available during the month, participating restaurants and eateries can easily find and use the ingredient to create unique seasonal dishes. And, everyone can try out their own recipes at home.

This year's Get Local calendar highlights new foods, including some from our forests.

To learn more about forest products, turn to page 94. To learn more about the initiative, including upcoming special Get Local events, visit [fromhere.org](http://fromhere.org) or [asapconnections.org](http://asapconnections.org) and click 'Get Local.' There, you'll also find a Get Local schools calendar. Area schools participate in the Get Local program by highlighting local ingredients on their cafeteria menus. To learn more about ASAP's Farm to School work, flip to page 86 and visit the newly re-designed [growing-minds.org](http://growing-minds.org).

**Lavonia Farmers Market, Franklin Co.**  
Everything is locally grown. Open Apr.-Oct. Check in about our holiday market after October!

Wed., Sat., 7-11 am  
E. Main St. (across from the gazebo), downtown. • 706-356-1926  
[lavoniadda@windstream.net](mailto:lavoniadda@windstream.net)

**Simply Homegrown: A Farmers Market Rabun Co.**  
Offering our many loyal customers all locally grown produce and value-added goods. Opens May 5 and closes Nov. 17 for the 2012 season.

Sat., 9 am-2 pm  
In front of the new city hall on Hwy. 76, Clayton. • [simplyhomegrown.org](http://simplyhomegrown.org)  
[simplyhomegrown1@gmail.com](mailto:simplyhomegrown1@gmail.com)

**So Called Farmers Market, White Co.**  
Every Sat. morning during the growing season, local farmers, gardeners, and growers gather under the oaks at the Sautee-Nacoochee Community Center. We feature seasonal produce and flowers, all locally grown and lots of it organic.

Sat., 9 am-noon  
In front of the community center, which also houses the history museum, an art gallery, and the Northeast Georgia Folk Pottery Museum, Sautee-Nacoochee.  
706-878-9491  
[btanner@habersham.k12.ga.us](mailto:btanner@habersham.k12.ga.us)

**Stephens County Farmers Market**  
We offer a range of fruits and vegetables produced through conventional and alternative practices. Also available are herbs, jams, honey, and sorghum. Only locally produced products allowed. Open mid-May to around Thanksgiving.

Tue., 6 am-noon; Fri., 4-7 pm; Sat., 8 am-noon  
Between Hwy. 123 and Hwy. 17 (on the left just under the overpass toward Stephens County Hospital), Toccoa. • 706-886-8243

**Union County Farmers Market**  
On Sat. mornings and Tue. afternoons, the market is the place to be to meet and greet neighbors and friends and buy locally homegrown produce and handmade arts and crafts. Fun activities every weekend.

Tue., 3-7 pm; Sat., 7 am-1 pm  
On Old Smokey Rd. off Weaver Rd. (off Hwy. 515) in Blairsville. • 706-439-6000  
[www.ucfarmersmarket.com](http://www.ucfarmersmarket.com)  
[ucexec@uniongov.com](mailto:ucexec@uniongov.com)

**White County Farmers Market**  
Buy from local farms. Our market offers fresh vegetables, fresh fruit, herbs, and nursery items. All vendors must grow and produce the goods they sell.

Sat., 7:30 am-noon or sellout  
66 East Kytle St., in the parking lot behind the county courthouse, Cleveland.  
706-865-6768 • [tobryant@whitecounty.net](mailto:tobryant@whitecounty.net)

## SOUTH CAROLINA

**Anderson County Farmers Market**  
A short drive from I-85 between Charlotte and Atlanta. Stop by for local agricultural products and crafts. Step back in time and enjoy small town hospitality.

Tue., 5-8 pm; Thu., Sat., 9 am-1 pm  
Corner of Murray Ave. and Tribble St. one block off historic Main St., Anderson.  
864-231-1924  
[www.andersoncountysc.org/fresh](http://www.andersoncountysc.org/fresh)  
[snicometo@andersoncountysc.org](mailto:snicometo@andersoncountysc.org)

**Clemson Farmers Market, Pickens Co.**  
Our mission is to provide healthy food options for the community, while promoting local agriculture. Open first Fri. in Jun. to the last Fri. in Oct.

Fri., 3:30-6:30 pm  
On the Green at Patrick Square, off the Calhoun Memorial Highway (Hwy 123) and Issaqueena Trail interchange, Clemson.  
[www.clemsonfarmersmarket.org](http://www.clemsonfarmersmarket.org)  
[clemsonfarmersmarket@cityofclemson.org](mailto:clemsonfarmersmarket@cityofclemson.org)

**Hub City Farmers Market Spartanburg Co.**  
Producer-only market. Local produce, meats, and value-added goods, including sauces, seasonings, breads, pastries, and more. Live music, weekly activities, and events.

Wed., 11 am-1 pm; Sat., 8 am-noon  
Sat. market at the Magnolia St. Train Depot.

Wed. market at Morgan Square. Both in Spartanburg. • 864-585-0905  
[www.hubcityfm.org](http://www.hubcityfm.org)  
[nsmith@hubcityfm.org](mailto:nsmith@hubcityfm.org)

**TD Saturday Market, Greenville Co.**  
Featuring the finest in locally grown fresh produce, gourmet foods, and colorful flowers. This season's market will offer chef demonstrations, educational pieces, and healthy lifestyle tips. Experience the country without leaving the city!

Sat., 8 am-noon  
S. Main St. from Court St. to Washington St., Greenville. • 864-467-4494  
[www.saturdaymarketlive.com](http://www.saturdaymarketlive.com)

**Tuesday Local Farmers Market Greenville Co.**  
A weekly, all-local farmers market featuring items from more than a dozen local upstate SC growers and producers.

Tue., 10 am-2 pm  
Whole Foods Market parking lot (across from Greenridge Shopping Center—just off the intersection of I-85 and I-385) on Woodruff Rd., Greenville. • 864-335-2300  
[www.wholefoodsmarket.com/stores/greenville](http://www.wholefoodsmarket.com/stores/greenville) • [keri.moore@wholefoods.com](mailto:keri.moore@wholefoods.com)

## TENNESSEE

**Bybee Farmers Market, Cocke Co.**  
Open air market featuring all locally grown and produced fruits, vegetables, cut flowers, potted plants, and herbs from Cocke Co. farmers and gardeners.

Thu., 4-7 pm  
Ruritan Community Center parking area (next to the ball field on US 160).  
423-623-6827 • [teaapea@planetec.com](mailto:teaapea@planetec.com)

**Elizabethton Farmers Market Carter Co.**

A local growers-only farmers market with local produce and craft vendors.

Sat., 9 am-noon  
Parking lot of Farm Bureau Insurance.  
423-542-3345

**Gatlinburg Farmers Market, Sevier Co.**  
Locally grown foods, live craft demonstrations, and music.  
May 19-Oct. 13.

Sat., 8:30-11:30 am  
The Alamo Steakhouse parking lot; from Gatlinburg turn north onto Hwy. 321

**Homegrown and Handmade!**  
**8am-1pm**  
**Ashe County Farmers Market**  
**Saturdays (April 14-October 27)**  
**Wednesdays (July 11-September 26)**  
On the Backstreet, Downtown West Jefferson  
[www.AsheFarmersMarket.com](http://www.AsheFarmersMarket.com)

**North Asheville Tailgate Market**  
**Farm Raised and Hand Made!**  
**Saturdays 8 AM Until Noon**  
**On The Beautiful Campus of UNC Asheville**  
[www.NorthAshevilleTailgateMarket.org](http://www.NorthAshevilleTailgateMarket.org)

toward Cosby, travel about a mile, market is on the left.  
[www.gatlinburgfarmersmarket.com](http://www.gatlinburgfarmersmarket.com)  
[jennifer\\_bradbury85@yahoo.com](mailto:jennifer_bradbury85@yahoo.com)

**Johnson City Farmers Market**  
 Washington Co.

Locally grown farm produce and farm products such as soaps, garden crafts, breads, pies, and cakes can be found. Live music on Sat.

Wed., Sat., 7 am-2 pm  
 Between State of Franklin Rd. and Cherry St. at 500 S. Roan St. • 423-202-1012  
[www.johnsoncityfarmersmarket.com](http://www.johnsoncityfarmersmarket.com)

**Johnson County Farmers Market**  
 Johnson Co.

Strengthening sustainable local agricultural and the local food economy while providing the freshest local foods. We double food stamp dollars.

Sat., 9 am-1 pm  
 County courthouse parking lot on the corner of Court St. and College St. (across from the Mountain City Post Office and Extension Service), Mountain City.  
 423-895-9980  
[www.johnsoncountyfarmersmarket.org](http://www.johnsoncountyfarmersmarket.org)  
[johnsoncountyfm@gmail.com](mailto:johnsoncountyfm@gmail.com)

**Jonesborough Farmers Market**  
 Washington Co.

All locally grown and locally made, sold direct by the farmer/gardener/baker/artisan. Sat. morning farmers market features live music each week. Online ordering is also available for mid-week pick up.

Sat., 8 am-noon  
 East side of old Jonesborough Courthouse, just off Main St. • 423-753-5160  
[www.jonesborough.locallygrown.net](http://www.jonesborough.locallygrown.net)  
[jbfarmersmarket@gmail.com](mailto:jbfarmersmarket@gmail.com)

**Knoxville Farmers Market, Knox Co.**  
 Local farmers, growers, and bakers bring a wide variety of vegetables, herbs, fruits, berries, honey, grassfed meats, eggs, and specialty cheeses. Bakers prepare fresh breads, granola, and pastries. Plants and fresh cut flowers are also available.

Tue., Fri., 3-6 pm  
 Lower parking lot of the Laurel Church of Christ, 3457 Kingston Pike (at the corner of Cherokee Blvd.). • 865-992-0223  
[easttnfarmmarkets.org](http://easttnfarmmarkets.org)  
[info@easttnfarmmarkets.org](mailto:info@easttnfarmmarkets.org)

**Market Square Farmers Market, Knox Co.**  
 Open air market in downtown Knoxville's historic Market Square featuring regional produce, plants, dairy and meats, baked goods, canned goods, and local crafts.

Wed., 11 am-2 pm; Sat., 9 am-2 pm  
 Square is bound by Wall Ave. to the north and Union Ave. to the south (one block west of Gay St.), Knoxville. • 865-405-3135  
[www.marketsquarefarmersmarket.org](http://www.marketsquarefarmersmarket.org)  
[charlottetolley@hotmail.com](mailto:charlottetolley@hotmail.com)

**Maryville Farmers Market, Blount Co.**  
 The place to be on Sat. mornings. A growers-only market featuring vegetables, fruit, cheese, honey, meat, eggs, plants, baked goods, fresh cut flowers, and herbs. Local music entertainment weekly.

Sat., 9 am-noon  
 In Founders' Square (downtown Maryville between Church Ave. and Broadway near CBBC Bank), Maryville. • 865-414-6648

**Looking Local?** Want to find a tailgate market really close to home? Visit the guide online, at [appalachiangrown.org](http://appalachiangrown.org), to quickly search all the markets in your area.

[www.maryvillefarmersmarket.org](http://www.maryvillefarmersmarket.org)  
[maryvillefarmersmkt@gmail.com](mailto:maryvillefarmersmkt@gmail.com)

**Mobile Farmers Market, Greene Co.**  
 A farmers market on wheels. Rural Resources' mobile farmers market goes into neighborhoods where transportation is a problem. We offer produce, meat, and eggs from our local farmers. Contact us or check website for routes.

Tue., Wed., 9 am-5 pm  
 423-636-8171 • [www.ruralresources.net](http://www.ruralresources.net)  
[rhondaruralresources@gmail.com](mailto:rhondaruralresources@gmail.com)

**Newport Farmers Market, Cocke Co.**  
 Dedicated to providing homegrown goods for the well-being of our citizens and environment. Sat., 8 am-noon; Tue., 5:30-8:30 pm

Tanner Cultural Center (between CVS Pharmacy and the Community Center).  
 423-623-9272  
[www.newporttnfarmersmarket.com](http://www.newporttnfarmersmarket.com)  
[info@newporttnfarmersmarket.com](mailto:info@newporttnfarmersmarket.com)

**Oak Ridge Market, Knox Co.**  
 Open air tailgate market sponsored by East TN Farmers Association for Retail Marketing (F.A.R.M.). Locally produced honey, organic meats, poultry, fruits and vegetables, herbs, eggs, cheeses, breads, granolas, flowers, and plants.

Wed., 3-6 pm; Sat., 8 am-noon  
 Parking lot across from historic Jackson Sq.  
 865-992-0223 • [easttnfarmmarkets.org](http://easttnfarmmarkets.org)  
[gsdebusk2@comcast.com](mailto:gsdebusk2@comcast.com)

**The East Asheville Tailgate Market**  
 Veggies • Fruits • Meats  
 Eggs • Baked Goods • Crafts  
 Fridays 3:00 pm – 6:00 pm  
 ~ May through September ~  
 Groce Methodist Church  
 954 Tunnel Rd. on US 70

**VIRGINIA**

**Independence Farmers Market**  
 Grayson Co.

A local grower/producer market offering local naturally raised meats, local and heirloom vegetables, baked goods, herbs, arts and crafts, and breakfast.

Fri., 9 am-2 pm  
 McKnight parking lot (corner of Hwy. 58 and Hwy. 21). • 276-773-2547  
[www.independenceeventsva.com](http://www.independenceeventsva.com)  
[independenceevents@earthlink.net](mailto:independenceevents@earthlink.net)



**Locally Grown and Growing—  
 Tailgate Trends to Watch**

Hooked on local food? Farmers tailgate markets throughout our region are responding to growing interest in many ways—all with the purpose of serving more farmers, shoppers, and neighborhoods as many months out of the year as possible. Here are just a few trends to watch:



planning and maintenance mode come November, but not anymore. Find hardy winter greens; storage crops like Butternut squash, apples, and sweet potatoes; and even greenhouse-grown veggies like cucumbers—local and crisp in the off-season. Some farmers make jam, sauces, or sorghum syrup to put local food in your pantry year-round.

**Small-Town Tailgates**

Many rural counties now have more than one bustling tailgate market. Both Polk County and Burke County boast four weekly markets, each in a different town!

**Asheville's Neighborhood Markets**

For Buncombe County dwellers, it gets easier every year to find local food direct from the farmer all week. Buncombe County boasts thriving markets in every direction—north, south, east, and west—from downtown Asheville. New since last year's guide are locations in Leicester and Montford.

**Travel to Tailgates**

Love the outdoors? Whether hiking, biking, or just out for a Saturday drive, you'll find markets well-positioned to stock your picnic or backpack, or for dinner on the way home. The Cashiers and Transylvania tailgate markets are each in the vicinity of dozens of waterfalls. Want to see which markets are near the Blue Ridge Parkway? Visit our virtual local food trip planner at [appalachiangrown.org/map](http://appalachiangrown.org/map).

**Holiday Markets**

For many of us, gifts are among the most meaningful purchases we make all year. Get local with your gift giving—look for wreaths and other greenery, crafts, local honey, and much more at holiday markets in November and December.

**Winter Markets**

Farmers markets used to close up shop and go into

**Join us Saturday Mornings 8:00 AM to Noon May-October at the GIB Plaza Hwy 280**



CSA subscribers say that being a farm share member is a little like celebrating a holiday every week. There is typically a box to open, and there are always lots of surprises.

CSA stands for Community Supported Agriculture. As a CSA farm share member, you pay the farmer in advance for "shares" of the season's bounty. Then, you get to enjoy a steady supply of the freshest foods every week—from fruits and veggies to meats and even flowers. The typical CSA season corresponds with the outdoor growing season: May to October. Many farms also offer fall and winter CSAs to keep your kitchen stocked with local food year-round.

bread, and more are available. Pick up in Waynesville, Sylva, and Cullowhee.

**Deal Family Farm**  
Franklin, NC  
828-524-5151 • [info@dealfarms.com](mailto:info@dealfarms.com)  
[www.dealfarms.com](http://www.dealfarms.com)

We have a variety of fresh produce in our CSA available to Franklin residents. 24-week delivery starting mid-May through late Oct. Full share: \$500; half share: \$300. Pick up at the farm on 64W and various businesses in Franklin area.

**Shelton Family Farm**  
Whittier, NC  
828-497-5323 • 828-506-0299  
[sheltonfamilyfarm@frontier.com](mailto:sheltonfamilyfarm@frontier.com)  
[www.sheltonfamilyfarm.com](http://www.sheltonfamilyfarm.com)

This is our fourth year providing a CSA program to Jackson Co. and beyond. Enjoy 25 weeks of mixed fruits and vegetables with strawberries in the

spring. Pick up at our farm Fri. 2-6 pm or Sat. at the Jackson County Farmers Market.

**The Ten Acre Garden**  
Canton, NC  
828-235-9667 • [farmboy53149@yahoo.com](mailto:farmboy53149@yahoo.com)

Beautiful views surround the Ten Acre Garden in Haywood Co. CSA of fresh fruits and vegetables grown in this fertile river bottom available May-Sep. Call or email for more information. Pick up at The Ten Acre Garden farm stand.

The CSAs in these pages are listed by region in order to help you find a program likely to have pick up locations convenient for you. Reference the map on page 7.

## SOUTHERN MOUNTAINS

**Blackbird Farms**  
Hendersonville, NC  
828-693-4664 • [billyhaynes1@aol.com](mailto:billyhaynes1@aol.com)  
[www.blackbirdcsa.com](http://www.blackbirdcsa.com)

We grow organic and conventional produce with an emphasis on using as many natural farming methods as possible. 50 spring shares and 50 fall shares, each season lasting about 10 weeks. We also offer a 20-week share. Pick up tentatively at Flat Rock Tailgate Market.

**Blue Meadow Farms**  
Hendersonville, NC  
828-712-9166  
[bluemeadowfarms@bluemeadowfarms.com](mailto:bluemeadowfarms@bluemeadowfarms.com)  
[www.bluemeadowfarms.com](http://www.bluemeadowfarms.com)

We provide high-quality organically grown produce and artisan baked goods. Summer share runs 22 weeks, fall share runs 8 weeks. Pick up at Asheville City Market (Sat.), West Asheville Tailgate Market (Tue.), Asheville City Market South (Wed.), or at the farm!

**Deerwood Nursery and Farms**  
Rick Jordan  
Zirconia, NC  
828-606-3625 • [rick@deerwoodnursery.com](mailto:rick@deerwoodnursery.com)  
[www.deerwoodnurseryandfarms.com](http://www.deerwoodnurseryandfarms.com)

We offer 20-week full produce shares that include a large variety of vegetables. We also offer free range eggs, pastured poultry, flowers, and herb shares. We encourage members to visit the farm. Pick up Mon. and Wed. in Hendersonville, Fri. in Saluda.

**Fields of Gold Farm & Greenhouse**  
Lisa Black  
Hendersonville, NC  
828-692-7096  
[lisa.black@fieldsofgoldfarm.com](mailto:lisa.black@fieldsofgoldfarm.com)  
[www.fieldsofgoldfarm.com](http://www.fieldsofgoldfarm.com)

Biodynamic and beyond organic superfoods with high vitality and nutrient density in our mixed-market garden variety fruits and vegetables. 30 weeks for \$1,470 or 10 weeks for \$490 plus \$35 membership fee. May-Nov. Find more information and pickups on our website.

## CENTRAL MOUNTAINS

**Aardvark Farm**  
Rett Murphy  
Burnsville, NC  
828-713-5986 • [cloveruprising@yahoo.com](mailto:cloveruprising@yahoo.com)

Aardvark Farm grows all natural and sustainably raised veggies and fruit along the Cane River in Yancey Co. 20-week season shares \$475, half shares \$250. Farm field day events for shareholders and families. Pick up at The Wedge, River Arts District in Asheville.

**Appalachian Seeds Farm & Nursery**  
Amy Hamilton  
Asheville, NC  
828-400-7014 • [seeds@appalachianseeds.com](mailto:seeds@appalachianseeds.com)  
[www.appalachianseeds.com](http://www.appalachianseeds.com)

Our CSA offers seasonal produce along with medicinal herbs and cut flowers. We are seeking organic certification for 2012. Pick up at the farm.

**Ardfield Farm**  
Michelle DeBruin  
Marshall, NC  
828-649-0130 • [info@ardfieldfarm.com](mailto:info@ardfieldfarm.com)  
[www.ardfieldfarm.com](http://www.ardfieldfarm.com)

Organic/biodynamic methods used to grow year-round produce. We specialize in baby greens, heirloom vegetables, plant starts, and nourishing prepared foods. Order online or by phone. Pick up at Blannahasset Island, Marshall. Other locations may become available. Contact us for details.

**Blue Ribbon Farm**  
Pete Shriner  
Asheville, NC  
828-333-4239 • [blueribbonfarmnc@gmail.com](mailto:blueribbonfarmnc@gmail.com)

A chance to support a family farm and eat great food at a great price. We focus on open-pollinated and heirloom varieties with an emphasis on flavor and variety. Full shares May-Oct. \$500. Pick up at Asheville City Market (Sat.) or Montford Tailgate Market (Wed.).

**Calliope Cut Flowers**  
Alyssa Kieffer  
Leicester, NC  
828-450-3292 • [calliopecutflowers@gmail.com](mailto:calliopecutflowers@gmail.com)  
[www.calliopeflowerfarm.com](http://www.calliopeflowerfarm.com)

Our flower bouquet CSA begins in May and stretches to Oct. Members receive

20 weeks of beautifully arranged fresh flower bouquets. Delivery is available in and around downtown and in West Asheville, or pick up at 43 West Chestnut St., Asheville.

**Cane Creek Asparagus & Company CSA**  
Fairview, NC  
[canecreekcsa@gmail.com](mailto:canecreekcsa@gmail.com)  
[www.canecreekcsa.com](http://www.canecreekcsa.com)

Our family farm has 10+ continuous years of CSA farming experience! Only vegetables we grow go into our boxes. Boxes are available six days a week. Pick up in Arden (Mon.-Thu.), Biltmore Village (Mon.-Tue.), Fairview (Thu.-Sat.) Delivery on limited basis. Email/see web for details.

**Cane Creek Valley Farm**  
Jeremy and Amanda Sizemore  
Fletcher, NC  
828-338-0188 • [info@canecreekorganics.com](mailto:info@canecreekorganics.com)  
[www.canecreekorganics.com](http://www.canecreekorganics.com)

A variety of fresh-picked local produce, herbs, fruit, and free range eggs delivered to your neighborhood! 20-week share May-Oct. 100% USDA Certified Organic. Pick up at Asheville City Market (Wed. and Sat.), Flat Rock Tailgate Market, Fry Nursery, Valley Ag Store, Evergreen Community Charter School, at the farm, and other locations. Contact us to make your community/business a drop off point!

**Farmhouse Beef**  
Mike and Carolyn Bradley  
Marshall, NC  
770-856-9694 • [wgtsnrn51@bellsouth.net](mailto:wgtsnrn51@bellsouth.net)  
[www.farmhousebeef.com](http://www.farmhousebeef.com)

Orders can be picked up semimonthly and can vary from \$5 to \$65 of beef each pickup. Subscribers commit to 13 weeks of beef at a time. Pick up at the farm.

**Firefly Farm**  
Scott Paquin  
Burnsville, NC  
828-675-4739 • [firefly@mtnarea.net](mailto:firefly@mtnarea.net)  
[www.fireflyfarmnc.com](http://www.fireflyfarmnc.com)

We offer a limited number of CSA subscriptions from May until Oct. for \$250 and \$450. A market share, where customers choose directly from our market stand, is available. Pick up at Montford Tailgate Market (Wed.), Asheville City Market (Sat.), or at the farm Wed. 4:30-6:30 pm.



**4 Sons Farm**  
Rick Walker  
Andrews, NC  
828-321-4499 • [chicken4sons@yahoo.com](mailto:chicken4sons@yahoo.com)

An omnivore CSA offering one-stop groceries. We provide pasture-raised chicken, salad bar beef, free range eggs, homemade bread, and organically grown veggies. Pickups in Andrews, Blairsville, and Hayesville. We can work out pick up details on an individual basis depending on your situation.

**Balsam Gardens, LLC**  
Steven Beltram  
Sylva, NC  
828-713-0450 • [balsamgardens@gmail.com](mailto:balsamgardens@gmail.com)  
[www.balsamgardens.com](http://www.balsamgardens.com)

We operate our CSA in partnership with other very small local producers to ensure the best diversity and value in the region. Mixed vegetables, eggs, pastured poultry (chicken, turkey, and duck) and pork,

**First Blossom Farm**

Veronica Sotolongo  
Leicester, NC  
828-423-4065 • verosotolongo@yahoo.com

We offer a diverse vegetable CSA program, Jun. through Nov. Members receive a weekly bountiful spread of the season's offerings, along with a recipe to go with their produce. Small and large shares available. Fri. afternoon deliveries.

**Fisher Branch Farm**

Marshall, NC  
828-689-4505  
fisherbranchflorals@gmail.com  
www.fisherbranchfarm.org

A season of blooms! We offer 20 weeks of flowers. Choose your bouquet each week at the Asheville City Market, Jun. through mid-Oct. We also offer weekly bucket or arrangements for area businesses. Home or business deliveries can be arranged.

**Flying Cloud Farm**

Annie and Isaiah Perkinson  
Fairview, NC  
828-768-3348 • perkinson.annie@gmail.com  
www.flyingcloudfarm.net

For 21 weeks, mid-May to early Oct., we provide a box of freshly harvested produce from our farm. Contents vary with the seasons. Pick up Wed. at the farm or Montford Farmers Market or Sat. at North Asheville Tailgate Market or Asheville City Market.

**Full Sun Farm, LLC**

Leicester, NC  
828-683-1607 • fullsunfarm@gmail.com  
www.fullsunfarm.com

Eat with the seasons. Our boxes are filled with naturally grown vegetables and berries; add a flower share for a weekly bouquet. Weekly newsletters and recipes. Mid-May through Oct. Regular share \$525, working share \$375, flower share \$115. Pick up at Montford Farmers Market (Wed.) or North Asheville Tailgate Market (Sat.).

**Gaining Ground Farm**

Ann Gaines and Aaron Grier  
Leicester, NC  
828-545-2362 • sluderbranch@yahoo.com  
www.gaininggroundfarm-nc.com

We offer CSA shares and grassfed beef using ecologically responsible growing methods mid-May through mid-Oct. Eight-12 different vegetables in each share. We focus on heirloom and unusual

varieties and are geared toward people who like to cook. Pick up at Montford Farmers Market (Wed.) or North Asheville Tailgate Market (Sat.).

**Gladheart Farm**

Asheville, NC  
828-280-7595 • jeff@gladheartfarm.org  
www.gladheartfarm.org

We are a Certified Organic farm and offer a limited number of CSA shares each year. Our CSA runs for 22 weeks. If interested, please contact us. Pick up in East Asheville at the Oakley Tailgate Market each Thu., 2-6 pm.

**Green Toe Ground Farm**

Nicole DeCogliano and Gaelan Corozine  
Burnsville, NC  
828-675-0171  
nicoleandgaelan@yahoo.com

We offer full and regular CSA shares to fit the needs of individuals and families. Each includes a diversity of veggies tailored weekly to meet your gastronomic needs. Ask about our new farmers market style share! Pick up at the Montford Farmers Market (Wed.) or at the farm Fri.

**Hickory Nut Gap Farm**

Amy and Jamie Ager  
Fairview, NC  
828-628-1027  
jamie@hickorynutgapfarm.com  
www.hickorynutgapfarm.com

Our mission is to connect sustainable agriculture practices, our family history, and our customers by sharing the family farm experience and serving as an example of healthy land stewardship while providing high quality ethically raised meats. 10 lb. share: \$420, 15 lb. share: \$600. Options for payment plans! Pick up monthly at North Asheville Tailgate Market (Sat.), and Hickory Nut Gap Farm Store.

**Ivy Creek Family Farm**

Anna and Paul Littman  
Barnardsville, NC  
828-626-2447 • wncfarm@gmail.com  
www.ivycreekfamilyfarm.com

A wide variety of our best produce, including strawberries, vegetables, cut flowers, herbs, and shiitakes. Weekly boxes include a recipe. Visit our farm, volunteer, and join us for our annual farm supper. Whole and half shares. Pick up at

Weaverville Tailgate Market (Wed.), North Asheville Tailgate Market (Sat.), or our farm. Free weekly delivery of eight shares or more.

**Jake's Farm**

Missy Huger and Chris Sawyer  
Candler, NC  
828-665-4472 • jakesfarm@msn.com  
www.jakesfarm.com

Established 1998, 13 acres Certified Organic since 1999. We sell a wide variety of produce, including some small fruit. Two greenhouses operate all year. Contact Missy Huger for more information. CSA pick up at the farm. May do some deliveries for an additional fee.

**Long Valley Eco-biotic Farm**

Zeke and Courtney Filiss  
Marshall, NC  
828-689-3606 • longvalleyfarm@frontier.com  
Find us at www.localharvest.org

We're committed to habitat-forming agricultural methods. A bounty of fruit and open-pollinated, heirloom vegetables, including watercress. New varieties, old favorites. Fresh cut flowers upon request. Three share sizes available. Pick up at Weaverville Tailgate Market (Wed.), West Asheville Tailgate Market (Tue.), Madison County Farmers Market (Sat.), Sundays on the Island market in Marshall, or at our farm.

**Mountain Harvest Organics**

Julie Mansfield and Carl Evans  
Hot Springs, NC  
828-622-3654  
farmer@mountainharvestorganic.com  
www.mountainharvestorganic.com

Our CSA runs from mid-May through Oct. and delivers for 25 weeks; family share: \$625, small share: \$400. Family share feeds two adults and children or two adults who eat a plant-based diet. Pick up locations are Haywood's Historic Farmers Market (Wed., Sat.) and North Asheville Tailgate Market (Sat.).

**The Mushroom Hut @ Fox Farms**

Alan and Susan Fox  
Burnsville, NC  
828-682-1405  
yanceyfoxfarms@frontier.com  
Find us at www.localharvest.org

Shares include in-season produce (berries when available), herbs, cut flowers, mushrooms and specialty items. \$25/

week (full share). Sign up, then pay when you pick up at our farm stand.

**New Moon Herbs Farm**

Gregg Adams  
Fairview, NC  
newmoonherbs@aol.com  
www.newmoonherbs.com

In our 19th year of organic farming, we're pleased to offer a CSA. May through Sep. receive a generous box of just-picked 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.) or Asheville City Market (Sat., limited).

**Paper Crane Farm**

Joe Evans  
Marshall, NC  
828-575-4028 • soilseeker@gmail.com

We offer full and half share CSAs from mid-May through mid-Oct. Shares are filled with an ever-evolving and diverse mix of the freshest vegetables. Our farming practices incorporate ecological growing methods. Full share: \$500; half share: \$300. Market-style shares available. Pick up at Asheville City Market (Sat.) or West Asheville Tailgate Market (Tue.).

**Randall Cove Farm**

Leicester, NC  
828-683-5758 • info@randallglen.com  
www.randallglen.com

Traditional mountain farm using organic practices to raise heritage produce, sheep, goats, pigs, and poultry. 22-week CSA with a variety of fresh produce, organically grown and wild harvested, including heirloom varieties. Pick up at West Asheville Tailgate Market (Tue.), Leicester Farmers Market (Fri., Sat.), or the farm.

**Ten Mile Farm**

Asheville, NC  
828-450-8883 • keepinirural@gmail.com  
www.tenmilefarm-nc.com

Our third year offering a market-style CSA. Instead of receiving the traditional box of vegetables, you choose produce at one or both of our markets each week throughout the season. This style offers more freedom and provides a better value for the customer. Pick up at Montford Market (Wed.) and Asheville City Market (Sat.).

**Thatchmore Farm**

Karen Thatcher  
Leicester, NC  
828-683-1180 • thatchmore@main.nc.us  
www.thatchmorefarm.wordpress.com

We are a 10-acre Certified Organic family farm offering a weekly CSA box of produce Apr. 15-Oct. 15, including early tomatoes. We also offer buyer club cards for \$90 (a 10% discount) for those that prefer to pick the contents of their weekly box at market. Pick up at West Asheville Tailgate Market (Tue.).

**Troutlily Farm and Kanati Lodge**


David Kendall  
Hot Springs, NC  
828-622-7398  
kanatilodge1.com@gmail.com  
www.kanatilodge.com

CSA offers naturally grown vegetables, fruits, honey, mushrooms, crafted products, Christmas trees, and wreaths. Pick up at the farm.

## Cane Creek Asparagus & COMPANY

Serving our community with over TEN years of continuous CSA farming experience

the original Cane Creek CSA



CSA membership is like having a garden in your backyard—without all the work!

FAMILY FARMED IN FAIRVIEW NC  
www.CaneCreekCSA.com

## CSA Trends and Terms: What Does it All Mean?



We've shared that CSA stands for Community Supported Agriculture. But what do all the terms associated with CSAs mean? Here's a quick glossary:

**Half Share**—Some farms offer a smaller weekly portion of food for 1-2 person families or for those who don't cook very often each week. Half shares not offered? Just buy a full share, split the cost with a neighbor or coworker, and take turns picking up your local food. You may also find a farm that provides a full share every other week.

**Flower Share, Egg Share, etc.**—Many produce farms grow more than just fruits and vegetables. Some offer add-ons, like eggs, that you can purchase and receive each week. In this section of the guide you'll also find farms that offer shares of exclusively meat or flowers.

**Delivery**—Most farms offer convenient pick up locations, like a farmers market, their farm, or another community location. Some even offer home delivery (free or for a fee) or group delivery, such as to your church and workplace with enough subscribers. If delivery isn't addressed in a farm's listing, just ask them!

**Payment Plans and Working Shares**—Most CSA programs are built on the idea of up-front investment to help the farm with its spring expenses. An early deposit followed by full payment around the first week is the most common structure. But, you'll also find farms with weekly, monthly, or other flexible payment plans, and other farms that let you subscribe and unsubscribe month-by-month. Some farms also offer working shares, giving you a discounted subscription rate in exchange for a helping hand with farm chores.

**Market-Style Share**—In this newly popular model, the farmer doesn't pack the box, and the customer doesn't pay a set amount for the season. Instead, you pay a minimum amount as your commitment to supporting the farm. Then, you go to the farm's tailgate market display and choose exactly what you want each week. The cost (often at an adjusted CSA rate) is deducted from your balance.

**Fall and Winter Shares**—As a type of add-on, some farms offer an extended season to subscribers. The variety is a little more limited—greens, root vegetables, and squashes are common. A fall or winter share may come on a weekly basis or may be a one-time purchase of a large amount of great local food for you to store and eat all winter.



### Warren Wilson College Garden

Pat Ross  
Swannonoa, NC  
828-771-3066 • [pross@warren-wilson.edu](mailto:pross@warren-wilson.edu)  
[www.warren-wilson.edu](http://www.warren-wilson.edu)

The Warren Wilson College Garden is a five-acre operation of mixed fruits and vegetables. Our 20-member CSA is primarily Warren Wilson-campus based. Call garden for details and pick up information.

### Wildwood Herbal Farm

Weaverville, NC  
828-645-4342 • [alanbsalmon@gmail.com](mailto:alanbsalmon@gmail.com)

New for 2012, we're working with other local farmers to offer a market-style CSA to the North Buncombe and Weaverville area. We will offer a variety of vegetables, meats, eggs, bread, plants, and fresh fish. Pick up at the farm on Reems Creek Rd. on Fri. afternoons 4:30 to 6 pm.

### Winter Sun Farms

Candler, NC  
828-348-0130 • [creedy@awnc.org](mailto:creedy@awnc.org)  
[www.wintersunfarmsnc.com](http://www.wintersunfarmsnc.com)

A winter CSA at Blue Ridge Food Ventures that takes fresh produce from local farms and then preps, packages, and freezes it until winter. Members get seven to eight packages of frozen fruits and veggies each month from Dec.-Mar.



### FOOTHILLS

#### Abundant Flavor

Eric Ellis  
Old Fort, NC  
828-550-8137 • [eatwell@abundantflavor.com](mailto:eatwell@abundantflavor.com)  
[www.abundantflavor.com](http://www.abundantflavor.com)

Allow us to deliver your locally grown ultra-fresh vegetables, fruits, eggs and meat every week all season long. Members pay for only what they want without a large upfront charge. Call for more information. Pick up in McDowell, Buncombe, Haywood and Henderson counties.

#### Beans 'n Berries

Connelly Springs, NC  
828-403-6989 • [lochhoffman@yahoo.com](mailto:lochhoffman@yahoo.com)  
[www.beansnberriesfarmnc.com](http://www.beansnberriesfarmnc.com)

Beans 'n Greens is a CSA at Beans 'n Berries encouraging good food and sustainable agriculture. We're beginning our eighth

year slightly off in the woods with Tuscan style agricola promiscua which promises something for just about everyone. Pick up in Hickory (Herbs), Viewmont (Nature's Goodness), and Morganton (Agriculture Extension Center).

### Bluebird Farm

Marie Williamson  
Morganton, NC  
828-584-7359 • [bluebirdfarmnc@gmail.com](mailto:bluebirdfarmnc@gmail.com)  
[www.bluebirdfarmnc.com](http://www.bluebirdfarmnc.com)

As a CSA member, you share our harvests! We offer regular and small vegetable and herb shares, including heirloom varieties. Pastured chicken and egg shares also available. 20-week season mid-May through Sep. See our website for more information. Pick up at the farm or in Morganton (Wed.).

### EarthPerks Organic Farm

Rutherfordton, NC  
828-287-7730 • [earthperks@gmail.com](mailto:earthperks@gmail.com)  
[www.earthperksnc.com](http://www.earthperksnc.com)

CSA members will receive a weekly share of fresh, organically grown veggies, a dozen eggs, and a meat—either pork, chicken, or beef. We offer a spring/summer (16 weeks) and fall CSA. Products come from a co-op of five local farms. Pick up Fri. or Sat. at EarthPerks.

### Edgerton Farms

Mac Edgerton  
Rutherfordton, NC  
828-429-3330 • [macked2@aol.com](mailto:macked2@aol.com)

Summer CSA. 18 weeks beginning in late May and running through Sep. Free range eggs, vegetables, extra value products available. Delivered to your door.

### Fiddlesticks Farm

Old Fort, NC  
828-442-1008 • [fiddlesticksfarm@gmail.com](mailto:fiddlesticksfarm@gmail.com)

We're proud to offer our first CSA this year! It will provide diversified vegetables from apples to zucchini and much in between. We also hope to offer the

The CSAs in these pages are listed by region in order to help you find a program likely to have pick up locations convenient for you. Reference the map on page 7.

From local farms to your front door

Mother Earth  
PRODUCE

[www.MotherEarthProduce.com](http://www.MotherEarthProduce.com)  
828-275-3500

option of heritage wheat flour. All food is grown with sustainability in mind. Pick up in Marion, Black Mountain, and Asheville.

#### Harvest Table Farm

Old Fort, NC  
828-772-4206 • info@harvesttablefarm.com  
www.harvesttablefarm.com

Sustainable practices that enhance soil fertility are used to grow high-quality produce for your table. We offer a 22-week mixed vegetable CSA May 7-Oct. 1. Extend subscription option through Thanksgiving. Pick up in Old Fort (Sat.), Black Mountain Tailgate Market (Sat.), West Asheville Tailgate Market (Tue.).

#### Manna Cabanna

Saluda, NC  
828-817-2308 • caroljackson@tds.net  
www.manna-cabanna.com

A sustainable roadside stand and year-round multi-farm local meat and produce CSA. We specialize in freshly harvested local organic produce, herbs, prepared foods, farm-fresh eggs, free range meats, cheeses, and specialty items. Our unique CSA program keeps you "in the produce" year-round from a variety of farm sources.

#### Manoah Farms

Old Fort, NC  
828-442-7403 • manoahfarms@yahoo.com  
manoahfarms.vpweb.com

Manoah Farms offers a modified CSA program. We're putting together co-op groups for bi-weekly deliveries. Our commitment request is to participate in our entire season and pay one delivery in advance. May-Jun. and Sep.-Oct. Only 10 orders are needed for a distribution site to be arranged.

#### Red Dirt Ranch

Ellenboro, NC  
reddirtmamma@gmail.com  
www.reddirtmamma.com

We offer a five-month seasonal pasture raised poultry CSA. The cornerstone of our operation is top quality pasture raised poultry and eggs. We are a small off-grid family farm focused on sustainability and rebuilding rural traditions through local food. See website for more information.

#### A Way of Life Farm

Bostic, NC  
828-287-1253 • awayoflifefarm@gmail.com  
www.awayoflifefarm.com

Members enjoy the farm's sustainably grown harvest in two CSA seasons. Spring/summer provides fresh veggies, strawberries, and heirloom cornmeal mid-Apr. through Jul. for \$310. Fall/winter includes fresh veggies, root crops, and heirloom cornmeal mid-Oct. through Dec. for \$210. Pick up in downtown Asheville.



#### Creeksong Farms

Jeff Thomas and Bettie M. Thomas  
Zionville, NC  
336-385-6302  
creeksongfarm@gmail.com  
www.creeksongfarm.com

This season we will offer 65 CSA shares, full (\$500) or half (\$300). We offer a variety of produce, eggs, and beef from our farm. Vegetarian shares are available. 20 weeks, Jun. 5-Oct. 16. Pick up at the Agricultural Conference Center, at our farm (Tue. 4:30-6:30 pm), and Watauga County Farmers' Market (limited).

#### Elk Mountain Farm

Logan Burlison  
Newland, NC  
828-387-1200 • elkmtfarm@gmail.com  
www.elkmtfarm.com

Our 25-week CSA program offers 40+ varieties of fresh fruits, vegetables, culinary herbs, jams and jellies, and cut flowers. Membership is \$500 or \$20 a week. Limited spots, call or email us now! Pick up in Boone, Banner Elk, and Spruce Pine.

#### Foxfire Holler

Nancy Weaver-Hoffman  
Warrensville, NC  
336-384-9463 • foxfireholler@aol.com  
www.foxfireholler.com

A fourth-generation farm dedicated to heritage, sustainability, and the premise that all life is simple and connected. Sheep, poultry, hogs. Poultry CSA. Pick up at the farm or I will meet you in Boone or West Jefferson.

#### High Country CSA

Michal Duffy  
Banner Elk, NC  
highcountryCSA@gmail.com  
www.highcountryCSA.org

We're a multi-farm co-op in the High Country, offering three different 20-week CSA share options from Jun. 5-Oct. 16. All of our farms produce to organic standards to provide you with the most fresh and healthful food available! Shares must be reserved in advance. Pick up at Bare Essentials Natural Market in Boone (Tues.) and Blowing Rock.



"My #localfood fantasy is more edible and medicinal herb farmers and >50% locally sourced food in schools and hospitals."

@NCBioNet\_BioBus, Asheville

#### Moretz's Mountain Orchard

Boone, NC  
828-264-3424  
www.wataugacountyfarmersmarket.org

We offer two distinct CSAs. First, a fruit CSA that consists of small, tree, and exotic fruits, Jul.-Sep. Second, a diverse CSA that consists of vegetables, fruits, herbs, meats, honey, and value-added products, Jun.-Oct. Pick up at our farm, the Watauga Co. Farmers Market (Wed., Sat.), or the Agricultural Conference Center.

#### North Fork Farm

Jimmy and Sheila Greene  
Zionville, NC  
828-297-5755  
northforkfarm@skybest.com  
www.northforkfarmbeef.com

We're a small family farm selling beef, pork, and chicken raised without antibiotics or added hormones. We offer a meat CSA to the High Country area of NC. Pick up at the Agricultural Conference Center.

#### Rose Mountain Farm

Ann Rose  
Lansing, NC  
336-977-2535  
rosemountainfarm@gmail.com  
www.rosemountainfarm.com

An organic producer of vegetables, shiitakes, eggs, and all natural pastured pork and pastured poultry and rabbit. CSA customers receive a varied amount and variety of vegetables over the summer, with options to purchase meat. Pick up at Ashe County Farmers Market, West Jefferson (Wed.), and at the farm.

#### Shady Grove Gardens & Nursery

Zionville, NC  
828-297-4098  
sggarden@skybest.com  
www.shady-grove-gardens.com

We offer a cut-flower CSA with weekly fresh seasonal flower bouquets and a fall

storage vegetable share. Pick up at Watauga County Farmers Market (Wed. or Sat.). Fall storage vegetable share pick up at the Watauga County Farmers Market last Sat. in Oct. or Nov. Holiday Market.

#### Trosly Farm

Amos Nidiffer  
Elk Park, NC  
828-733-4938 • troslyfarm@att.net  
www.troslyfarm.com

Our farm is committed to agricultural sustainability and diversity. We specialize in pastured poultry, chemical-free vegetables, and artisan breads (made with whole grains milled on farm). Check out our website for details. On-farm pick up.

#### Tumbling Shoals Farm

Shiloh Avery and Jason Roehrig  
Millers Creek, NC  
336-452-2920  
farmer@tumbingshoalsfarm.com  
www.tumbingshoalsfarm.com

A share in the harvest of Tumbling Shoals Farm is a box of the freshest, quality organic fruits and vegetables. Shares delivered May-Sep.; \$500 for 20 weeks. Half shares available for \$300. Pick up at Tumbling Shoals Farm (Tue.), Wilkesboro (Wed.), Downtown Hickory Farmers Market, (Wed.), Moravian Falls, (Wed.), Thurmond (Thu.), and Elkin (Thu.).

#### SOUTH CAROLINA

##### Good Things Grow Here

Richard Kouyoumjian  
Travelers Rest, SC  
864-884-3262  
richard@goodthingsgrowhere.com  
www.goodthingsgrowhere.com

Good Things Grow Here is a sustainable micro-farm established in 2005 that offers heirloom varieties of market vegetables, monthly CSA

subscription, and exquisite colored hen eggs. Seasonal Market Produce, monthly subscription. Pick up in Greenville, SC, or Flat Rock Tailgate Market in NC (Thu.).

#### Mini Miracles Farm

Natalie Brookshire  
Taylors, SC  
8649-687-9678 • nattybrook2@bellsouth.net  
www.minimiraclesfarmsc.com

Spring/summer, fall, and winter CSA seasons: veggies and eggs as well as pasture raised meat shares. Veggie and egg shares average six-seven different items with five pounds minimum. Typical share is in 10-20 pound range. Details on website. Pick up on farm. With three-five or more members and a responsible party, we can add a pick-up spot to your area. Also offer delivery for added fee.

#### VIRGINIA

##### Seven Springs Farm Organic Farming & Gardening Supply Catalog and CSA

Ron Juftes  
Check, VA  
800-540-9181 • 7springs@swva.net  
www.7springsfarm.com

In operation since 1991, we currently have about five acres in vegetables. We use organic and biodynamic practices and are committed to producing high quality food for our community and preserving our rural economy. Pick up your vegetables in Riner, Roanoke, Blacksburg, Floyd, or Seven Springs Farm. Members share responsibility of transporting food to each location.

**Looking Local?** Want to find a CSA really close to home? Visit the guide online at [appalachiangrown.org](http://appalachiangrown.org), to quickly find farms offering CSAs in your town. Keep in mind, though, many farms have multiple pick up locations, including some outside of their immediate area, for your convenience.





Whether you're out for a drive enjoying the mountain scenery or are on your way home from work, roadside farm stands and stores are great places to stop for fresh local food. You can pick up everything from the basics, like produce and eggs, to specialty items, like honey, jams, and baked goods. What's more, many are right on the farm. Now that is knowing where your food comes from!

To find more farms selling their products through farm stands, check the Family Farms section (beginning on page 66).



**Avant Garden and Venue**  
51 Tracer Ln., Cullowhee, NC  
828-476-0334  
avantgardenorganicfarm@gmail.com

Avant Garden is a non-certified organic primitive small farm, relying on ancient methods and modern know-how. Visit our farmside produce stand. Check our Facebook site for hours. Open May to Oct.

**Brasstown Beef**  
1960 Brasstown Rd., Brasstown, NC  
828-837-6324  
swhitmire@ridgefieldfarm.net  
www.ridgefieldfarm.net

All natural free choice-fed beef and pork. Antibiotic- and hormone-free. Aged appropriately to enhance flavor and tenderness, in vacuum packed bags. The farm store at Ridgefield Farm carries fresh and frozen beef and pork products.

**Chambers Farm Market**  
301 Chambers Farm Ln., Canton, NC  
828-421-6851 • rchamb1061@yahoo.com  
Farming local for more than 30 years. We sell a variety of vegetables grown on our farm and from other local farms. Open May to Oct.

**Christopher Vegetable Farm**  
2266 Crymes Cove Rd., Waynesville, NC  
828-456-3010  
We sell the apples and produce we grow from early spring onward. Local produce available 10 months of the year. Open year-round.

**Deal Family Farm**  
4402 Murphy Rd., Franklin, NC  
96 Deal Farm Cir. Franklin, NC  
828-524-5151 • info@dealfarms.com  
www.dealfarms.com  
Farming local since 1951. We have a variety of fresh produce and agritourism services. Fruit stand open Apr. through Dec. Easy paved access off of US64.

**Duckett's Produce and Farms**  
3029 Soco Rd., Maggie Valley, NC  
828-627-1277 • duckettsproduce@gmail.com  
Family-owned farm and roadside stands with 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. 1 to Oct. 31.

**Frog Holler Organiks**  
234 Tommy Boyd Rd., Waynesville, NC  
828-356-7652 • froghollerorg@aol.com  
www.frogholler.net  
A magical farm in the Smoky Mountains where nature rejoices. Farm store open with all farm products for sale: compost, produce, statuary, eggs, flowers, etc. Open May to Oct.

**KT's Orchard and Apiary**  
158 Pigeon Ford Rd., Canton, NC  
828-279-5614 • bt195@bellsouth.net  
We have a wide variety of apples, peaches, and nectarines, as well as blueberries, raspberries, honey, and fresh eggs. Store is on our farm at the barn. Honey and eggs available year-round; fruits Jul. through Nov.

**Nantahala Farms & Nursery**  
50 Evans Rd., Aquone, NC  
828-321-5960 • rblchick041@frontier.com  
www.nantahalafarmsandnurseyc.com

Family-owned and operated roadside market providing local produce to the community. We offer all of the produce we grow on our farm at our fruit stand. Open early spring to when the first snowflake falls.

**Nantahala Herb Company**  
1914 Otter Creek Rd., Nantahala, NC  
828-321-9810  
nantahalaherbcompany@yahoo.com  
Offering all natural soaps and scrubs using herbs and flowers grown on site and organic ingredients. We also offer transplants and vegetables in season with fresh and dried herbs. Items available year-round on-site at farm.

**Otter Creek Trout Farm**  
1914 Otter Creek Rd., Topton, NC  
828-321-9810 • ottercreektrout@yahoo.com  
Farm-fresh rainbow trout whole or fillet and live trout for stocking. Our trout, soaps, and plants are available for sale on-site at our farm. Open year-round.

**Stoney Hollow Farm**  
944 Ollies Creek Rd., Robbinsville, NC  
828-735-2983 • scott@stoneyhollowfarm.net  
www.stoneyhollowfarm.net  
Family-owned and operated farm offering a wide variety of naturally grown produce, jams, jellies, honey, and baked goods. Farm store open 8 am until dusk during our season, Mar. to Dec.

**Sunburst Trout Farms**  
128 Raceway Pl., Canton, NC  
828-648-3010 • wes@sunbursttrout.com  
www.sunbursttrout.com  
Farm-raised rainbow trout, raised humanely beneath Pisgah National Forest. We offer our products— trout fillets, smoked trout, dip, sausage, jerky, and caviar—for sale at our farm 9 am-3 pm Mon., Tue., Thu., Fri. Additional market location in Grocers section.

**The Ten Acre Garden**  
276 Chambers Farm Ln., Canton, NC  
828-235-9667 • farmboy53149@yahoo.com  
Beautiful views surround the Ten Acre Garden in Haywood Co. Fresh fruits and vegetables grown in this fertile river bottom are available Apr.-Oct. Farm store open 10 am-6 pm Mon. through Sat., Apr.-Sep.

**Walnut Hollow Ranch**  
1100 Carter Cove Rd., Hayesville, NC  
828-389-8931

info@walnuthollowranch.com  
www.walnuthollowranch.com  
Our Black Angus cattle are raised responsibly with top standards. Store and office is located on the farm. Limited supply of beef is usually available. Please call in advance. Open Jun. 15 to Nov. 30.

**Wright-Way Nursery and Landscaping**  
275 Mountain Haven Rd., Waynesville, NC  
828-507-5176  
Fresh-picked blueberries and raspberries in season. 12 varieties of blueberries, as well as yellow, red, and black raspberries. Call ahead.

**Yellow Branch Cheese and Pottery**  
1073 Old Yellow Branch Rd., Robbinsville, NC  
828-479-6710 • mail@yellowbranch.com  
www.yellowbranch.com  
A family-owned dairy with a small herd of Jersey cows that provide the milk to produce our cheeses. Yellow Branch Pottery is also our on-farm retail outlet for cheese. Samples available. Open Apr.-Dec. 15, or by chance or appointment.

**SOUTHERN MOUNTAINS**  
**Apple House & Owenby Orchards**  
3807 Chimney Rock Hwy., Hendersonville, NC  
828-685-9917 • gregowenby@bellsouth.net

Offering 20 varieties of apples from mid-Aug. through mid-Oct. 15 varieties of peaches from mid-Jul. through Sep. Retail store open seven days/week, year-round. Jams, jellies, ciders, pickles, and relishes. Hot boiled peanuts!

**Apple Mill**  
1345 Ozone Dr., Saluda, NC  
828-749-9136 • applemill@tds.net  
www.ncapplemill.com  
Apple Mill, established in 1927, produces fresh fruit, fruit butters, jams, 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 are open year-round.

**Coston Farm & Apple House**  
3748 Chimney Rock Rd., Hendersonville, NC  
828-685-8352 • costonfarm@bellsouth.net  
www.costonfarm.com  
A farm market offering apples, cider, pumpkins, jams and jellies, baked goods, and gifts; shipping available. AC inside or relax on our porch. Open mid-Aug

through Thanksgiving weekend, Mon.-Sat. 8 am-5:30 pm, Sun. 10 am-5:30 pm. Call for Dec. and Jan. hours.

**Creasman Farms**  
280 Bent Arrow Ln., Hendersonville, NC  
828-685-7728  
creasmanfarms@hotmail.com  
www.creasmanapples.com

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

**Deerwood Nursery and Farms**  
892 Anders Rd., Zirconia, NC  
828-606-3625 • rick@deerwoodnursery.com  
www.deerwoodnurseryandfarms.com

We are a family-owned and operated small farm in Henderson Co. We specialize in sustainably grown produce, free range eggs, pastured poultry, pork, lamb, herbs, flowers, trees, and shrubs. Visit us by appointment year-round.

**The Farm**  
2731 Chimney Rock Rd., Hendersonville, NC  
828-696-5375 • sharon\_searcy@yahoo.com

The Farm is family-owned and operated. We grow many rare heirloom tomatoes and beans. Visit our roadside market Mon. to Sat., May to Oct.





**Freeman Orchards**  
3016 Chimney Rock Rd., Hendersonville, NC  
828-685-3311 • chipwebster@bellsouth.net  
Family-owned and operated wholesale and retail farm. Open seven days a week 8 am-6 pm, Aug. 1 to Dec. 1.

**Grandad's Apples**  
2951 Chimney Rock Rd., Hendersonville, NC  
828-685-1685 • grandadsapples@yahoo.com  
www.grandadsapples.com

U-pick or we pick apples. Corn maze, pumpkins, llama, cow train ride, and all kinds of apple products in gift shop. Lots of fun! Open Jul. to Nov.

**GT-Little Farmers Market**  
2530 Butler Bridge Rd., Mills River, NC  
828-654-0088

Roadside store visible from Rt. 280 between Asheville airport and Brevard. Jams, pumpkins, small fruits, vegetables, and peaches.

**Henn's Plant Farm**  
370 Lindsey Loop Rd., Fletcher, NC  
828-684-2321 • plantfarm@bellsouth.net

Located in Fletcher for 40 years. Retail greenhouse and nursery, open all year, with a large variety of seasonal plants, evergreen shrubs, and more.

**Justus Orchard**  
187 Garren Rd., Hendersonville, NC  
828-685-8033 • mdjustus@yahoo.com  
www.justusorchard.com

Fourth-generation family farm growing apples, blackberries, peaches, and pumpkins. We also offer fried apple pies, apple cider, boiled peanuts, canned goods, and local vegetables. Open mid Aug.-early Nov., 8:30 am-6 pm. Jul. to mid-Aug., please call ahead.

**Keith Hoots Farms**  
Chimney Rock Rd., Edneyville, NC  
828-674-6785

We are a family-owned farm going into our eighth season growing mostly vegetables. Our fruit stand is located on Hwy 64E (towards Bat Cave) one mile past the post office on the left. Open Jun. 20 to Nov. 20.

**Lyda Farms**  
3465 Chimney Rock Rd., Hendersonville, NC  
828-685-3459 • info@lydafarms.com  
www.lydafarms.com

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. Open May to Nov. After daylight savings, stand closes at 5 pm.

**McConnell Farms**  
177 Old Dana Rd., Hendersonville, NC  
828-692-2819  
mcconnell\_farms@bellsouth.net

At our retail market, we offer a wide variety of fruit and vegetables depending on the season. Strawberries, rhubarb, asparagus, blackberries, vegetables, raspberries, apples, Asian pears, and more. Super-premium ice cream available year-round. Preserves, fruit butters, ciders.

**Mountain Fresh Orchards**  
2887 Chimney Rock Rd., Hendersonville, NC  
828-685-7606  
mtnfreshorchards@yahoo.com  
www.mtnfreshorchards.com

Quality fresh-picked apples, cider, cider slush, apple and pumpkin butter, jellies, jams, cabbage, tomatoes, pumpkins, bakery, gift boxes, and more. Buses welcome with plenty of parking. Two miles from I-26. Open late-Aug. through mid-Nov., 8 am-7 pm.

**Odell Barnwell & Sons, LLC**  
175 Point Hope Ln., Hendersonville, NC  
828-685-7300

Farm stand offering apples, cider, spiced cider, vinegar, jam, pumpkins, vegetables, and peaches. Open Jul. to Mar.

**Oliver Organiks**  
Hendersonville, NC  
828-697-1153 • olivorg@bellsouth.net

150+ types of bedding plants. 10-20 different items of produce weekly in season. Our greenhouse is open seven days a week Apr. and May, 1-4 pm. Please call as the farm and greenhouse are in two locations.

**Ottanola Farm**  
3267 Ridge Rd., Hendersonville, NC  
828-685-7508 • ottanola@bellsouth.net

Wholesale and retail sales. Apple varieties include Gala, Mutsu, Fuji, Honeycrisp, Empire, Stayman, Granny Smith, Jonagold, Gingergold, Red and Golden Delicious, Rome, and many more. Open Aug.-Oct.

**Owenby's Fruit Stand**  
4517 Chimney Rock Hwy., Hendersonville, NC  
828-691-4397 • wmdkowenby@hotmail.com

Cider, jam, specialties, pumpkins, peaches, cabbage, apples, and other vegetables. Fruit stand is open mid-Aug. through mid-Nov, seven days a week, 9 am-6 pm.

**Piney Mountain Orchards Produce**  
3290 Asheville Hwy., Hendersonville, NC  
828-685-3235 • sedney@live.com

Third-generation apple and produce farm. Crops are picked daily and tree-ripe to ensure peak flavor. We grow everything sold in our store, or it comes from a neighboring farm. Open Apr. to Nov., six days a week, 10 am-6 pm.

**Queens Produce and Berry Farm**  
858 Davidson River Rd., Pisgah Forest, NC  
828-884-5121 • leetuttle@citcom.net  
www.queensberryfarm.com

We have garden vegetables, fruits, flowers, and honey in season. Eggs are available all year. Fresh produce from the farm available for purchase at the farm. Check our website or call for what's in season. Open May 1 to Nov.

**Sky Top Orchard**  
1193 Pinnacle Mtn. Rd., Zirconia, NC  
828-692-7930 • skytoporchard@gmail.com  
www.skytoporchard.com

50-acre apple orchard offering 25 varieties of u-pick/we pick apples, grapes, Asian pears, peaches, and pumpkins, hot cider donuts, and children's playground. We press our own apple cider. Open daily, 9 am-6 pm, Aug. 11 to Dec. 2.

**Slick Rock Country Emporium**  
4611 Chimney Rock Rd., Hendersonville, NC  
828-685-8798  
clay@slickrockcountryemporium.com  
www.slickrockcountryemporium.com

American-made handcrafts, pottery, jewelry, fiber arts, grocery with fresh local produce, farm eggs, jams and jellies. Now featuring natural meat, chicken, and pork from Hickory Nut Gap Farms and Vandele Farms. Open year-round.

 "I'd love to see the major grocery store chains stocking AND labeling local foods and produce."  
-Kerry, Hendersonville, NC

# Farside Farms

Direct from our farm to you  
from two Asheville locations!

Duck • Chicken • Sausage • Eggs  
and produce

Produced in Buncombe County  
from local farmers

Bison • Honey • Fruits

NO additives  
NO preservatives  
NO hormones  
NO antibiotics

**North Asheville**  
83 Weaverville Highway, exit 23,  
off of I-26 north of Beaver Lake

**East Asheville**  
1311 Tunnel Road, just past  
the Blue Ridge Parkway

**Hours**  
Spring, Summer, Fall:  
Monday-Friday, 9am-6pm  
Saturday, 9am-5pm  
Winter:  
Monday-Saturday, 9am-5pm



**Stepp Farm's Hillcrest Orchard**  
221 Stepp Orchard Dr., Hendersonville, NC  
828-685-9083 • applesjhs@hotmail.com  
www.steppapples.com

Beautiful 40-year, three generation family-owned farm. Pick your own with 22 varieties of apples, grapes, honey, molasses, cider, potatoes, and pumpkins. Gift shop. Gift packs available. Great place for family gatherings. Open Labor Day to Oct.

**Stepp's Plants, etc.**  
156 Arrowhead Hill Ln., Flat Rock, NC  
828-243-5299 • steppsplants@yahoo.com

We're a third-generation farm located in Henderson Co. In the spring, we sell bedding plants, vegetable plants, hanging baskets, roses, shrubs, and fresh asparagus. In the summer and fall, we grow raspberries, blackberries, and blueberries.

**Three Arrows Farm and Cattle Co.**  
Little River Rd., Flat Rock, NC  
828-674-2528  
rwshealy@threearrowscattleco.com  
www.threearrowscattleco.com

All natural, registered Angus beef. Farm store is open 12–4 pm on Sat.

**White Pine Produce**  
White Pine Dr., Fletcher, NC  
828-687-0889 • cmeeker128@aol.com

A two-acre family-owned farm in south Buncombe Co. We grow mixed vegetables for sale at our roadside stand. Please check our Facebook page for hours and produce availability. Open Apr. 16 to Nov. 11.

## CENTRAL MOUNTAINS

**Asheville Aquaponics**  
3155 Sweeten Creek Rd., Asheville, NC  
828-393-7777  
ashevilleaquaponics@gmail.com  
www.ashevilleaquaponics.com

Swing by and pick up your tilapia, trout, or greens. It doesn't get any fresher than that! Please call for a pick-up appointment. Open all year.

**BEE Healing Apiary**  
443 West Rd., Hot Springs, NC  
828-622-0241 • info@beeh healing.org  
www.beehealing.org

We educate, mentor, and raise resistant, chemical-free bees. Our cosmetics, soap, and honey are for sale in the honeyhouse. Open year-round.

**Blue Ridge Bison**  
Weaverville, NC  
828-658-3634 • thais99@frontier.com

Our small herd of bison (American buffalo) roams over their mountain pastures. We offer standard cuts of meat; robes are sometimes available. Farm store sales by appointment.

**Boones Farm**  
2135 Double Island Rd., Micaville, NC  
828-284-0945 • boones\_farm@live.com

We are a fifth-generation farm near Mt. Mitchell specializing in all natural beef, plus hay, eggs, produce, and Black Angus cattle. We offer beef and pork year-round, just give us a call. Open most evenings and weekends.

**Cane Creek Valley Farm**  
1448 Cane Creek Rd., Fletcher, NC  
828-338-0188 • info@canecreekorganics.com  
www.canecreekorganics.com

Please stop by the farm on Fri. between 3-6pm for organic vegetables, free range eggs, all natural beef, and pork. Open May 18 to Oct. 26.

**Craggy View Farm Stand**  
149 Barnardsville Hwy., Weaverville, NC  
828-713-4046 • craggyviewfarm@gmail.com  
www.craggyviewfarm.com

Our farm stand is small but charming! We offer spring vegetable transplants, annual bedding plants, our seasonal produce, and value-added products. In 2012, we're adding a greenhouse and small patch of u-pick cut flowers. Open Apr. to Oct.

**Double 'G' Ranch**  
16 Twin Bridges Rd., Leicester, NC  
828-683-6092 • dblgranch@bellsouth.net  
www.ashevilledoublegranch.com

We sell fresh, organically fed free range eggs and seasonal vegetables. Open Sat. only.

**Farside Farms**  
83 Weaverville Hwy. and 1311 Tunnel Rd., Asheville, NC  
828-683-3255 • tobacco911@aol.com

We produce fresh eggs, pork, and chicken. We also grow fresh vegetables in the summer. Our stores are north of Beaver

Lake and east of the Blue Ridge Parkway entrance. Open year-round.

**Flying Cloud Farm**  
1860 Charlotte Hwy., Fairview, NC  
828-768-3348 • perkinson.annie@gmail.com  
www.flyingcloudfarm.net

Growing food sustainably on a family farm. Honor system self-service roadside stand on our farm from late May through Oct. Open every day, all the time. Just leave the money and take the produce. Call or email for availability.

**Hickory Nut Gap Farm**  
57 Sugar Hollow Rd., Fairview, NC  
828-628-1027  
jamie@hickorynutgapfarm.com  
www.hickorynutgapfarm.com

We sell our grassfed beef and pastured pork year-round. We also offer a variety of locally produced jams, honey, and crafts. Seven days a week during Sep. and Oct., see web for hours rest of year.

**Highlander Farm**  
35 Kirkpatrick Ln., Fairview, NC  
828-776-0261 • highlanderfarm@gmail.com

We produce grassfed lamb, free range eggs, and pasture-raised, free range chicken. Open by appointment.

**Hominy Valley Farms—Land and Cattle**  
76 Hominy Valley Dr., Candler, NC  
828-665-0933  
info@hominyvalleyfarms.com  
www.hominyvalleyfarms.com

Multi-generational family farm making use of our land to grow natural beef, pastured pork and poultry, vegetables, and cut flowers. Farm store open by appointment Mar. 1 to Dec. 14. Order-ahead pickups happen Wed. 3-5 pm.

**Imladris Farm**  
45 Little Pond Rd., Fairview, NC  
828-628-9377 • info@imladrisfarm.com  
www.imladrisfarm.com

We're pleased to open our farm store for your visit. Please call for an appointment. Open year-round.

The roadside stands in these pages are listed by region. Reference the map on page 7.

**Mountain Farm**  
125 Copperhead Bend, Burnsville, NC  
828-675-4856 • marilyn@mountainfarm.net  
www.mountainfarm.net

We have a beautiful retail shop that sells all our goat milk soap and lavender products, plants, t-shirts, gift baskets, eggs, chocolate truffles, farm herbal teas, honey, vinegars, cookbooks, and more. Open year-round.

**The Mushroom Hut @ Fox Farms**  
54 Labrador Ln., Burnsville, NC  
828-682-1405  
yanceyfoxfarms@frontier.com  
Find us at www.localharvest.org

The on-farm stand will have fresh produce, flower essence jellies as well as traditional jams/jellies, flowers, herbs, plants, crafts, and more. Call for details. Open May to Nov.

**Randall Cove Farm**  
96 Randall Cove Rd., Leicester, NC  
828-683-5758 • info@randallglen.com  
www.randallglen.com

Traditional mountain farm using organic practices to raise heritage produce, sheep, goats, pigs, and poultry. Fresh produce, eggs, and farm products available at the farmhouse, open Apr. 1 to Nov. 25.

**Rise Up Rooted Farm and River Camp**  
Black Mountain, NC  
540-292-3140  
riseuprootedfarm@gmail.com

Along the Broad River, our gardens and greenhouses are home to nutritious and healthy artisan greens and produce. Seasonal produce stand open to the public. 10 miles south of Black Mountain along Hwy. 9.

**Round Mountain Creamery**  
2203 Old Fort Rd., Black Mountain, NC  
828-669-0718 • las@rmcreamery.com  
www.roundmountaincreamery.com

Producing quality Grade A goat milk and flavorful soft cheeses with fresh herbs, fruits, and nuts. The farm store is becoming a special place: soon a cafe kitchen, library, and outdoor setting area overlooking the pond will be added.

**Sandy Mush Herb Nursery**  
316 Surret Cove Rd., Leicester, NC  
828-683-2014 • sandymushherbs@main.nc.us  
www.sandymushherbs.com

Our plant nursery offers more than 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 and discuss plants with staff. Open Mar. to Nov.

**Spinning Spider Creamery**  
4717 East Fork Rd., Marshall, NC  
828-206-5509  
spinningspidercreamery@gmail.com  
www.spinningspidercreamery.com

Handcrafted, award-winning artisan cheeses: fresh chevre, bloomy rind, and raw milk aged goat and cow cheeses. Cheese and meat can be purchased at the farm Tue. and Thu., 2-6 pm, from May 1 through the end of Dec.

**Tarheel Farms**  
2164 US Hwy. 70, Swannanoa, NC  
828-296-1083 • kpro2164@bellsouth.net

Family farm and produce stand specializing in growing and selling farm fresh produce and vegetables. Open Feb. 1 to Dec. 24.

**Wellspring Farm**  
166 Wellspring Ln., Burnsville, NC  
828-682-0458  
wellspringfiberfarm@gmail.com  
www.wellspringfarm.com

Shop on the farm sells wool products: fleeces, batts, rovings, yarn, kits, felted items, socks, finished goods, and gift items. Limited quantities of honey and free range eggs. Check the website for hours. Open May 12 to Sep. 30.

**Wild Mountain Apiaries**  
875 Will Arrington Rd., Marshall, NC  
828-689-4095  
wildmountainbees@yahoo.com  
www.wildmountainbees.com

Our store is in the barn on our "out-in-da-boonies" acreage. Beekeeping supplies, local raw honey, bee products, and hands-on beekeeping classes. Call before you come. Open Mar. to Oct.

**Wilson Farms and Greenhouses**  
42 Willie Mae Way, Fletcher, NC  
localgrown@bellsouth.net  
www.wilsonfarmsgreenhouses.blogspot.com

We offer farm-fresh tomatoes, peppers, green beans, corn, squash, local honey, bedding plants, perennials, and more. Farm store located at the end of paved drive behind brick houses. Open May to Oct.

**Zimmerman's Berry Farm**  
2260 Revere Rd., Marshall, NC  
828-656-2056  
pam@zimmermansberryfarm.com  
www.zimmermansberryfarm.com

Family u-pick berry farm. Farm store with homegrown and handmade preserves, pick your own berries, craft items. Call for availability. Open mid-Jun. to mid-Aug.

**FOOTHILLS**

**Altapass Orchard**  
1025 Orchard Rd., Spruce Pine, NC  
888-765-9531  
skipcarson@altapassorchard.com  
www.altapassorchard.com

Apples on the Blue Ridge Parkway. Music, snacks, crafts and demonstrations, canned goods, apple butter, honey, ice cream, and homemade fudge. Open May 2 to Oct., 28, seven days a week in Oct.

**Apple Hill Orchard and Cider Mill**  
2075 Pleasant Hill Ave., Morganton, NC  
828-437-1224  
hprewitt@applehillorchard.com  
www.applehillorchard.com

The country store has apples, our award-winning cider, fruit butters, and gift baskets. Baked items made with the fruits we grow. Open end of Aug. to Christmas Eve, 9 am-6 pm Mon.-Sat., except closes at 5 pm Nov.-Dec.

**Clyde Valley Farm**  
1725 Salem Rd., Morganton, NC  
828-433-0015 • josephcarswell@hotmail.com

We grow brown, purple, Carolina Gold, Charleston Gold, sticky rice, and kiwi fruit chemical-free. We store our rice in food grade barrels unmilled. Rice can be milled at the time of order to assure freshness.

**EarthPerks Organic Farm & Garden Supply**  
975 Poors Ford Rd., Rutherfordton, NC  
828-287-7730 • earthperks@gmail.com  
www.earthperksnc.com

Our store offers organic farming and gardening supplies, free range organic-fed eggs, local meats, in-season produce, and more seasonal retail items.

**Huckleberry Ridge Farm**  
401 Bethelhem Rd., Old Fort, NC  
828-668-4894 • huckleberryridgefarm@hughes.net • Find us on Facebook

We sell eggs, rabbits, greens, salves, and spritzes year-round. We take orders either by email or phone. First-come, first-serve basis. As we are a small farm, we do run low on items, and veggies are subject to the weather.

**Hugh Kuykendall Farm / Irma's Produce**  
450 Parker Padgett Rd., Old Fort, NC  
828-593-9078

We have tomatoes, sweet bell peppers, hot peppers, cucumbers, potatoes, corn,

cabbage, squash, beans, watermelon, and cantaloupes. Produce by the pound or by the truckload. Produce stand open May-Oct.

**Lattimore Farms**  
318 Peachtree Rd., Shelby, NC  
704-434-7190  
alexlattimore14@hotmail.com  
www.lattimorefarms.com

We sell fresh picked strawberries and strawberry jam. Open late-Apr. to early-Jun.

**Manna Cabanna**  
105 E. Main St., Saluda, NC  
828-817-2308 • caroljackson@tds.net  
www.manna-cabanna.com

A sustainable roadside stand and year-round multi-farm local meat and produce CSA. We specialize in freshly harvested local organic produce, herbs, prepared foods, farm-fresh eggs, free range meats, cheeses, and specialty items. Retail stand open May-Oct.

**Manoah Farms**  
4614 Bat Cave Rd., Old Fort, NC  
828-442-7403 • manoahfarms@yahoo.com  
www.manoahfarms.vpweb.com

Naturally grown vegetables sold daily at Crooked Creek Store, May to Oct.

**HIGH COUNTRY**

**Crosscreek Farm**  
2416 Nile Rd., Sparta, NC  
336-372-8574 • crosscreekfarm@hotmail.com  
www.crosscreekfarmnc.com

Our farm store offers pastured pork products (chops, sausage, bratwurst, Italian sausage) and beef (steaks, ground beef), and we have free range eggs available year-round. Open May to Oct.

**Foxfire Holler**  
3524 NC Hwy. 88W, Warrentonville, NC  
336-384-9463 • foxfireholler@aol.com  
www.foxfireholler.com

A fourth-generation farm dedicated to heritage, sustainability, and the premise that all life is simple and connected. Sheep, poultry, hogs. We sell our pastured meats from the farm.

**Harrell Hill Farms**  
2126 Harrell Hill Rd., Bakersville, NC  
828-688-9188 • dougharrell@aol.com  
www.harrellhillfarms.com

Producing quality farm-fresh products for seven generations. We offer Limousin beef, sorghum molasses, a pumpkin patch, Christmas trees, and fresh vegetables. Our old milkhouse is now a produce stand for our farm products. Open Jul. to Oct.

**Heritage Homestead**  
956 Roy Goodman Rd., Crumpler, NC  
336-982-4753 • coultercreek@skybest.com  
www.heritagehomestead.net

We offer eggs and cheese at the farm. Special orders should be called in ahead of time. We regularly have most cheeses on hand, honor system in the off hours. Open Apr. 19 to Dec. 23.

**Lowell Hendren Orchards**  
8003 Brushy Mountain Rd., Moravian Falls, NC  
336-921-3326

Apples: Gala, Golden, Jonagold, Pinklady, Limbertwig, etc. Also peaches and nectarines. Open seasonally, Aug.-Nov., Mon.-Sat.



**North Fork Farm**  
680 North Fork Rd., Zionville, NC  
828-297-5755 • northforkfarm@skybest.com  
www.northforkfarmbeef.com

We sell beef, pork, and chicken raised without antibiotics or added hormones. You may purchase custom cut or prepackaged products. We do not have set hours for our farm store, call-ahead orders are welcome.

**OakMoon Farm & Creamery**  
57 Hwy. 226N, Bakersville, NC  
828-688-4683  
oakmoonfarm@frontier.com  
www.freewebs.com/oakmoonfarm

We produce unique goat cheese specialties and rustic natural-rind aged raw goat milk cheeses. Cheese purchases available at the creamery every day, year-round, but call for cheese availability during winter before traveling from out of town.

**Old Orchard Creek Farms**  
410 Swansie Shepherd Rd., Lansing, NC  
336-384-2774 • oldorchard@skybest.com  
www.oldorchardcreek.com

A historic artisanal Appalachian farm. We sell pre-picked, pesticide-free blueberries on site Jul. and Aug.

**Shady Grove Gardens & Nursery**  
904 Will Isaacs Rd., Zionville, NC  
828-297-4098 • sggarden@skybest.com  
www.shady-grove-gardens.com

Our perennial plant nursery is also the pickup point for cut flowers, wedding orders, and the site for bridal party arranging brunches. Open Apr. to Nov.

**Trosly Farm**  
95 Peter Harding Ln., Elk Park, NC  
828-733-4938 • troslyfarm@att.net  
www.troslyfarm.com

Our farm store is open Sat., noon-5 pm, Feb. through Oct. Come by to pick up farm-raised meats, artisan breads, and chocolates. Great local food for your table! Open Feb. 4 to Oct. 27.

**GEORGIA**

**Mountain Valley Farm**  
2021 Homer Wright Rd., Ellijay, GA  
706-889-0999 • suzyw@ellijay.com  
www.grassfedgeorgia.com

Our farm store offers USDA-inspected and labeled dry aged grassfed beef and

free range heritage pork by the individual cuts. Fresh raw cow milk for pets from our Grade A pasture-grazed dairy herd available by the gallon. Open year-round.

**SOUTH CAROLINA**

**Chattooga Belle Farm**  
454 Damascus Church Rd., Long Creek, SC  
864-647-9768  
info@chattoogabellefarm.com  
www.chattoogabellefarm.com

The farm store offers a wide variety of goods, including jams, jellies, chutneys, relishes, pickles, and muscadine slushies, as well as locally made hand goods, unique gift items, and books about the area and local waterfalls. Open Apr. 1 to Nov. 30.

**The Happy Berry**  
510 Gap Hill, Six Mile, SC  
864-350-9345  
walker@thehappyberry.com  
www.thehappyberry.com  
Pre-picked fruit, by request, includes blueberries and blackberries, seedless table grapes, figs, and muscadines. Open Jun. to early-Oct.

**Hardy Berry Farm**  
232 Strawberry Rd., Anderson, SC  
864-224-5441  
hardyberryfarm@bellsouth.net  
www.hardyberryfarm.com

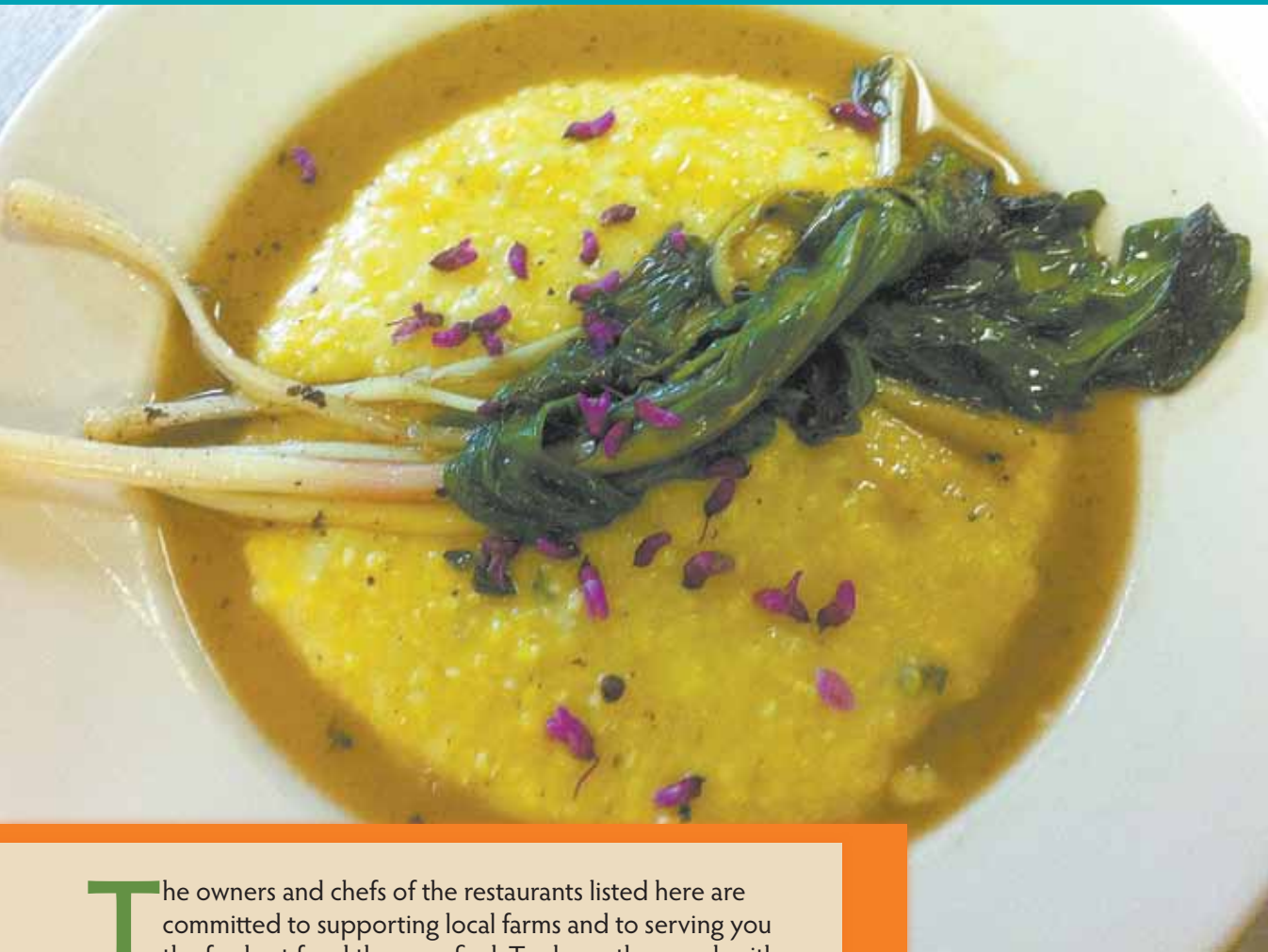
At our farm store, we offer pre-picked berries, honey, jams, homemade ice cream, and much more. Open mid-Apr. to Sep.

**TENNESSEE**

**Laughing Water Farm**  
727 Railroad Dr., Marion, VA  
276-206-0810  
laughingwaterfarm@comcast.net  
www.laughingwaterfarm.com

Farm-fresh produce and grassfed meats. Open for your convenience by calling first.

**Looking Local?** Want to find what's really close to home? At [appalachiangrown.org](http://appalachiangrown.org), you can search this *Local Food Guide* by state, county, or town.



The owners and chefs of the restaurants listed here are committed to supporting local farms and to serving you the freshest food they can find. To do so, they work with the wholesalers and distributors listed on pages 64 and 65, and they work directly with farmers. Some farmers even grow specific items by chef request!

Next time you're dining out, don't just ask for the specials. Ask, "What's local?" Also look for Appalachian Grown partner stickers on restaurant doors and windows to know you're eating food grown in our region. Learn about Appalachian Grown and more of the exciting ways area chefs are involved with local food on pages 44 and 48.

We offer breakfast and lunch items including quiche, muffins, Danish, sandwiches, soups, and salads.

**City Lights Cafe**  
3 East Jackson St., Sylva, NC  
828-587-2233 • [www.citylightscafe.com](http://www.citylightscafe.com)

We provide tasty, quick, and healthy food for breakfast, lunch, and dinner.

We also offer a community space for folks to hang out and enjoy live music, local art, free Wi-Fi, and a comfy environment.

**Frogs Leap Public House**  
44 Church St., Waynesville, NC  
828-456-1930  
[www.frogsleappublichouse.org](http://www.frogsleappublichouse.org)

We are a farm to fork restaurant and pub serving modern Southern cuisine featuring local, natural, organic, and sustainable products. Seasonal cocktails, craft brewed beers, carefully selected wines, and local charm.

**SOUTHERN MOUNTAINS**

**Bracken Mountain Bakery**  
42 S. Broad St., Brevard, NC  
828-883-4034  
[www.brackenmountainbakery.com](http://www.brackenmountainbakery.com)

Crusty European-style breads, American sandwich loaves, croissants, Danish, scones, flatbreads and lots more—all baked fresh every day using organic flours and other organic and local ingredients.

**Flat Rock Village Bakery**  
2710 Greenville Hwy. US 225, Flat Rock, NC  
828-693-1313 • [www.flatrockwoodfired.com](http://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](http://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 Inn**  
86 Lily Pad Ln., Flat Rock, NC  
800-635-0287 • [www.hlinn.com/seasons](http://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 herbs, vegetables, and edible flowers fresh-picked from our organic gardens.

**Square 1 Cafe**  
111 S. Main St., Hendersonville, NC  
828-698-5598 • [www.square1cafe.com](http://www.square1cafe.com)

We use fresh local ingredients for breakfast, lunch, and dinner seven days a week. Chef/Owner Rob Keener.

**West First Wood-Fired**  
101 First Ave. W., Hendersonville, NC  
828-693-1080 • [www.flatrockwoodfired.com](http://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. Our full service bar offers cocktails, local beers, and eclectic wines. Gluten-free options available.

**CENTRAL MOUNTAINS**

**Bistro ~ Biltmore Estate**  
1 Lodge St., Asheville, NC  
828-225-6230  
[www.biltmore.com/visit/dining/bistro/](http://www.biltmore.com/visit/dining/bistro/)

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

**Bistro 1896**  
7 SW Pack Square, Asheville, NC  
828-251-1300 • [www.bistro1896.com](http://www.bistro1896.com)

Casual everyday fine food, chef-owned and operated. Open seven days for lunch, dinner, and brunch. Outdoor patio and full bar. Wine Spectator and Wine Enthusiast award winner. Local, supporting the arts and our community since 1997. Handicap accessible.

**The Blackbird**  
10 E. Market St., Black Mountain, NC  
828-669-5556  
[www.theblackbirdrestaurant.com](http://www.theblackbirdrestaurant.com)

Our goal is to nourish and delight guests with cooking grounded in the traditions and ingredients of the Carolinas. We've created an affordable and vibrant fresh menu that combines Southern comfort foods and local farm products with cutting-edge flair.

**Blue Ridge Tavern and Trading**  
61 Terminal Dr., Suite 13, Fletcher, NC  
828-654-6215

A locally driven restaurant concept at the Asheville Regional Airport, started by the Paradies Shops. We source local whenever possible, be it in baked products, produce, or our selection of craft beer.

**Bouchon**  
62 N. Lexington Ave., Asheville, NC  
828-350-1140 • [www.ashevillebouchon.com](http://www.ashevillebouchon.com)

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.

FLAT ROCK, NC      HENDERSONVILLE, NC      FLETCHER, NC



828-693-1313

organic brick oven breads, wood-fired pizzas, handcrafted pastries, breakfast & lunch everyday



828-693-1080

wood-fired brick oven pizzas, hand made pastas, craft beers lunch & dinner Monday - Saturday



828-687-7999

organic cakes, pastries, coffees and breads, breakfast and lunch everyday

[flatrockwoodfired.com](http://flatrockwoodfired.com)



**Cafe Azalea**

*A neighborhood cafe focused on*  
**FRESH, HIGH-QUALITY LOCAL ingredients**

**BISON  
CHICKEN  
DUCK  
PORK  
LAMB  
BEEF  
TROUT  
EGGS  
CHEESES  
FRUITS  
VEGGIES  
BERRIES  
LETTUCE  
MUSHROOMS  
CORNMEAL & GRITS  
JAMS & more**

*Creative, Eclectic Fusion Cuisine  
in a warm, casual environment*

**Breakfast, Lunch & Dinner  
Tues - Sun  
Brunch Sat & Sun til 3  
Reservations Recommended**

**1011 Tunnel Road  
in East Asheville  
299-3753  
cafeazaleaasheville.com**

**Burgermeister's Kitchen & Tap**  
 697 Haywood Rd., Asheville, NC  
 828-225-2920 • [www.burgermeisters.com](http://www.burgermeisters.com)

This is the place for fun, relaxed dining. You'll find burgers with local beef and bison meats, made-to-order salads, fresh fish, and homemade soups. Vegetarians delight in homemade veggie burgers and organic tofu burgers.


**Cafe Azalea**  
 1011 E. Tunnel Rd., Asheville, NC  
 828-299-3753  
[www.cafeazaleaasheville.com](http://www.cafeazaleaasheville.com)

We're committed to supporting local food producers. We use cage-free eggs, all natural meats, jam, grits, and produce from local farmers and our garden. Lunch and dinner Tue.-Fri., Sat. brunch and dinner, Sun. brunch only.

**Cedric's Tavern ~ Biltmore Estate**  
 1 Lodge St., Asheville, NC  
 828-225-1320 • [www.biltmore.com/visit/dining/cedrics\\_tavern](http://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](http://www.chaipani.net)



**Bouchon**  
 French Comfort Food

*A French bistro in the  
Paris of the south.  
Go figure!  
Bon appetit y'all!*

[www.ashevillebouchon.com](http://www.ashevillebouchon.com)

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

**City Bakery**  
 60 Biltmore Ave. and 88 Charlotte St., Asheville, NC  
 18 N. Main St., Waynesville, NC  
 828-252-4426 • [www.citybakery.net](http://www.citybakery.net)

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

**Corner Kitchen**  
 3 Boston Way, Asheville, NC  
 828-274-2439 • [www.thecornerkitchen.com](http://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.

**Cucina24**  
 24 Wall St., Asheville, NC  
 828-254-6170  
[www.cucina24restaurant.com](http://www.cucina24restaurant.com)



**FARM TO TABLE.**

**THE BLACK BIRD**  
 A NEW AMERICAN TAVERN

Contemporary Southern Cuisine  
 Lunch, Dinner, and Sunday Supper

10 East Market Street  
 The Village of Cheshire  
 reservations 828.669.5556  
[www.TheBlackbirdRestaurant.com](http://www.TheBlackbirdRestaurant.com)

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

**Curate**  
 11 Biltmore Ave., Asheville, NC  
 828-239-2946  
[www.curatetapasbar.com](http://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](http://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 weekend brunch buffet features an American South cuisine, offering seasonal flavors and locally grown ingredients.

**Early Girl Eatery**  
 8 Wall St., Asheville, NC  
 828-259-9292 • [www.earlygirleatery.com](http://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.

**French Broad Chocolate Lounge**  
 10 South Lexington Ave., Asheville, NC  
 828-252-4181  
[www.frenchbroadchocolates.com](http://www.frenchbroadchocolates.com)

We're a mom and pop business adhering to artisanal methods, making desserts with love and good stuff. Members of a thriving independent business community, we live within our local economy as much as possible.

**The Green Sage**  
 5 Broadway St., Asheville, NC  
 828-252-4450  
 1800 Hendersonville Rd., Asheville, NC  
 828-274-4450 • [www.thegreensage.net](http://www.thegreensage.net)

Fair trade organic coffeehouse and natural food cafe with mission to be a model ecological and sustainable business. We use only natural ingredients and buy local and organic when feasible. Breakfast and lunch seven days a week.



## Enjoy your pass to a legacy of food and wine


Inspired by Biltmore's heritage of fine dining and sustainable agriculture, our chefs make the most of ingredients from our pastures, gardens, and vineyards combined with the best from local farms and artisan producers.

Buy a Twelve-Month Pass to enjoy a year of seasonal flavors:

- Dine at five estate restaurants
- Entertain friends at Antler Hill Village & Winery after 5:00 P.M.
- Make advance reservations and bring guests for dinner and weekend brunch
- Get invitations to special dining and wine events
- Save 10% on estate dining

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**made from scratch**

**EARLY GIRL Eatery**

- \* meat & two dinners
- \* breakfast served all day
- \* open 7 days a week

earlygirleatery.com  
8 Wall Street Asheville, NC  
828.259.9292



**West End Bakery & Café**

828-252-9378  
757 Haywood Road  
West Asheville

**Breakfast, Lunch, Weekend Brunch**

www.WestEndBakery.com



**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.

**Jack of Hearts Pub & Restaurant**  
10 South Main St., Weaverville, NC  
828-645-2700 • www.jackofheartspub.com

Located in the heart of downtown Weaverville. Come take a seat in the former historical firehouse and enjoy fresh pub fare, craft brews, and live entertainment.

**Jack of the Wood**  
95 Patton Ave., Asheville, NC  
828-252-3445 • www.jackofthewood.com

A cozy, Celtic-style pub featuring craft beers, a full bar, and freshly prepared pub fare. We offer local entertainment every night of the week. See our online calendar for the latest music and events.

**The Junction**  
348 Depot St., Suite 190, Asheville, NC  
828-225-3497  
www.thejunctionasheville.com

We bring fresh farm to table cuisine and cocktails to Asheville's River Arts District. We're open Tue.-Sat. for dinner and for brunch Sat. and Sun.

**Laughing Seed**  
40 Wall St., Asheville, NC  
828-252-3445 • www.laughingseed.com

A completely vegetarian restaurant specializing in international cuisine. We use organic and local produce whenever possible. Our menu includes vegan, raw, and gluten-free options. We also offer a full bar with specialty cocktails, organic wines, and craft beers.

**Laurey's: Café, Catering, Comfort**  
67 Biltmore Ave., Asheville, NC  
828-252-1500 • www.laureysyum.com

The restaurants in these pages are listed by region. Reference the map on page 7.

We specialize in made-right-here food, using locally grown products as much as possible. Eat in our sunny space, take things away, or have us cater your event. Our "Garden Room" is available for private events.

**The Lexington Avenue Brewery**  
39 N. Lexington Ave., Asheville, NC  
828-252-0212 • www.lexavebrew.com

Good times await at the Lexington Avenue Brewery. We grow beef on our own farm in Buncombe Co., source hops for brewing from Madison Co., and use WNC's bounty of excellent produce when it's in season.

**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.

**Louise's Kitchen**  
115 Black Mountain Ave.,  
Black Mountain, NC  
828-357-8088 • www.louisesblackmtn.com

We are a quaint restaurant in downtown Black Mountain. Community and local farmers are our livelihood. We serve creative local food to ensure we provide the very best WNC has to offer!

**Luella's Bar-B-Que**  
501 Merrimon Ave., Asheville, NC  
828-505-7427 • www.luellasbbq.com

In a land chock full of barbeque joints, our quality smoked meat and scratch-made sides stand alone. Only here can you taste what proprietor and pit-boss Jeff Miller proudly labels a Product of Buncombe Co. Taste the love.

**Mamacita's**  
77A Biltmore Ave., Asheville, NC  
828-255-8080 • www.mamacitasgrill.com

Come to Mama for fresh creative Mexican food. Independently owned with an emphasis on making our food from scratch and using locally sourced meats and produce. Innovative specials and great fire-roasted salsas made daily.

**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.



**Limones**  
Mexican & Californian Cuisine

Owner and Chef Hugo Ramirez combines his love of Mexican food with his training in French-influenced California cuisine, using many fresh, locally-grown ingredients.

Monday – Sunday 5pm – 10pm  
Sunday Brunch – 10:30 – 2:30

13 Eagle Street • Asheville  
252-2327  
limonesrestaurant.com



A lot of places do Farm-to-Table. The difference is what happens in between.



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Handcrafted with Local Ingredients

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Boston Way & All Souls Crescent, Biltmore Village  
274-2439 • www.thecornerkitchen.com

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Downtown Asheville

Above the LAB



"Urban dwellers growing their own food." -Janet

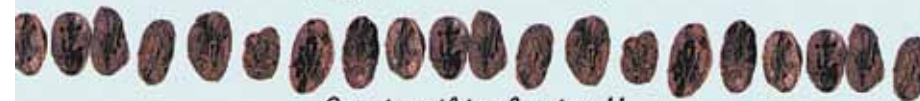
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bar de tapas

The best of Spain, conveniently located in downtown Asheville! Cúrate is pleased to bring the best Spain has to offer through our traditional cuisine, unrivaled hospitality and festive, energetic atmosphere.

**We are proud to sponsor local farmers and products in our restaurant!**

11 biltmore ave  
asheville, nc  
(828) 239-2946

[curatetapasbar.com](http://curatetapasbar.com)

**Mela Indian Restaurant**

70 N. Lexington Ave., Asheville, NC  
828-225-8880 • [www.melaasheville.com](http://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**

Asheville, NC  
828-225-4133 • [www.modestonc.com](http://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.

**The Morning Glory Café**

6 E. Market St., Black Mountain, NC  
828-669-6212

[www.themorningglorycafe.com](http://www.themorningglorycafe.com)

We offer breakfast and lunch seven days a week and dinner Wed.-Sat. We feature fresh, fun, healthy comfort foods utilizing local and organic products wherever possible. We love the beauty of the Carolina mountains and supporting local farmers.

**Neo Cantina**

10 Biltmore Plaza, Asheville, NC  
864-616-4325 • [www.neocantina.com](http://www.neocantina.com)

**BURGERMEISTER'S**

**KITCHEN & TAP**

697 Haywood Rd West Asheville  
**828-225-2920**  
Lunch and Dinner 'til late  
Open Daily 11:30 - 11pm  
Closed Tuesdays

We offer handmade Southwestern favorites with a twist of Asheville. Located in the heart of historic Biltmore Village. We use only the freshest ingredients, grown locally when available.

**Plant**

165 Merrimon Ave., Asheville, NC  
828-258-7500 • [www.plantisfood.com](http://www.plantisfood.com)

We offer flavor-sophisticated, scratch-made food using only carefully chosen ingredients from the earth. Whenever possible, we utilize seasonal, local, and

organic produce. The inviting ambiance is created by friendly knowledgeable servers in a warm setting.

**Posana Cafe**

1 Biltmore Ave., Asheville, NC  
828-505-3969 • [www.posanacafe.com](http://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.

**Where the locals come to meat and veg.**

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ASHEVILLE

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★ KITCHEN ★

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**Village of Cheshire**  
Black Mountain, NC  
828.669.6212  
[themorningglorycafe.com](http://themorningglorycafe.com)



**Red Stag Grill**  
11 Boston Way, Asheville, NC  
828-398-5503 • [www.redstaggrill.com](http://www.redstaggrill.com)

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

**Rezaz**  
28 Hendersonville Rd., Asheville, NC  
828-277-1510 • [www.rezaz.com](http://www.rezaz.com)

Mediterranean-influenced cuisine prepared using the freshest available herbs, produce, meats, game, and seafood. Rezaz Enoteca features fresh-baked bread and pastries, house-made gelato, panini sandwiches, antipasto platters, and a variety of petite entrees.

**Rise 'n Shine Café**  
640 Merrimon Ave., Suite 102, Asheville, NC  
828-254-4122 • [www.risenshinecafe.com](http://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.

**Roman's Locally Driven Deli & Catering**  
75A Haywood St., Asheville, NC  
828-505-1552 • [www.romanstakeout.com](http://www.romanstakeout.com)

All of our menu items are homemade from start to finish. We involve organic, natural, and local ingredients as much as we can and local produce whenever available. Eat local, eat fresh, taste and feel the difference.

**Rosetta's Kitchen**  
111 Broadway Ave., Asheville, NC  
828-232-0738 • [www.rosettaskitchen.com](http://www.rosettaskitchen.com)

We are a vegetarian/vegan restaurant offering an atmosphere of wholesome, homestyle cooking, local brews, and organic wines. A local gathering spot with friendly staff, local art, late night dining and dedication to environmentally conscious and community-supporting policies.

**The Southern Kitchen and Bar**  
41 North Lexington Ave., Asheville, NC  
828-251-1777  
[www.southernkitchenandbar.com](http://www.southernkitchenandbar.com)

Modern American cuisine with a Southern flair. Our menu incorporates local meats, cheeses, and produce, as well as local draft beers. Food and cocktails change seasonally, showcasing the freshest ingredients possible. Full menu until 2 am.

**Stable Cafe~Biltmore Estate**  
One Lodge St., Asheville, NC  
828-225-6370 • [www.biltmore.com/visit/dining/stable](http://www.biltmore.com/visit/dining/stable)

Casual cuisine and a friendly ambiance make this a favorite Biltmore lunch destination. Dine in renovated horse stalls and enjoy pulled pork barbeque, estate-raised beef burgers, and salads.

**Wish You Were Here?** If you operate a farm or a business that buys local food, you can get in the *Local Food Guide* today. Visit [appalachiangrown.org](http://appalachiangrown.org) and click "Get in the Guide." Your listing will appear online quickly, and we'll contact you to get into the next print edition.

**Sunny Point Café**  
626 Haywood Rd., Asheville, NC  
828-252-0055 • [www.sunnypointcafe.com](http://www.sunnypointcafe.com)  
We are 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.

**Table**  
48 College St., Asheville, NC  
828-254-8980 • [www.tableasheville.com](http://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.

**Tupelo Honey Cafe**  
12 College St., Asheville, NC • 828-255-4863  
1829 Hendersonville Rd., Asheville, NC  
828-505-7676 • [www.tupelohoneycafe.com](http://www.tupelohoneycafe.com)

For a true taste of Asheville, visit our downtown Asheville and south locations. We love our farming community and are proud to spotlight our farmer partners with our flavorful fare and scratch-made fun.

## Appalachian Grown: Certified Local



When shopping the aisles of your favorite grocery store or heading out on the town for a meal, you want the freshest, best tasting food possible: local food. But how do you know that what you're buying or enjoying is from here? Look for the logo!

ASAP created the Appalachian Grown logo as a tool for shoppers to easily identify authentically local food. Find it on produce and packaging, as well as displayed by participating grocers, restaurants, and other businesses. When you see the logo, you can feel confident that the farm products were grown or raised in Western North Carolina and the Southern Appalachians, and that your purchase helps support our local economy.

Nearly 500 farms and 300 businesses are certified each year, and those numbers are growing. Don't see the logo where you shop or dine? Ask for it by name and encourage them to join. Find a list of counties included in ASAP's Appalachian Grown region on page 7.

## In a Foodtopian Society, AIR is Essential.



Asheville's Foodtopian Society is all about embracing our community's connectedness between farm, table, body, and spirit. It is also about celebrating our independent streak.

Asheville Independent Restaurants.  
It's who we are.

[www.airasheville.org](http://www.airasheville.org)



There's More Where This Came From! Online at [appalachiangrown.org](http://appalachiangrown.org), you'll find around 300 more farms and businesses not listed here in print.

# THE SOUTHERN KITCHEN AND BAR

*Modern American Cuisine with a Southern Flair*

Menu changes seasonally to feature the freshest ingredients.

Kitchen open until 2 am. Best late night food in town!

Hand crafted cocktails, local beers on tap, affordable wine.

Asheville's best patio drinking and dining spot.

41 N Lexington Ave Asheville NC 28801  
828.251.1777 [southernkitchenandbar.com](http://southernkitchenandbar.com)

### Ultimate Ice Cream

1070 Tunnel Rd., Asheville, NC  
828-296-1234  
195 Charlotte St., Asheville, NC  
828-258-1515 • 828-296-1234  
[www.ultimateicecreamasheville.com](http://www.ultimateicecreamasheville.com)

We use local produce as much as possible for fresh, super premium quality ice cream handcrafted right in Asheville. Manifest your ultimate desires and try our frozen confections at either of our Asheville shops!

### West End Bakery

757 Haywood Rd., Asheville, NC  
828-252-9378 • [www.westendbakery.com](http://www.westendbakery.com)

Our baked goods are made from 100% organic flour and organic sugar. Much of our produce is locally grown and organic. Our all natural deli meats are hormone- and antibiotic-free. We offer gluten-free, sugar-free, and vegan selections.

### Zambra

85 W. Walnut St., Asheville, NC  
828-232-1060 • [www.zambratapas.com](http://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.

## HIGH COUNTRY

### Bistro Roca & Antlers Bar

143 Wonderland Tr., Blowing Rock, NC  
828-295-4008 • [www.bistoroca.com](http://www.bistoroca.com)

One of Blowing Rock's most popular restaurants, serving inventive American bistro cuisine from Chef Michael Foreman in a rustic-elegant setting. We combine efficient service with gracious hospitality and offer a great selection of wines and mixed drinks in Antlers Bar.

### Casa Rustica

1348 Hwy. 105 Ext., Boone, NC  
828-406-7085 • [www.casarustica1981.com](http://www.casarustica1981.com)

We are a family-owned business that has been in operation since 1981. We pride

The restaurants in these pages are listed by region. Reference the map on page 7.

ourselves in being Boone's authentic Italian restaurant, offering traditional family recipes that include only the freshest local ingredients.

### Gamekeeper

3005 Shulls Mill Rd., Boone, NC  
828-963-7400 • [www.gamekeeper-nc.com](http://www.gamekeeper-nc.com)

We feature locally grown produce, farm-raised meats, game, and fresh seafood prepared over a hickory wood fire. Our comfort food is served in a rustic stone home with a great view. ABC permits, outdoor dining, and room for private parties.

### Hob Nob Farm Cafe

506 West King St., Boone, NC  
828-262-5000 • [www.hobnobfarmcafe.com](http://www.hobnobfarmcafe.com)

We serve comfort foods from around the world. We use all natural ingredients, using as much local, regional, and organic foods as possible. Join us for breakfast, lunch, or dinner on our patio for a delicious meal.

### Joy Bistro

115 New Market Center, Boone, NC  
828-265-0500 • [www.joybistroboone.com](http://www.joybistroboone.com)

We are a small fine dining restaurant boasting a menu of French-Italian cuisine and homemade desserts, with an extensive wine and beer list. Our kitchen staff completes your experience with nightly features of seafood, pasta, chicken, and filet mignon.



# Sunny Point Café

626 Haywood Road, West Asheville, NC

• Breakfast  
• Lunch  
• Dinner

Sun & Mon  
8:30am - 2:30pm

Tues-Sat  
8:30am - 9:30pm



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828-252-0055 [sunnypointcafe.com](http://sunnypointcafe.com)

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## Chefs Earn Extra Credit



Take one part young student, one part chef, mix together with locally grown produce and what do you have? ASAP's Farm to School Cooking Program! ASAP links chefs with teachers (keep in mind, there are more teachers than chefs), pairing them for cooking classes that introduce children to the wonders of locally grown foods. We provide the chefs with training, as well as cooking kits, recipes, lesson plans, and assistance sourcing local ingredients. The chefs provide their years of cooking expertise. Since 2007, thousands of children have taken part in this program. This hands-on approach is making an impact, getting kids excited about eating fresh fruits and vegetables.

Want to get involved? Visit ASAP's Farm to School website, [growing-minds.org](http://growing-minds.org). Read more about Growing Minds on page 86.

### Knife and Fork

61 Locust St., Spruce Pine, NC  
828-765-1511 • [www.knifeandforknc.com](http://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 the restaurant. Menu changes daily.

### Pepper's Restaurant and Bar

240 Shadowline Dr., Boone, NC  
828-262-1250 • [www.peppers-restaurant.com](http://www.peppers-restaurant.com)

Pepper's was established in 1975, serving sumptuous deli style sandwiches. Since then, we have expanded into a full service restaurant and bar with a complete dinner menu. We are committed to minimizing our impact on the environment.

### The Pizza Shop and Dry County Brewing Company

585 Oak Ave., Spruce Pine, NC  
828-765-4583  
[www.drycountybrewing.com](http://www.drycountybrewing.com)

Family-friendly pizzeria and microbrewery. Eat in or take out available.

### Proper

142 South Water St., Boone, NC  
828-865-5000 • [www.propermeal.com](http://www.propermeal.com)

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

### Restaurant G at Gideon Ridge Inn

202 Gideon Ridge Rd., Blowing Rock, NC  
828-295-3644 • [www.gideonridge.com](http://www.gideonridge.com)

Where European tradition meets the great American steak house. Executive Chef Michael Foreman prepares dishes using classic European technique and the best quality organic and/or locally produced beef and local produce when available. Full bar and select wine list.

### Stick Boy Bread Co.

345 Hardin St., Boone, NC  
828-268-9900 • [www.stickboybread.com](http://www.stickboybread.com)

Fresh-baked breads and pastries. Cakes, pies, and wedding cakes. Fair trade organic coffee and espresso. Real fruit smoothies. Come by and see us!

### Storie Street Grille

1167 Main St., Blowing Rock, NC  
828-295-7075 • [www.storiestreetgrille.com](http://www.storiestreetgrille.com)

A contemporary American bistro offering naturally raised meats, wild-caught fish and seafood, local dairy, and produce. Our seasonal menus are developed with NC products in mind, and we continually seek new sources for local products. Open year-round, Mon.-Sat., lunch and dinner.

### Table at Crestwood

3236 Shulls Mill Rd., Boone, NC  
828-963-6646  
[www.crestwoodresortandspa.com](http://www.crestwoodresortandspa.com)

Our menu is a creative mix of Southern fare with a European touch. The Table's spectacular views will captivate you while you enjoy terrace or fireside dining. Best Dish NC competitor.

### Talia Espresso

809 Main St., Suite 42, North Wilkesboro, NC  
336-838-0111 • [www.taliaespresso.com](http://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.

### Vidalia

831 W. King St., Boone, NC  
828-263-9176 • [www.vidaliaofboonenc.com](http://www.vidaliaofboonenc.com)

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



REGRETTABLE



REMARKABLE



### TOP 100 U.S. RESTAURANTS

As ranked by over 7 million OpenTable reviews

The Gamekeeper Restaurant features locally-grown produce, humanely farm-raised meats, game and fresh seafood prepared over a hickory wood-fire. Our "comfort food" is served in a rustic stone home with a cozy fireplace and a great view. Recommended by the *Charlotte Observer*, *Blue Ridge Magazine*, *Smokey Mtn Living*, *Southern Living* and *Gourmet*.

*gamekeeper*  
restaurant bar  
*seriously!*

RESERVATIONS RECOMMENDED [gamekeeper-nc.com](http://gamekeeper-nc.com)  
BLOWING ROCK, NORTH CAROLINA • 828-963-7400  
AAA FOUR DIAMOND AWARD • EVENT CATERING

**Big Buyer?** This *Local Food Guide* is designed most of all for individual shoppers seeking local farm products. If you are a chef, grocer, or other type of wholesale purchaser, search the *Mixing Bowl*, ASAP's farm to business trade directory. Find it online at [appalachiangrown.org/mixingbowl](http://appalachiangrown.org/mixingbowl), or contact us to receive a printed version.



**PEPPER'S**  
Restaurant and Bar

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peppers-restaurant.com

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**VIDALIA**



Creative American Cuisine In An Upscale Casual Atmosphere.

Reservations Strongly Recommended  
831 W. King St. (Across the street from the Courthouse)  
828.263.9176 • [www.vidaliaofboone.com](http://www.vidaliaofboone.com)  
Menu & Hours Available Online

## 2 Days, 35+ Farms, Countless Possibilities

This year, you can tour more than 35 area farms and meet farmers in the refreshing fall mountain air. That's right...

**ASAP's Farm Tour** has moved to September! Our annual self-guided driving tour is an opportunity to learn how food grows; taste farm-fresh veggies, meats, and cheeses; interact with farm animals, and meet the community's hard-working food producers. In the new season, it will also be an opportunity to purchase warm-weather wares from fiber farms and enjoy the region's famous apples, whether by the pound or peck!

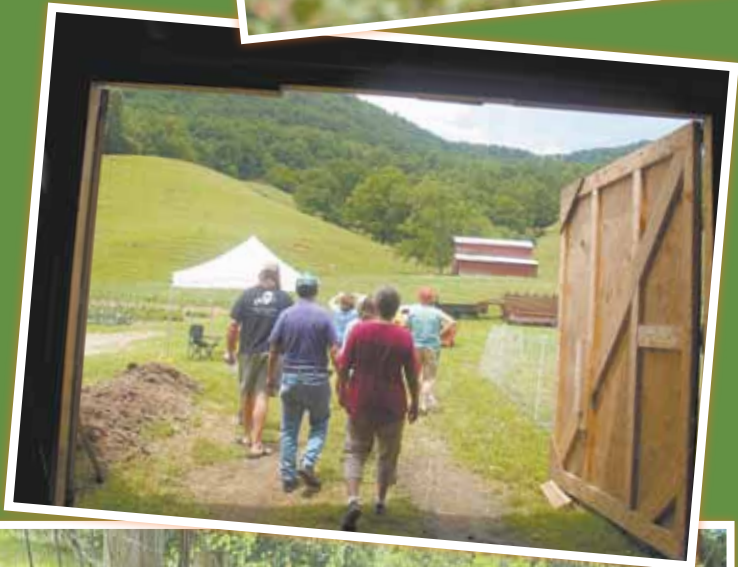


**What:** ASAP's Farm Tour

**When:** September 22 & 23, 2012

**Where:** Farms across WNC (Buncombe, Haywood, Henderson, Madison, and Yancey counties)

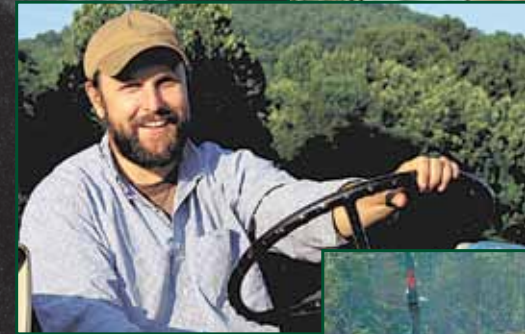
**How:** One admission pass admits an entire carload for both days; tickets available via [asapconnections.org](http://asapconnections.org) and [fromhere.org](http://fromhere.org) in early summer. Before piling in your friends and family, though, use our online trip planner to map your adventure. (Read more about the trip planner on page 7). All it takes is checking the "In Farm Tour" box!



**Alan Henderson**  
Henderson's Best Produce  
Hendersonville, NC



**Michael Porterfield**  
New Sprout Farms  
Asheville, NC



**Billy Haynes, Jr.**  
Blackbird Farm  
Flat Rock, NC



**The Rathbone Family**  
Rathbone Farms  
Haywood County, NC



**Skipper Russell**  
Seasonal Produce Farm  
Haywood County, NC



Ingles Markets... we've been your local, family-run grocery store since our first store opened in Asheville, NC in 1963. At Ingles you'll find Laura Lynn milk and eggs that are sourced from farms within 150 miles of our Black Mountain, NC warehouse. Ingles is committed to working with sustainable farms and local artisans like these local growers.

ELMER INGLE  
GROCERY & MARKET



**ingles**





# Taste our delicious milk and you'll understand our passion for producing the highest quality goat dairy products.

## We are North Carolina's Only Grade "A" Goat Dairy!

Our creamery is a small, yet sophisticated, milk and cheese processing plant all within our Black Mountain farm.

We're totally committed to producing the highest quality whole goat milk and delicious farmstead cheeses.

Our dairy is thoroughly tested and approved by the FDA monthly to maintain the highest quality, freshest, best tasting dairy products that you can buy anywhere.

We care for our goats naturally. Pastures are carefully managed with organic fertilizers and our feeds are completely free of any animal by-products. The proof is in the tasting!

We welcome visitors to the farm and farmstead store year-round. Please call for a tour appointment and we look forward to a visit.

### We're A Local Company!



Proud member of  
The Piedmont Dairy  
Goat Association!

Lady Caroline,  
employee-of-the-year  
& freshness expert!



Our hand crafted cheeses merge science and art. Slight variations are typical and add wonderful character to each variety.

## Delicious Vat Pasteurized Whole Goat's Milk and Farmstead Goat Cheeses Inspired by the Classics.

- ☐ Soft Goat Cheese in 12 full flavors
- ☐ Fresh and Aged Logs
- ☐ Carolina Moon™ – Aged Bloomy Rind
- ☐ Fresh Farm-House Crumbles
- ☐ Fresh Curd Farm-House – in Wheels & Slices
- ☐ Sun Disk™ & Amber Moon™ – Aged Washed Rind



Milk in half gallon & quart glass bottles.

Cheese in frozen tubs & fresh in vacuum sealed pouches.

Did you know, you can make your own cheese, yogurt or kefir from our fresh Vat-Pasteurized whole goat's milk?

Visit our website for a calendar of events!  
Order online and find a store near you:

[RoundMountainCreamery.com](http://RoundMountainCreamery.com)

(828) 669-0718

las@rmcreamery.com

Black Mountain, North Carolina

Wholesale & Retail Sales



This section is dedicated to the ABCs: our region's Artisan food producers, Bakers, and Caterers. They use fresh local ingredients to create everything from homemade pizzas and pastas to pickles and preserves. Stop by their tables at your neighborhood farmers tailgate market or scan grocery store shelves for their products and know you're supporting local farmers and local entrepreneurs. As you plan your next event, use these pages to find the perfect people to help you pull it off.

But wait...there's more! Many of the listed restaurants (pages 36-51) also offer catering services. Check their websites for details.



Our unique and flavorful blends are created with the freshest ingredients for amazing taste and health benefits.

**Blue Ridge Distilling Co.**  
Bostic, NC  
828-245-2041 • [info@blueridgedistilling.com](mailto:info@blueridgedistilling.com)  
[www.blueridgedistilling.com](http://www.blueridgedistilling.com)

Blue Ridge Distilling Co. located in Golden Valley, NC, creates premium distilled spirits—single-malt vodka and whiskey—as well as seasonal local fruit brandies.

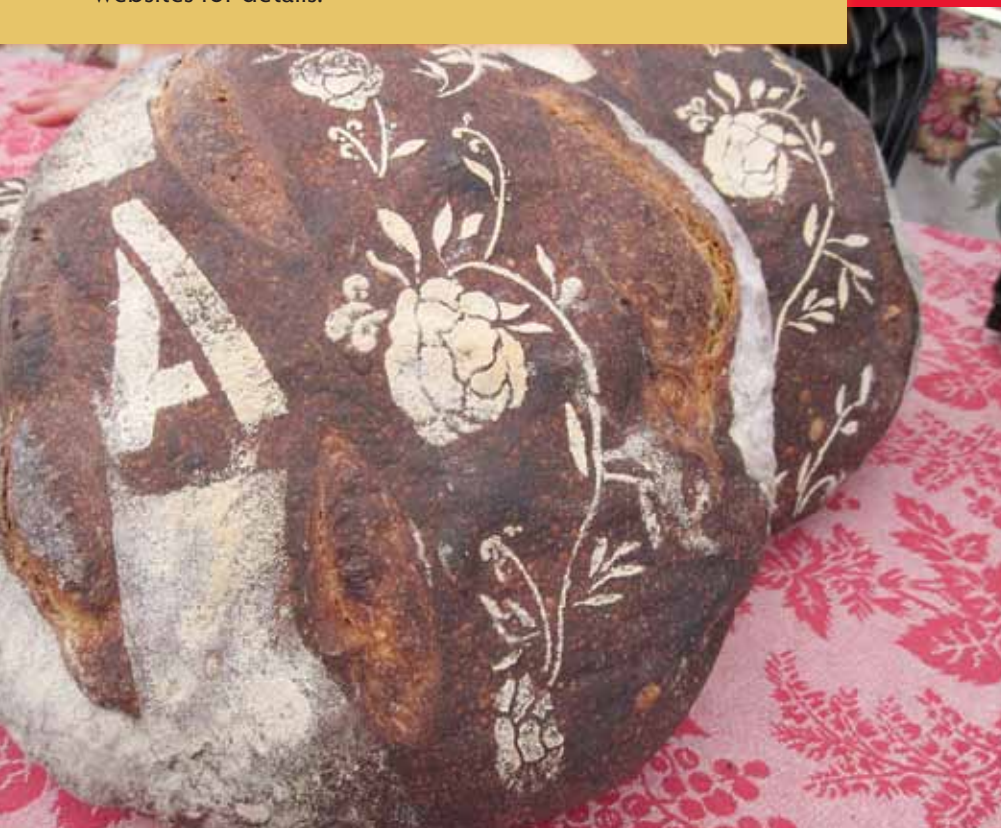
**Blue Ridge Food Ventures**  
Candler, NC  
828-348-0128 • [mlsurgi@awnc.org](mailto:mlsurgi@awnc.org)  
[www.blueridgefoodventures.org](http://www.blueridgefoodventures.org)

A shared-use, value-added processing center for farmers, food entrepreneurs, and makers of natural products and dietary supplements. We provide technical assistance and a facility to those wishing to start or grow a small food or natural product business.

**Blue Ridge Mountain Creamery**  
Fairview, NC  
828-551-5739 • [victorchiarizia@bellsouth.net](mailto:victorchiarizia@bellsouth.net)  
[www.caveagedcheeses.com](http://www.caveagedcheeses.com)

Creators of handmade artisan cheeses. Specializing in raw cave-aged cows milk cheeses from locally produced milk. Visitors are always welcome for cave tours.

**Chef Ricardo's Tomato Sauces**  
Clyde, NC  
828-627-6751 • [chefricardos@gmail.com](mailto:chefricardos@gmail.com)  
[www.chefricardoskitchen.com](http://www.chefricardoskitchen.com)



**Bake Hampton**  
Alexander, NC  
828-683-6099 • [bakehampton@charter.net](mailto:bakehampton@charter.net)  
[www.bakehampton.com](http://www.bakehampton.com)

Specializing in gourmet cookies, bars, and cakes all made from scratch using locally sourced ingredients wherever possible. They taste homemade because they are. Bake Hampton products are sold locally in Asheville markets.

**Barker's Creek Gristmill**  
Rabun Gap, GA  
706-746-6921 • [wmalot@rabungap.org](mailto:wmalot@rabungap.org)

We provide custom ground corn for grits and cornmeal, wheat, rye, a nine-grain mix, and buckwheat for flour. We're open noon-4 pm the first Sat. of every month to grind your grain or ours. We also have seed for Keener and Hickory Cane.

**Blessed Botanicals**  
Burnsville, NC  
828-682-7226 • [blessbotanical@aol.com](mailto:blessbotanical@aol.com)  
[www.blessedbotanicals.com](http://www.blessedbotanicals.com)

Blessed Botanicals offers handcrafted culinary blends and herbal teas focusing on locally grown and wildcrafted herbs.

Chef Ricardo's tomato sauces are handcrafted in small batches using vine-ripe tomatoes, fresh vegetables, and herbs. The sauces won Best in Show and Grand Champion at the 2009 NC Specialty Foods Show.

**Colorful Palate Catering**  
Asheville, NC  
828-684-7470  
[information@colorfulpalate.com](mailto:information@colorfulpalate.com)  
[www.colorfulpalate.com](http://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. Good food can help make good things happen.

**Copper Pot and Wooden Spoon**  
Waynesville, NC  
828-593-0501  
[jessica@copperpottraditions.com](mailto:jessica@copperpottraditions.com)  
[www.copperpottraditions.com](http://www.copperpottraditions.com)

Copper Pot and Wooden Spoon handcrafts seasonally produced preserves, pickles, and artisan foods. Each recipe is prepared in small batches from local, seasonal, and all natural ingredients, ensuring the height of freshness and flavor.

**Dolci di Maria**  
Asheville, NC  
828-242-1999 • [mail@dolcidimaria.com](mailto:mail@dolcidimaria.com)  
[www.dolcidimaria.com](http://www.dolcidimaria.com)

Specialty baker of gluten-free and dairy-free fine Italian desserts, including vegan cakes and cupcakes. Baked in a gluten-free kitchen with all natural ingredients. Weddings, birthdays, and catering orders welcome. Sold at Asheville area grocers and fine restaurants.

**Farm & Sparrow**  
Candler, NC  
828-633-0584 • [info@farmandsparrow.com](mailto:info@farmandsparrow.com)  
[www.farmandsparrow.com](http://www.farmandsparrow.com)

Farm and Sparrow is a wood-fired craft bakery that produces rustic breads and pastries. We use freshly milled organic grains, natural leavening, and local/sustainable ingredients. We can be found at local grocers and area tailgate markets.

**Fox Hill Meadery**  
Marshall, NC  
828-683-3387 • [mead@foxhillmead.com](mailto:mead@foxhillmead.com)  
[www.foxhillmead.com](http://www.foxhillmead.com)

Fox Hill Meadery makes mead (honey wine)! We currently have five varieties available: blackberry, ginger-apricot, traditional, spiced, and special reserve. Try a taste of history, try some mead.

**GalloLea Organics**  
Asheville, NC  
828-989-7270 • [susan@gallolea.com](mailto:susan@gallolea.com)  
[www.gallolea.com](http://www.gallolea.com)

Homemade pizza in 30 minutes! We make whole wheat, gluten-free, or super-low sodium pizza kits. Easy to make and delicious. Find at grocery and specialty stores or our website.

**Hillside Bakery**  
Knoxville, TN  
865-705-9798 • [info@hillside-bakery.com](mailto:info@hillside-bakery.com)  
[www.hillside-bakery.com](http://www.hillside-bakery.com)

Specializing in sourdough handcrafted breads baked directly on the oven stone floor. Organic grains are freshly stone milled into flour before each bake. Seasonal and holiday breads offered. We sell primarily at local farmers markets and by email menu subscription.

**Jack's Nut Butters**  
Asheville, NC  
510-586-4697  
[acksnutbutters@gmail.com](mailto:acksnutbutters@gmail.com)  
[www.jacksnutbutters.com](http://www.jacksnutbutters.com)

Sprouted nut butters with captivating flavors and extraordinary taste. Jack's Nut Butters combine sprouted walnuts

and almonds with coconut oil, clarified butter, honey, sea salt, and spices, creating a nourishing whole food. Vegan options available.

**Laurey's: Café, Catering, Comfort**  
Asheville, NC  
828-252-1500 • [info@laureysyum.com](mailto:info@laureysyum.com)  
[www.laureysyum.com](http://www.laureysyum.com)

Laurey's specializes in made-right-here food, using locally grown products as much as possible. Eat in our sunny space, take things away, or have us cater your event. The Garden Room is available for private events.

**Montford Walk-In Bakery**  
Asheville, NC  
828-252-6816 • [jen@montfordwibakery.com](mailto:jen@montfordwibakery.com)  
[www.montfordwibakery.com](http://www.montfordwibakery.com)

The Montford Walk-In Bakery is a pre-order, neighborhood bakery in Montford. We bake artisan breads: wild-yeast sourdough breads, fruit and nut breads, and focaccia flatbreads. Get on our email list.

**Moon Rabbit Foods**  
Weaverville, NC  
828-273-6649  
[mark@moonrabbitfoods.com](mailto:mark@moonrabbitfoods.com)  
[www.moonrabbitfoods.com](http://www.moonrabbitfoods.com)

Moon Rabbit Foods is a local manufacturer of gluten-free baking mixes, also offering hard-to-find ingredients for the gluten-free baker. Mixes are available at area natural foods stores and farmers markets.

**Wish You Were Here?** If you operate a farm or a business that buys local food, you can get in the *Local Food Guide* today. Visit [appalachiangrown.org](http://appalachiangrown.org) and click "Get in the Guide." Your listing will appear online quickly, and we'll contact you to get into the next print edition.



## Pasta Wench

Boone, NC  
828-262-1040 • [orders@pastawench.com](mailto:orders@pastawench.com)  
[www.pastawench.com](http://www.pastawench.com)

Gourmet ravioli and sauces utilizing fresh local ingredients from our USDA Certified Organic Farm Andrea's Organics and local growers. We sell wholesale to restaurants throughout NC and participate in Goodness Grows in NC and Appalachian Grown. Shipping nationwide, wholesale inquiries welcome.

## Pixie's Pocket

Candler, NC  
[headpixie@pixiespocket.com](mailto:headpixie@pixiespocket.com)  
[www.pixiespocket.com](http://www.pixiespocket.com)

Pixie's Pocket herb-infused honey is an artisan hearthcraft. Our products are made with WNC honey and organic herbs; some blends are for health and some for pure pleasure.

## Rachel's Delectables

Asheville, NC  
828-301-2108  
[rachel@rachelsdelectables.com](mailto:rachel@rachelsdelectables.com)  
[www.rachelsdelectables.com](http://www.rachelsdelectables.com)

Rachel's Delectables specializes in cheesecakes, several types and sizes to fit any occasion. Two of our recipes feature local cheese from Looking Glass Creamery.

## Reid's Catering Co.

Banner Elk, NC  
828-268-9600 • [reidscateringco@gmail.com](mailto:reidscateringco@gmail.com)  
[www.reidscateringco.com](http://www.reidscateringco.com)

We are a locally owned and operated catering company servicing the High Country, with a commitment to using local foods to be prepared from scratch. Reid's has been feeding our friends for more than 13 years.

## Roots & Branches

Asheville, NC  
319-573-4772 • [rootsandbranches@live.com](mailto:rootsandbranches@live.com)  
[www.rootsandbranchesavl.com](http://www.rootsandbranchesavl.com)

Roots & Branches is a bakery specializing in artisan handcrafted olive oil crackers. Our crackers are hand-rolled and baked at our bakery in Swannanoa and sold at local stores, specialty shops, and tailgate markets.

## Saffron Fine Foods

Asheville, NC  
828-280-3094  
[contact@saffronfinefoods.com](mailto:contact@saffronfinefoods.com)  
[www.saffronfinefoods.com](http://www.saffronfinefoods.com)

Saffron is WNC's green catering company. We specialize in 100-mile menus and are known for our great food and outstanding service. Give us a call for your next special event!

## Smiling Hara Tempeh

Mars Hill, NC  
828-319-2486  
[smilingharatempeh@yahoo.com](mailto:smilingharatempeh@yahoo.com)  
[www.smilingharatempeh.com](http://www.smilingharatempeh.com)

We create traditional, organic, non-GMO soybean tempeh, as well as soy-free varieties including black bean and black-eyed pea. Seasonally, our soybeans come from Peaceful Valley Farm in Old Fort, NC. Look for our tempeh in restaurants and the freezer at local stores.

## Wake Robin Farm Breads

Marshall, NC  
828-683-2902  
[wakerobinfarmbreads@main.nc.us](mailto:wakerobinfarmbreads@main.nc.us)

Our breads are baked in a wood-fired brick oven. European-style and whole grain breads are made with local ingredients and sold at area tailgate markets. We have gluten-free breads. Call about cooking classes, tours, and special events.

## Wineberry Farm and Bakery

Bakersville, NC  
828-688-3538 • [bridgetscot@aol.com](mailto:bridgetscot@aol.com)  
[www.bakersville.com/wineberryfarmandbakery](http://www.bakersville.com/wineberryfarmandbakery)

Delicious fare with a homemade flair in beautiful Mitchell Co. We sell baked goods from scratch at two markets. Nothing like fresh from the oven! Custom orders for wedding cakes, desserts, and special events welcome.

## Wingbean

Asheville, NC  
828-237-1857 • [contact@wingbean.com](mailto:contact@wingbean.com)  
[www.wingbean.com](http://www.wingbean.com)

Wingbean is Western North Carolina's premier option for healthy home delivery. We boast a dynamic menu of vegan-friendly dishes that are not only better for your body but better for the planet!

When we cater  
we bring the  
farm with us



The same locally-raised farm freshness that we put on our restaurant's tables is in every affair we cater.

CORNER  
**CATERING**  
KITCHEN

Boston Way & All Souls Crescent  
Biltmore Village  
274-2439 • [www.thecornerkitchen.com](http://www.thecornerkitchen.com)

**Smoking J's**  
FIERY FOODS

World Class Flavor and Fire  
Locally Grown

Peppers, Salsa, Hot Sauce, BBQ Sauce & More  
[www.smokingjfieryfoods.com](http://www.smokingjfieryfoods.com)

Supporting



Supporting ASAP  
since opening our  
doors in 2004

**Greenlife**  
GROCERY

Just North of Downtown Asheville  
70 Merrimon Ave. | 828.254.5440  
[wholefoodsmarket.com](http://wholefoodsmarket.com)

The area grocers listed here are all committed to purchasing from local farmers and food producers, and they want to help steer you to what is local on their shelves. Many display their own signage with local items. Many participate in our Appalachian Grown program and proudly display the logo throughout their aisles (more information on page 44). And many display ASAP farmer profiles. These profiles help you put a face with your food. Recognize someone? If you see a farmer out and about, let them know you've seen them in stores and that you enjoy their products. Be sure to thank the grocer, too, for supplying you with the freshest food around.



**Bare Essentials Natural Market**

273 Boone Heights Dr., Boone, NC  
828-262-5592 • [misternatural@bellsouth.net](mailto:misternatural@bellsouth.net)  
[www.benaturalmarket.com](http://www.benaturalmarket.com)

For more than 25 years, locally owned Bare Essentials Natural Market has offered a full selection of organics. Our 80+ varieties of fresh fruits and vegetables are all organically/transitionally grown and locally or regionally produced whenever possible.

**City Market**

1705 Asheville Hwy., Hendersonville, NC  
828-693-7999 • [usculinary@gmail.com](mailto:usculinary@gmail.com)  
[www.citymarkethvl.com](http://www.citymarkethvl.com)

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

**Earth Fare**

Asheville, S. Asheville, Boone, Knoxville, Greenville  
828-253-7656 • [www.earthfare.com](http://www.earthfare.com)

Full-service natural foods supermarket in NC, SC, GA, AL, FL, and TN. We provide customers with local, organic, and sustainable products, including produce, herbs, honey, breads, cheeses, eggs, fish, and meat. We're proud to support ASAP and our farming communities.

**French Broad Food Co-op**

90 Biltmore Ave., Asheville, NC  
828-255-7650  
[www.frenchbroadfood.coop](http://www.frenchbroadfood.coop)

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

**The Fresh Quarter**

Grove Arcade, 1 Page Ave., Asheville, NC  
828-252-0023 • [freshquarter@gmail.com](mailto:freshquarter@gmail.com)  
[www.grovearcade.com/shopping-dining/fresh-quarter-produce](http://www.grovearcade.com/shopping-dining/fresh-quarter-produce)

Large selection of locally grown fruits and veggies in season. Located in downtown Asheville at the Grove Arcade. Enjoy strawberries in May, peaches in Jul., heirloom tomatoes in Aug. Local multi-farm CSA May-Nov.

**Greenlife Grocery**

70 Merrimon Ave., Asheville, NC  
828-254-5440  
[www.wholefoodsmarket.com/stores/asheville](http://www.wholefoodsmarket.com/stores/asheville)

Offering a wide variety of natural and organic products, including meat, produce, groceries, beer, wine, supplements, and body care products. Prepared foods include salad and hot bar, baked goods, sandwiches, sushi, coffee, and fresh juice.

**Healthy Harvest Natural Foods**

29 W. French Broad St., Brevard, NC  
828-885-2599



*Earth Fare: Honestly Local*

At Earth Fare we've made a **100 Mile Commitment** – to provide our customers with products that are honestly local. We ONLY call a product local if it comes from within 100 miles of the store. Different products will be local to different stores; that's the way it should be.

We also support small family producers and food artisans through the Earth Fare Family Producers program. Our Earth Fare Family Producers are small family businesses and farmers who offer exceptional products that have been grown or made with integrity.



*Sign up for mobile coupons!*

**Text "EAT" to 71700**  
and get a one-time  
**\$5 off \$25 coupon**  
just for signing up!



Message and data rates may apply.





stella@healthyharvestnaturalfoods.net  
www.healthyharvestnaturalfoods.net

A great local health food store carrying local organic herbal supplements, local honey, local free range eggs, local organically grown produce, locally made clothing, jewelry, earcandles, and baked goods. Traditional herbalist and organic growers on staff.

**Hendersonville Community Co-op**  
715 S. Grove St., Hendersonville, NC  
828-693-0505 • mail@hendersonville.coop  
www.hendersonville.coop

We offer a full selection of organic produce, dairy, wine and beer, fresh breads, health and beauty aids, vitamins, and more. The Blue Mountain Deli offers fresh natural and organic dishes. Support your community by shopping your local co-op.

**Ingles Markets, Inc**  
Multiple locations in the Appalachian Grown region.  
828-669-2941 • www.ingles-markets.com

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

**Just Ripe**  
513 Union Ave., Knoxville, TN  
865-851-9327 • justripeinfo@gmail.com  
www.justripe.coop

Just Ripe is a small grocery and cafe featuring local and regional products. We offer pantry basics, seasonal produce, micro-brewed beers, and grab-and-go meal options made in house from seasonal available ingredients.

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

We have more than 30 years in the health industry, selling bulk and packaged natural and organic foods. We offer local produce, natural pet care, natural body care, wheat- and dairy-free foods, and a caring and knowledgeable sales staff.

**Polk Fresh Trade Post**  
256 School Rd., Mill Spring, NC  
828-894-8028  
patrick@polkcountyfarms.org  
www.polkcountyfarms.org

A cozy farm store featuring anything local: honey, meats, eggs, fish, vegetables, fruit, breads, self-care products, and crafts.

**Saunooke Mill & Shop**  
25 Big Cove Rd., Cherokee, NC  
828-497-9879 • cherokeesaunookemill.com

We are a water-powered stone ground grist mill. We grind cornmeal (plain and self-rising), grits, fish fry, jalapeno cornmeal mix, Indian Fry Bread mix, and much more.

**Sunburst Market on Montgomery**  
133 Montgomery St., Waynesville, NC  
828-452-3848 • katie@sunbursttrout.com  
www.sunbursttrout.com

We're a retail outlet carrying all of Sunburst's trout products, as well as a variety of other locally made and grown items. The market also hosts cooking demonstrations once a month. Lunch is served on weekends.

**Trout Lily Market**  
1297 Charlotte Hwy., Fairview, NC  
828-628-0402 • troutlilymarket@ainweb.net  
www.troutlilymarket.com

We're a healthy local foods market serving the Fairview community, commuters, and tourists. We carry snacks, drinks, local produce, meats, eggs, and deli items. We buy locally whenever possible; many of our products come from right down the road.

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

West Asheville's neighborhood market features natural foods, organic/local produce, deli salads, soups, a juice bar, and sandwiches. We have a great selection of locally made items and local cheeses, meats, eggs, beer, wine, and handcrafted items.



**City Market**

Hendersonville's newest purveyor of local produce, meats & cheeses

now open at  
1705 Asheville Hwy  
Hendersonville, NC  
828-693-7999

www.citymarkethvl.com



**SUNBURST Market**  
on Montgomery

Striving to keep the "local" in your local market!

- \*Monthly Tastings
- \*Featured Farmer Speakers
- \*All Products Produced Within 60 Miles of the Market
- \*Open Year Round



Monday - Friday 10am-6pm  
Saturday 10am - 3pm

133 Montgomery St.  
Waynesville, NC 28786  
828-452-3848  
www.sunbursttrout.com/market

- \*Sunburst Trout Products\*
- \*Mustards and jams\*
- \*Ground or Whole Bean Coffee\*
- \*Goat cheese\*
- \*Beef\*
- \*Pork\*
- \*Cured Meats and Charcuteries\*
- \*Fresh produce\*

Custom Made Party Platters and Gift Boxes Available by Order

Call for information about our Special Events!

**As LOCAL As It Gets. We Are You!**

french broad food co-op

90 Biltmore Ave. 255-7650  
www.frenchbroadfood.coop

Hendersonville Community CO-OP  
Natural Foods Market & Organic Deli

715 South Grove St. 693-0505  
www.hendersonville.coop

Ask a restaurant, grocer, school, or hospital where they buy local food, and they're likely to say from one of the wholesalers and distributors listed here. We're lucky to have distributors in the region excited to work with local farmers and carry local products. They help our small farmers and producers get their foods and goods to your favorite dining and shopping spots. As the excitement about local food grows, creative entrepreneurs are also operating like distributors. Except in these new models, they deliver farm products directly to you. Find these businesses listed here, too.



**Acclimation Produce**

Lansing, NC  
336-977-2535  
acclimationproduce@gmail.com

Acclimation Produce: local acclimation to global fluctuation. We're a full-service broker connecting local farms to local businesses to provide fresh farm product delivery.

**Blue Ridge Honey Company**

Lakemont, GA  
706-782-6722  
bobbinnie@blueridgehoneycompany.com  
www.blueridgehoneycompany.com

We wholesale and retail honey and beeswax, as well as offer pollination services. Our honey is pure, natural, and raw. We do not pasteurize or micro-filter our honey.

**Blue Ridge Jams**

Hendersonville, NC  
828-776-7087 • info@blueridgejams.com  
www.blueridgejams.com

Blue Ridge Jams makes the finest homemade gourmet jams, jellies, pickles, relishes, chow chows, salsas, conserves, and preserves with 200+ varieties at retail and wholesale pricing.

**Carolina Organic Growers**

Asheville, NC  
828-251-1189  
manager@carolinaorganicgrowers.com  
www.carolinaorganicgrowers.com

Carolina Organic Growers is a wholesale distribution cooperative. COG serves fine restaurants, grocers, and buying clubs in the greater Asheville area that support local agriculture. Ask for our local, organic produce where you shop.

**Foothills Connect's Farmers Fresh Market**

Rutherfordton, NC  
828-288-1650  
ffmmanager@foothillsconnect.com  
www.farmersfreshmarket.com

A virtual tailgate market, bringing together farmers and producers from the Foothills and WNC regions with clients (restaurants, resorts, buying clubs, corporations, individuals, etc.) in Charlotte, Upstate South Carolina, and beyond. Coming soon to Asheville!

**Grayson Natural Foods**

Independence, VA  
276-773-3712 • gary@graysonnatural.com  
www.graysonnatural.com

We're a reliable, responsible, and professional connection between local farmers and consumers, accountable to both. Safe, consistent, and quality products produced sustainably by local farmers. We deliver our wholesale beef from Charlotte, NC, to Washington, DC. Now available online.

**Leading Green Distributing**

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

We assist small farmers/producers with delivery and pickup. Route covers Appalachian area, permits and insurance necessary to haul variety of products. Do yourself and the planet a favor by allowing me to handle your driving needs in my refrigerated biodiesel truck.

**Lett-Us Produce**

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

High Country wholesale distributor of local, organic, and conventional produce. 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, NC.

**The Mill Spring Agricultural Development Center**

Mill Spring, NC  
828-817-2134 • info@polkcountyfarms.org  
www.polkcountyfarms.org

Polk Fresh Food at the Mill Spring Ag Center connects local farmers with buyers locally and in neighboring cities through online sales, farmers markets and retail sales. Ask for Kirk Wilson.

**Mother Earth Produce**

Weaverville, NC  
828-275-3500  
motherearthproduce11@gmail.com  
www.motherearthproduce.com

We are a new and growing family business delivering fresh seasonal veggies and fruits from local farms in the area straight to your door. We are a direct connection between local farms and consumers.

**Mountain Food Products**

Asheville, NC

828-255-7630  
local@mountainfoodproducts.com  
www.mountainfoodproducts.com

Mountain Food Products has distributed local products to WNC restaurants and institutions since 1984. We offer a full selection of fresh fruits, vegetables, and specialty products, including organics and a multi-farm CSA.

**New River Organic Growers Co-op**

Jefferson, NC  
828-773-1588 • nrogmarketer@gmail.com  
www.newriverorganicgrowers.org

A nonprofit cooperative of farmers located in the Blue Ridge Mountains. Our goal is to provide fresh produce and humanely raised meats to consumers and to improve the success of our member farms through the pooling of resources and marketing.

**Plowgirl Produce and Garden Center**

Asheville, NC  
828-301-0895 • ncplowgirl@gmail.com

We are a distributor for local growers. We carry local produce, flowers, and crafts. We start with spring flowers and go through the summer produce season to the fall harvest with locally grown and locally crafted items.

**Roots**

Asheville, NC  
828-232-2828 • rootsfood@bellsouth.net  
www.rootsfood.com



Our focus is on producing the highest quality product possible. We are also committed to sourcing locally and fostering relationships that strengthen our community and our supply chain.

**Sow True Seed**

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

Sow True Seed is an open-pollinated, non-hybrid vegetable, herb, and flower seed company specializing in heirloom, Certified Organic, and traditional Southern Appalachia varieties.

## Stand Up For Your Right To Clean Water

Laws protecting the health of our country's waters are under assault -- sign our Red, White and Water pledge to protect North Carolina from toxic coal pollution and join our fight for clean water in America.

AppVoices.org/cleanwater

Appalachian  
VOICES

Protecting the Central & Southern Appalachian Mountain Region

## SOW TRUE SEED

OPEN-POLLINATED/NON-HYBRID  
& UNTREATED SEEDS  
featuring  
HEIRLOOM, ORGANIC AND  
TRADITIONAL VARIETIES

HERBS • VEGETABLES • FLOWERS  
SEED GARLIC • SEED POTATOES  
SWEET POTATO SLIPS • BOOKS

146 Church Street, Asheville, NC  
828-254-0708  
[www.sowtrueseed.com](http://www.sowtrueseed.com)

**W**estern North Carolina boasts approximately one quarter of all the state's farms—nearly 12,000. You'll find more than 500 family farms listed in this section. Some are just starting out, discovering ways to grow fresh, healthy food to benefit our communities. Some have been farming in our region for a century. If you see Century Farm in a description, it means one family has continuously owned that farm for 100 years or more.

Whether old or new, these family farms offer you unparalleled variety, freshness, and distinctive Appalachian flavor. Support them and support a strong future for agriculture in our region.

Crosscheck listings in the U-Pick, Roadside Stand, CSA, and B&Bs and Farm Lodging sections for details like farmers' names and addresses. And, browse the guide online, at [appalachiangrown.org](http://appalachiangrown.org), for information like production practices and more.



**4 Sons Farm**  
Andrews, NC, Cherokee Co.  
828-321-4499 • [chicken4sons@yahoo.com](mailto:chicken4sons@yahoo.com)

We offer pasture-raised chicken and eggs, organically raised produce, and homemade, hand-kneaded whole wheat breads. Soon we will offer pork and rabbit.

**A Way of Life Farm**  
Bostic, NC, Rutherford Co.  
828-287-1253  
[awayoflifefarm@gmail.com](mailto:awayoflifefarm@gmail.com)  
[www.awayoflifefarm.com](http://www.awayoflifefarm.com)

We are a small, permaculture-based family farm in the foothills of Rutherford Co. We raise vegetables, fruit, and pasture-raised pork with organic practices.

**Aardvark Farm**  
Burnsville, NC, Yancey Co.  
828-713-5986 • [cloveruprising@yahoo.com](mailto:cloveruprising@yahoo.com)

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

**Abundant Flavor**  
Old Fort, NC, McDowell Co.  
828-550-8137  
[eatwell@abundantflavor.com](mailto:eatwell@abundantflavor.com)  
[www.abundantflavor.com](http://www.abundantflavor.com)

Allow us to deliver your locally grown ultra-fresh vegetables, fruits, eggs and meat every week all season long. Members pay for only what they want without a large upfront charge.

**Addison Farms Vineyard**  
Leicester, NC, Buncombe Co.

828-581-9463 • [jfrisbee@addisonfarms.net](mailto:jfrisbee@addisonfarms.net)  
[www.addisonfarms.net](http://www.addisonfarms.net)

We invite you to visit our family-owned vineyard and winery. Call or visit our website for hours and directions.

**Against the Grain**  
Todd, NC, Watauga Co.  
336-877-7789 • [atgfarm@gmail.com](mailto:atgfarm@gmail.com)

We are a small farm specializing in a broad spectrum of vegetables. We also grow sorghum for molasses, corn for cornmeal, and raise pasture poultry. Find us at the Watauga County Farmers Market or contact the farm directly.

**All the Way Home Farm**  
Mountain City, TN, Johnson Co.  
423-727-0420

We are a small organic farm located in the mountains of northeast TN near Boone, NC. We grow vegetables, berries, and medicinal herbs. We sell most of our produce to local restaurants but usually have some for public purchase.

**Altapass Orchard**  
Spruce Pine, NC, McDowell Co.  
888-765-9531  
[skipcarson@altapassorchard.com](mailto:skipcarson@altapassorchard.com)  
[www.altapassorchard.com](http://www.altapassorchard.com)

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. Open seven days a week in Oct.

**Andrea's Organics**  
Boone, NC, Watauga Co.  
800-683-0030, ext. 1  
[www.andreasorganics.com](http://www.andreasorganics.com)

The official farm of Pasta Wench Gourmet Pasta, USDA Certified Organic, intern or WWOOFing inquiries welcome. Located just outside of Boone, NC, a short drive from Appalachian State University.

**Angel Ridge Farm**  
Mars Hill, NC, Madison Co.  
828-680-0677 • [info@angelridgefarm.com](mailto:info@angelridgefarm.com)  
[www.angelridgefarm.com](http://www.angelridgefarm.com)

Angel Ridge Farm sells Sat. mornings at the Madison County Farmers & Artisans Market and Wed. in Weaverville. We have house plants and wool fleeces in spring, fresh vegetables in summer, and knitted items in fall.

**Appalachian Seeds Farm & Nursery**  
Asheville, NC, Buncombe Co.  
828-400-7014  
[seeds@appalachianseeds.com](mailto:seeds@appalachianseeds.com)  
[www.appalachianseeds.com](http://www.appalachianseeds.com)

Sustainable family farm, greenhouse and nursery business specializing in naturally grown heirloom tomato seeds, heirloom bedding plants, and edible landscape plants to retail and wholesale customers. Seasonally offering heirloom produce, herbs, and cut flowers.

**Appalachian Trees**  
Glendale Springs, NC, Ashe Co.  
336-982-2377 • [hwild@skybest.com](mailto:hwild@skybest.com)

We use sustainable growing methods to raise a variety of tomatoes, eggplants, greens, and peppers. We also offer a wide variety of greens year-round from our greenhouse.

**Apple Brandy Beef**  
North Wilkesboro, NC, Wilkes Co.  
336-696-2721  
[applebrandybeef@charter.net](mailto:applebrandybeef@charter.net)  
[www.applebrandybeef.com](http://www.applebrandybeef.com)

All natural, corn-fed beef, 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. Visit our website for details and availability.

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

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

**Apple Hill Orchard and Cider Mill**  
Morganton, NC, Burke Co.  
828-437-1224  
[hprewitt@applehillorchard.com](mailto:hprewitt@applehillorchard.com)  
[www.applehillorchard.com](http://www.applehillorchard.com)

We offer u-pick or we pick apples and Sat. wagon tours. 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.

**Apple House & Owenby Orchards**  
Hendersonville, NC, Henderson Co.  
828-685-9917 • [gregowenby@bellsouth.net](mailto:gregowenby@bellsouth.net)

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

**Apple Mill**  
Saluda, NC, Polk Co.  
828-749-9136 • [applemill@tds.net](mailto:applemill@tds.net)  
[www.ncapplemill.com](http://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.

**Apple Wedge Packers & Cider**  
Hendersonville, NC, Henderson Co.  
828-685-8349 • [lnix@applewedge.com](mailto:lnix@applewedge.com)  
[www.applewedge.com](http://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 store.

**Appleberry Cove Farm and School**  
Mars Hill, NC, Madison Co.  
828-689-4812  
[abcfarmandschool@juno.com](mailto:abcfarmandschool@juno.com)  
[www.appleberrycove.faithweb.com](http://www.appleberrycove.faithweb.com)

A small family farm located within the Appalachian Mountains of north Madison Co., within one mile of the Wolf Laurel/ Wolf Ridge resorts. Please call or email about an agricultural adventure tour!

**Ardfield Farm**  
Marshall, NC, Madison Co.  
828-649-0130 • [info@ardfieldfarm.com](mailto:info@ardfieldfarm.com)  
[www.ardfieldfarm.com](http://www.ardfieldfarm.com)

Located on a remote hillside adjoining Pisgah National Forest, our family farm uses organic/biodynamic methods to grow year-round produce. We specialize in baby greens, heirloom vegetables, plant starts, and nourishing prepared foods.

**Asheville Aquaponics**  
Asheville, NC, Buncombe Co.  
828-393-7777  
[ashevilleaquaponics@gmail.com](mailto:ashevilleaquaponics@gmail.com)  
[www.ashevilleaquaponics.com](http://www.ashevilleaquaponics.com)

Aquaponics is self-sustainable. The fish feed the plants, the plants feed the fish, and the plants and fish feed you. Perfect! Check out our online store. We offer tours by appointment. Group rates available.

**Avant Garden and Venue**  
Cullowhee, NC, Jackson Co.  
828-476-0334  
avantgardenorganicfarm@gmail.com

Avant Garden is a non-certified organic, primitive, small farm relying on ancient methods and modern know-how. We work in harmony with nature to provide real food security to our community. Contact us or find us on Facebook.

**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.

**Balltown Bee Farm**  
Bryson City, NC, Swain Co.  
828-488-7630 • keltink13@yahoo.com  
www.facebook.com/balltownbeefarm

Our farm uses organic growing methods. We specialize in raw local honey. We also sell shiitake mushrooms, vegetables, spring transplants, and organic rabbit and quail. Find us Fri. in Swain Co. and Sat. in Jackson Co.

**"Local soda!"**  
@jbunn35, Asheville



**Farming for Families**

**Vegetable CSA**

**Pasture Raised Chickens, Thanksgiving Turkeys, Pork**

**Reserve your T-Giving Turkey Now!!**

**www.balsamgardens.com**

**Balsam Gardens, LLC**  
Sylva, NC, Jackson Co.  
828-713-0450 • balsamgardens@gmail.com  
www.balsamgardens.com

We produce mixed vegetables, pastured poultry (chicken, turkey, and duck), and pork. Join our CSA or find us at the Waynesville and Sylva farmers markets.

**Beans 'n Berries**  
Connelly Springs, NC, Burke Co.  
828-403-6989 • lochhoffman@yahoo.com  
www.beansnberriesfarmnc.com

Beans 'n Greens is a CSA organization at Beans 'n Berries encouraging good food and sustainable agriculture. We are always open for tours and on-farm sales when extra is available. Just call ahead.

**BEE Healing Apiary**  
Hot Springs, NC, Madison Co.  
828-622-0241 • info@beehealing.org  
www.beehealing.org

We educate, mentor, and raise resistant, chemical-free bees. Our annual honey and our preservative-free cosmetics and

soap products are sold online. Tours by appointment. Lady is Ambassador for the Center for Honeybee Research.

**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.

**Bee Log Garlic & Flower Farm**  
Bee Log, NC, Yancey Co.  
828-682-0601  
beeloggarlicandflowerfarm@verizon.net

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 select local restaurants. Our farm is Certified Naturally Grown.

**Bella Rooster Garden & Gourmet**  
Valle Crucis, NC, Watauga Co.  
828-963-8052 • tomatoheads@skybest.com

We have 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.

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

We are a USDA Certified Organic farm growing mixed and unusual vegetables such as a medley of cherry tomatoes, rhubarb, herbs, and blueberries. We offer 100% raw honey and creamed honey from our beehives.

**Beulah Farm**  
Leicester, NC, Buncombe Co.  
828-284-3421 • beulahfarmnc@gmail.com  
www.beulahfarmnc.com

We take ethical and humane farming to a higher level with our ecologically sustainable operation. We raise hormone- and antibiotic-free grassfed beef, pasture-raised pork, organic berries, fresh flowers, and plant and shrub starts.

**Big Horse Creek Farm**  
Lansing, NC, Ashe Co.  
336-384-1134  
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  
scovington@madison.main.nc.us  
www.bigpinegardens.com

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

**Billy Laughter Orchards**  
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. through Sat.

**Billy's Goat Hill**  
Westminster, SC, Oconee Co.  
864-710-3703 • billysgoathill@att.net  
info@billysboermeatgoatfarm.com

All natural, cage-free eggs, grassfed goat meat, honey, culinary herbs, seasonal fruits and vegetables, and red wiggler compost worms. Coming soon: meat rabbits and farm store! Farm visits welcome by appointment.

**Biltmore Estate**  
Asheville, NC, Buncombe Co.  
828-225-1481 • jmoriarty@biltmore.com

The Biltmore Estate has long operated a small sustainable farm and field-to-table program. Now, the Estate's pastured beef, lamb, duck eggs, and other products are available to the greater WNC foodshed.

**Blackbird Farms**  
Hendersonville, NC, Henderson Co.  
828-693-4664 • billyhaynes1@aol.com  
www.blackbirdcsa.com

On the property of Camp Tonawandah in Flat Rock, we grow everything from arugula to zucchini to heirloom

tomatoes. We grow both organic and conventional produce with an emphasis on natural farming methods.

**Blue Heron Farm**  
Leicester, NC, Buncombe Co.  
828-683-1812 • blueheronfarm@charter.net

A local family farm in business for 22 years, we specialize in fresh culinary herbs and offer a wide range of homemade baked goods and fruits and vegetables in season. Our baked goods can be ordered year-round.

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

We are a family-owned produce farm dedicated to using sustainable and organic farm production practices. We provide high quality organically grown produce and artisan baked goods to our customers.

**Blue Ribbon Farm**  
Asheville, NC, Buncombe Co.  
828-333-4239  
blueribbonfarmnc@gmail.com

Family farm in Swannanoa growing vegetables and cut flowers. We focus on ecological practices, as well as heirloom and open pollinated vegetables. Selling at area tailgate markets. Call or email about our CSA subscriptions.

**Blue Ridge Bison**  
Weaverville, NC, Buncombe Co.  
828-658-3634 • thais99@frontier.com

Our small herd of bison (American buffalo) roams over their mountain pastures. They principally eat grass or hay, when necessary supplemented with grain-based feed. We offer standard cuts of meat; robes are sometimes available.

## Pasture to Plate Perfection



Apple Brandy Beef

Pasture to Plate Perfection

*Apple Brandy Beef is raised on a third-generation family farm in the foothills of western North Carolina. These foothills, long famous for moonshine and bootleggers, also have a history as lush pasture for the Church family's quality beef herd. Apple Brandy Beef receives no added antibiotics or hormones and is fed a diet based on locally grown corn.*

**Seth and Jenn Church**  
Apple Brandy Beef  
Wilkes County, NC



To meet more local farmers visit [www.AppalachianGrown.org](http://www.AppalachianGrown.org)

### Who Grows Your Food?

**Visit our website to find out more about our beef, our family, retail markets, and to place your order, by the side or in selected gourmet packages. We ship Nationwide.**

**336-696-2721 • [www.applebrandybeef.com](http://www.applebrandybeef.com)**

**Road Trip!** Some farms keep regular hours and most offer visits by appointment, while some simply can't allow visitors. Which are which? Visit [appalachiangrown.org](http://appalachiangrown.org) to search by visitor-ready farms. Or, use our interactive trip planner at [appalachiangrown.org/map](http://appalachiangrown.org/map).

**Bluebird Farm**  
Morganton, NC, Burke Co.  
828-584-7359 • bluebirdfarmnc@gmail.com  
www.bluebirdfarmnc.com

We raise healthy, flavorful heirloom vegetables, pastured chicken and pork, and eggs using techniques that build soils to ensure quality vegetables and meat. Now using certified organic, GMO-free grains!

**BMS Enterprises**  
Black Mountain, NC, Buncombe Co.  
828-712-6672  
rhodocreations@earthlink.net

Organically log-grown shiitake and Blue Dove oyster mushrooms. Available at Black Mountain Tailgate Market during season or by request.

**There's More Where This Came From!** Online at [appalachiangrown.org](http://appalachiangrown.org), you'll find around 300 more farms and businesses not listed here in print.

**Boones Farm**  
Micaville, NC, Yancey Co.  
828-284-0945 • boones\_farm@live.com

A fifth-generation farm near Mt. Mitchell specializing in all natural beef. This means predominately grass finished and no use of hormones or antibiotics on slaughter animals. We also produce hay, eggs, produce, and Black Angus cattle.

**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 and pork. Antibiotic- and hormone-free. Cattle and

pigs in grass pastures with free access to grain. All beef aged appropriately to enhance flavor and tenderness, in vacuum packed bags.

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

Providing Hot Springs, Asheville, and surrounding areas with organically grown vegetables, fruits, herbs, and plants since 1992. Look for us at the annual WNC Herb Festival on the first weekend in May.

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

We sell seven varieties of culinary mushrooms, heirloom vegetables, and responsibly raised livestock, including meat rabbits, meat sheep, and milking goats. Look for us at the Hayesville farmers market or online.

**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.

**Buffalo Trail Orchard**  
Greeneville, TN, Greene Co.  
423-639-2297  
buffalotrailorchard@gmail.com  
www.buffalotrailorchard.com

A family farm offering u-pick or we pick. Apples available Aug. 15-Nov. 15., blackberries Jun.-Jul., blueberries Jul.-Aug., raspberries Aug.-Oct., and pumpkins Sept.-Oct. Visit our website, call, or email for directions and availability.

**BusyBee Farm**  
Brevard, NC, Transylvania Co.  
828-862-3698 • busybeefarm@gmail.com  
www.busybeefarms.com

BusyBee Farm is part of the Whitmire Century Family Farm, which has been owned and worked by the same family for five generations. We offer pasture-raised beef, chicken, and turkey, honey, and sweet corn.

**Calliope Cut Flowers**  
Leicester, NC, Buncombe Co.  
828-450-3292  
calliopecutflowers@gmail.com  
www.calliopeflowerfarm.com

Offering a variety of beautiful cut flowers and herbs grown organically. Flowers available by the bucket or bouquet for weddings and other events. Sign up for our CSA to receive 20 weeks of bouquets! Delivery and u-pick available.

**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.

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

Our family farm is the original Cane Creek CSA. 100% of farm income derived from CSA!

100% of effort goes to CSA members. May through Oct. Flexible payments. Only vegetables we grow go into our CSA boxes.

**Cane Creek Valley Farm**  
Fletcher, NC, Buncombe Co.  
828-338-0188  
info@canecreekorganics.com  
www.canecreekorganics.com

Now offering a wide variety of USDA Certified Organic vegetables, herbs, fruits, and free range brown eggs through our CSA subscription program. Join now! All natural pork and beef packages year-round. Visit our website.

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

Asheville based for more than 25 years, working in our fifth generation of family farming. Carolina Bison has the largest bison herd in the eastern U.S. Committed to your health and culinary experience, we bring you flavorful, nutrient-rich bison.

**Carolina Grassfed Beef & Free Range Eggs**  
Anderson, SC, Anderson Co.  
864-226-5937 • robinmcgee16@gmail.com  
www.carolinagrassfedbeef.com

Grassfed, grass-finished beef (grain-free) and free range eggs. No hormones, antibiotics, de-wormer, pesticides, herbicides, or chemical fertilizers. Beef by the cut, wholes, and halves.

**Chambers Farm Market**  
Canton, NC, Haywood Co.  
828-421-6851 • rchamb1061@yahoo.com

Farming local for more than 30 years. Offering a variety of fresh vegetables and agritourism experiences.

**Chattooga Belle Farm**  
Long Creek, SC, Oconee Co.  
864-647-9768  
info@chattoogabellefarm.com  
www.chattoogabellefarm.com

Chattooga Belle Farm is a 138-acre u-pick fruit farm and event facility. Our farm store carries our own brand of products, including wine. We also sell Black Angus cattle.

**BLUE RIDGE**  
(828) 253-1034 *biofuels*

Become a part of the local fuel economy! Biodiesel is a renewable, home-grown fuel used by farmers nation-wide. Now you can too. Locally produced from restaurant cooking oil, it costs the same as regular diesel. No engine conversions required.

[www.BlueRidgeBiofuels.com](http://www.BlueRidgeBiofuels.com)

**BUY HAYWOOD**  
NORTH CAROLINA MOUNTAIN GROWN

Join a local farmer and chef at one of our upcoming demonstrations to learn how to prepare simple, healthy, affordable food using locally-grown products!

[www.buyhaywood.com](http://www.buyhaywood.com)

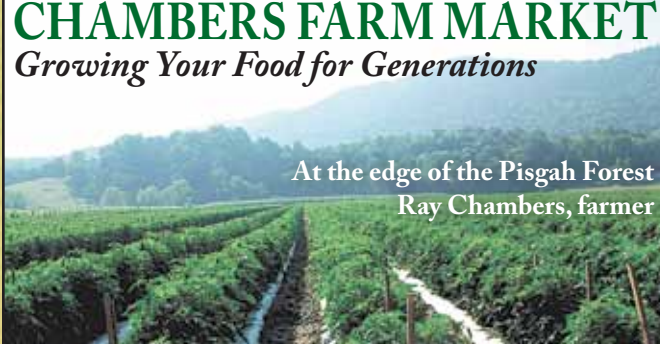
**ALL LOCAL. ALL NATURAL.**  
NO ADDED HORMONES, ANTIBIOTICS, OR STEROIDS.

For farm tours or product information call (828) 236-1659 or visit [www.carolinabison.com](http://www.carolinabison.com)

**Carolina Bison**  
The Real American Red Meat

### CHAMBERS FARM MARKET

*Growing Your Food for Generations*



At the edge of the Pisgah Forest  
Ray Chambers, farmer

**MON-SAT**  
10am-5pm  
**MAY-OCT**

301 Chambers Farm Lane, Bethel  
1.2 mi. from the crossroads of Hwys 276, 110 & 215  
Call for info or directions: 828-421-6851

fresh vegetables & watermelons • farm tours • certified organic section




Bethel is an historic farming community rich with tradition and full of fun and tasty farm products. Find us along the Pigeon River, between Canton and the Blue Ridge Parkway.

**Find more Bethel farms and history:**  
[buyhaywood.com](http://buyhaywood.com) • [bethelcomm.org](http://bethelcomm.org)

### Skipper Russell

Seasonal Produce Farm  
Haywood County, NC

Skipper Russell farms mixed summer produce at his GAP Certified family farm in the scenic, historic farming community of Bethel. Look for vegetables from Seasonal Produce Farm in select Ingles stores. He also operates the Cold Mountain Corn Maize.




**ingles**

To meet more local farmers visit [www.AppalachianGrown.org](http://www.AppalachianGrown.org)

**Who Grows Your Food?**

## SUNBURST TROUT COMPANY



**NEW!**  
Sesame, Hemp & Grit Encrusted Fillets

Fresh Fillets, Hot or Cold Smoked Trout, Smoked Trout Dip, Sausage & Caviar.

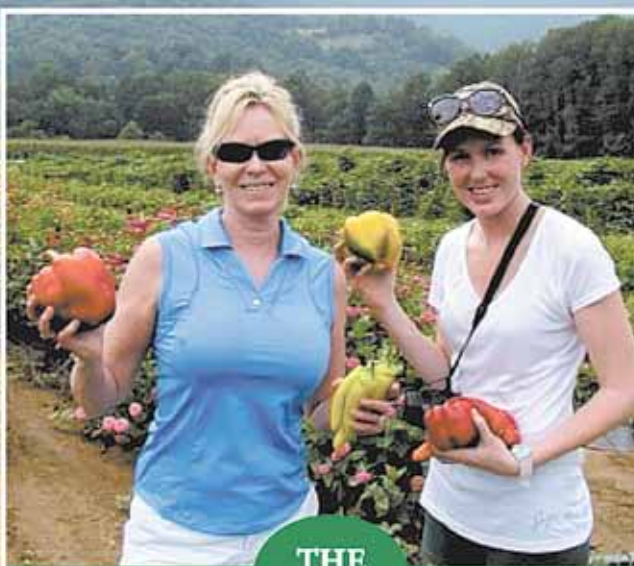
Our trout are farm-raised in an ecologically responsible, humane way, in wonderful water, flowing directly out of Pisgah National Forest. Free of PCBs, hormones, pesticides & Mercury. Certified Kosher.

AVAILABLE AT  
Asheville City Market, S. Asheville  
Tailgate Market, Greenlife Grocery,  
Earthfare Grocery, & At The Farm.  
We Ship Nationwide.

Find us on Facebook

128 Raceway Place, Canton, NC 28716  
[sunbursttrout.com](http://sunbursttrout.com)  
**800-673-3051**

**NOW Available: FISHING!**  
Call for a Tour!  
Part of the ASAP Farm Tour



### THE TEN ACRE GARDEN

Danny Barrett, gardener

Cut flowers • Vegetables  
Raspberries • Strawberries

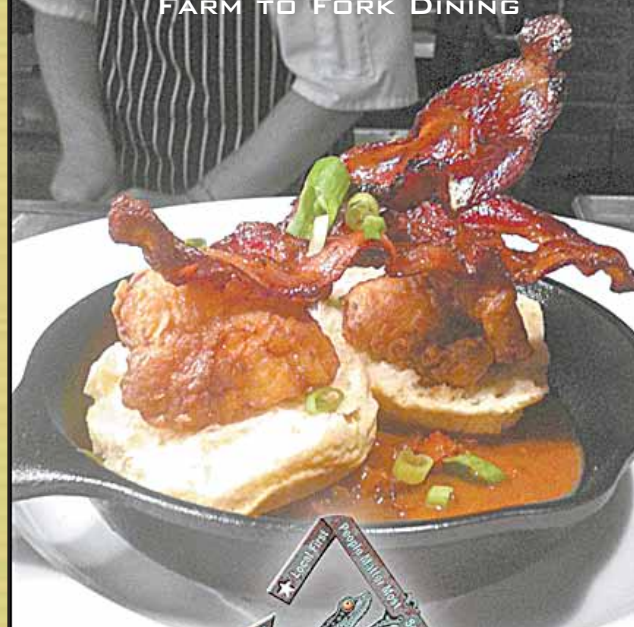

Ready-Picked or U-Pick  
8-6 Every Day, May-September

276 Chambers Farm Lane, Bethel, NC  
Follow signs from intersection of Highways 276 & 110

**KIDS WELCOME! • 828-506-3370**

### FROGS LEAP PUBLIC HOUSE

44 CHURCH STREET, WAYNESVILLE  
OPEN LUNCH & DINNER  
FARM TO FORK DINING

A Unique Farm to Fork Experience:  
Innovative Southern Cuisine with a Local Backbone & Home Grown Libations.

828-456-1930  
[frogsleappublichouse.com](http://frogsleappublichouse.com)

## COLD MOUNTAIN CORN MAIZE



**HARVEST-TIME FUN!**

September through October 31

For all ages - Days and Nights families, church groups, schools

at Skipper Russell's Farm  
Highway 110, between Canton and Bethel  
828-648-8575

**Cherryfield Farm**  
Brevard, NC, Transylvania Co.  
828-862-5869 • [cherryfield.farm@yahoo.com](mailto:cherryfield.farm@yahoo.com)  
[www.cherryfieldfarm.com](http://www.cherryfieldfarm.com)

We are a family farming operation raising sheep and cattle in a rotational grazed system.

**Christopher Vegetable Farm**  
Waynesville, NC, Haywood Co.  
828-456-3010

We grow all kinds of vegetables, fruits, and 14 varieties of apples. We farm about 20 acres, one and a half miles outside Waynesville on Crymes Cove Rd. off Hwy 276 S.

**Clark Family Farm**  
Marion, NC, McDowell Co.  
828-442-8073 • [clarkfamilyfarm@yahoo.com](mailto:clarkfamilyfarm@yahoo.com)

We are a small farm that produces hormone-free pasture-raised beef on our family land.

**Cloud 9 Farm**  
Fletcher, NC, Buncombe Co.  
828-628-1758 • [info@cloud9relaxation.com](mailto:info@cloud9relaxation.com)  
[www.cloud9farm.net](http://www.cloud9farm.net)

Custom saw milling of forest products. Siding, framing materials, timbers, and mantles. We gather mountain laurel for railings and rustic locust posts, all with environmental stewardship. We come to you or you come to us.

**Clyde Valley Farm**  
Morganton, NC, Burke Co.  
828-433-0015 • [josephcarswell@hotmail.com](mailto: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.

**Coffey's Orchard at Coffey Grounds**  
Boone, NC, Watauga Co.  
828-964-2645 • [nancynjerry@charter.net](mailto:nancynjerry@charter.net)

Our small Century Farm sells apples, fall produce, and fall decorations in season. Call ahead for information, reservations, and directions. We offer fall agri-education tours, year-round fiber arts programs, and in-school programs on various topics.

**Know What You Want?** Search for farm products by keyword at [appalachiangrown.org](http://appalachiangrown.org).

**Common Ground**  
Celo, 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 the Yancey County Farmers Market and make wholesale and retail deliveries into Asheville.

**Corners Knob Farm**  
Marshall, NC, Madison Co.  
828-689-5006 • [jlounsbury2@msn.com](mailto:jlounsbury2@msn.com)

We grow 25+ varieties of vegetables and fruits on five acres. Our main crops are watermelons, cantaloupes, sweet corn, potatoes, and cucumbers. We also offer shiitake mushrooms, sorghum syrup, and cornmeal, grow Fraser firs, and make wreaths.

**Coston Farm & Apple House**  
Hendersonville, NC, Henderson Co.  
828-685-8352 • [costonfarm@bellsouth.net](mailto:costonfarm@bellsouth.net)  
[www.costonfarm.com](http://www.costonfarm.com)

Fourth-generation farm offering many varieties of NC apples. Enjoy cider, pumpkins, jams and jellies, fried apple pies, baked goods and gifts. U-pick or we pick. Relax on our porch or enjoy the cool AC indoors while you shop.

**Craggy View Farm Stand**  
Weaverville, NC, Buncombe Co.  
828-713-4046 • [craggyviewfarm@gmail.com](mailto:craggyviewfarm@gmail.com)  
[www.craggyviewfarm.com](http://www.craggyviewfarm.com)

We offer spring vegetable transplants, both natural and conventionally grown;

hanging baskets, bedding plants, culinary herbs, produce, and value-added products. Grown local from our farm and surrounding farms. U-pick flowers during summer and fall.

**Creasman Farms**  
Hendersonville, NC, Henderson Co.  
828-685-7728  
[creasmanfarms@hotmail.com](mailto:creasmanfarms@hotmail.com)  
[www.creasmanapples.com](http://www.creasmanapples.com)

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

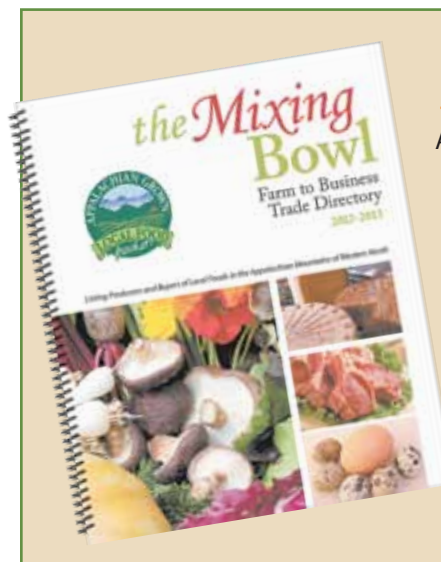
**Creeksong Farms**  
Zionville, NC, Ashe Co.  
336-385-6302 • [creeksongfarm@gmail.com](mailto:creeksongfarm@gmail.com)  
[www.creeksongfarm.com](http://www.creeksongfarm.com)

We are a second-generation family farm using sustainable growing methods since 1979. We sell at the Watauga Co. Farmers Market and have a 65-member CSA.

**Crosscreek Farm**  
Sparta, NC, Alleghany Co.  
336-372-8574  
[crosscreekfarm@hotmail.com](mailto:crosscreekfarm@hotmail.com)  
[www.crosscreekfarmnc.com](http://www.crosscreekfarmnc.com)

A family farm raising dairy cows, steers, pastured heritage breed hogs, and free range poultry. Our farm is Animal Welfare Approved, ensuring humane treatment of our livestock. We welcome the public, but call first.

**Dave's Raw Honey**  
Leicester, NC, Buncombe Co.  
[davesrawhoney@gmail.com](mailto:davesrawhoney@gmail.com)



**Mix It Up**

Are you a business owner looking to buy wholesale quantities of local food? While the *Local Food Guide* is a good start, particularly this section, it is meant more for the public, and only some of the farms are set up to sell to businesses. To find more farms eager to sell to you, contact us for a copy of the *Mixing Bowl*, ASAP's farm to business trade directory, or browse online at [appalachiangrown.org/mixingbowl](http://appalachiangrown.org/mixingbowl).

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](mailto:info@dealfarms.com)  
[www.dealfarms.com](http://www.dealfarms.com)

Farming local since 1951. We are 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](mailto:greg@deepwoodsmushrooms.net)  
[www.deepwoodsmushrooms.net](http://www.deepwoodsmushrooms.net)

Cultivated gourmet mushrooms grown on hardwood logs. Wild mushrooms when in season. Wintertime mushroom log inoculation and wild mushroom identification classes. Mushroom cultivation supplies, spawn, and consultations available. Fee-based farm tours by appointment only.

**DeerHaven Hills Farm**  
Columbus, NC, Polk Co.  
828-863-4660

Lovingly and locally grown, our delicious and healthful Certified Organic blueberries are available in Jul. and our muscadine grapes in Sep./Oct. Call during normal working hours for availability, hours, and driving directions.

**Deerwood Nursery and Farms**  
Zirconia, NC, Henderson Co.  
828-606-3625 • [rick@deerwoodnursery.com](mailto:rick@deerwoodnursery.com)  
[www.deerwoodnurseryandfarms.com](http://www.deerwoodnurseryandfarms.com)

We are a family-owned and operated small farm specializing in sustainably grown produce, free range eggs, pastured poultry, pork, lamb, herbs, flowers, trees, and shrubs. Come visit us.

**Dillingham Family Farm**  
Barnadsville, NC, Buncombe Co.  
828-626-2624 • [dillinghamx6@tds.net](mailto:dillinghamx6@tds.net)

We offer USDA-inspected beef, lamb, and pork. Vegetables in summer. Chicken and fresh eggs year-round, heritage turkeys seasonally. Wine grapes and seedless table grapes. We also have a sawmill offering firewood and lumber.

**Doghead Herb Farm**  
Asheville, NC, Buncombe Co.  
828-728-5657  
[dogheadherbfarm@gmail.com](mailto:dogheadherbfarm@gmail.com)  
[www.dogheadherbfarm.com](http://www.dogheadherbfarm.com)

Growers and gatherers of medicinal herbs. Producers of fine herbal products and useful handmade items.

**Dogwood Hills Farm**  
Weaverville, NC, Buncombe Co.  
828-645-6286  
[dogwoodhillsfarm@frontier.com](mailto:dogwoodhillsfarm@frontier.com)

10-acre mountain valley u-pick farm: blueberries, blackberries, concord grapes, heirloom apple varieties. Sorghum syrup available seasonally. Growing organically, not certified. Call or email for availability and hours. Tours and events by appointment.

**Double 'G' Ranch**  
Leicester, NC, Buncombe Co.  
828-683-6092 • [dblgranch@bellsouth.net](mailto:dblgranch@bellsouth.net)  
[www.ashevilledoublegranch.com](http://www.ashevilledoublegranch.com)

We specialize in organically fed free range chickens that produce beautiful eggs. Organic vegetables during the summer and chicks and hens for sale. We have added goats, pigs, and rabbits to our farm. Come visit.

**Dry Ridge Farm**  
Mars Hill, NC, Madison Co.  
828-689-8700 • [dryridgefarmnc@gmail.com](mailto:dryridgefarmnc@gmail.com)  
[www.dryridgefarm.org](http://www.dryridgefarm.org)

We specialize in pasture-raised lamb, beef, pork, and chicken, along with rabbit and eggs. We don't use hormones or feed antibiotics. We sell at tailgate markets and to restaurants. Call ahead for a farm tour.

**Duckett's Produce and Farms**  
Maggie Valley, NC, Haywood Co.  
828-627-1277 • 828-926-8737  
828-648-7096  
[duckettsproduce@gmail.com](mailto:duckettsproduce@gmail.com)

Family-owned farm and roadside stands with seasonal local vegetables and a full line of produce. Open from the end of Apr. until Oct. 31.

**Eagle Feather Organic Farm**  
Marshall, NC, Madison Co.  
828-649-3536 • [robert@ncgoldenseal.com](mailto:robert@ncgoldenseal.com)  
[www.ncgoldenseal.com](http://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.

**Earhart Market Gardens**  
Candler, NC, Buncombe Co.  
[info@earhartmarketgardens.com](mailto:info@earhartmarketgardens.com)  
[www.earhartmarketgardens.com](http://www.earhartmarketgardens.com)


We grow high quality produce using natural and sustainable methods with no synthetic herbicides, pesticides, or fertilizers. Many varieties of heirloom and hybrid vegetables grown. Limited CSAs available.

**EarthPerks Organic Farm & Garden Supply**  
Rutherfordton, NC, Rutherford Co.  
828-287-7730 • [earthperks@gmail.com](mailto:earthperks@gmail.com)  
[www.earthperksnc.com](http://www.earthperksnc.com)

We sell organic farm supplies for gardeners and farmers, host a CSA, and offer products such as fresh veggies, eggs, and local meats from our farm and other local farms. See our website for more information.



**Deerwood chickens have grass-stained feet!**



[deerwoodnurseryandfarms.com](http://deerwoodnurseryandfarms.com)  
828-606-3625

**East Fork Farm**  
Marshall, NC, Madison Co.  
828-206-3276 • [stephen@eastforkfarm.net](mailto:stephen@eastforkfarm.net)  
[www.eastforkfarm.net](http://www.eastforkfarm.net)

We are a family farm raising grassfed lamb, free range poultry, farm-fresh eggs, and rabbits without added hormones or antibiotics. Our mission is to employ sustainable farming practices by producing superior tasting and healthy products.

**Edgerton Farms**  
Rutherfordton, NC, Rutherford Co.  
828-429-3330 • [macked2@aol.com](mailto:macked2@aol.com)

Summer CSA. 18 weeks beginning in late May and running through Sep. We are at the TriCity Farmers Market on Sat. Free range eggs available.

**Edgewood Farm Mt. Valley Meats**  
Penrose, NC, Transylvania Co.  
828-776-3225 • [slidetm@comporium.net](mailto:slidetm@comporium.net)  
[www.blueridgecornmaze.com](http://www.blueridgecornmaze.com)

We have hormone- and antibiotic-free Black Angus beef and pork. USDA inspected, vacuum-sealed/frozen available on farm by the cut or portions.

Price list online. We also have chickens, eggs, and meat goats.

**Elk Mountain Farm**  
Newland, NC, Avery Co.  
828-387-1200 • [elkmtfarm@gmail.com](mailto:elkmtfarm@gmail.com)  
[www.elkmtfarm.com](http://www.elkmtfarm.com)

Small family farm. We raise sheep, cattle, and working Border Collies. We offer many varieties of fruits and vegetables for our CSA and grow annuals, perennials, and shrubs for retail sales.

**Faith Mountain Farm**  
Creston, NC, Ashe Co.  
[wilkesjt@gmail.com](mailto:wilkesjt@gmail.com)  
[www.faithmtfarm.com](http://www.faithmtfarm.com)

Family farm operated by James and Shannon Wilkes and their seven children. We have laying hens and honeybees and grow numerous vegetables, shiitake mushrooms, and sunflowers for sale at the market. We also offer delicious baked goods.

**The Farm**  
Hendersonville, NC, Henderson Co.  
828-696-5375 • [sharon\\_searcy@yahoo.com](mailto:sharon_searcy@yahoo.com)

Family-owned and operated, specializing in u-pick and we pick vegetables and fruits in season. We grow many rare heirloom tomatoes and beans. Visit our roadside market Mon. to Sat., May to Oct.

**Farmhouse Beef**  
Marshall, NC, Madison Co.  
770-856-9694 • [wgtsnrun51@bellsouth.net](mailto:wgtsnrun51@bellsouth.net)  
[www.farmhousebeef.com](http://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**  
Asheville, NC, Buncombe Co.  
828-683-3255 • [tobacco911@aol.com](mailto:tobacco911@aol.com)

We produce fresh eggs, pork, and chicken. All feed is ground on our farm with no antibiotics or hormones added. We also grow fresh vegetables in the summer. Our stores are located at 83 Weaverville Hwy. and 1311 Tunnel Rd.

**Fiddlesticks Farm**  
Old Fort, NC, McDowell Co.  
828-442-1008  
[fiddlesticksfarm@gmail.com](mailto:fiddlesticksfarm@gmail.com)

We offer a diversified vegetable CSA, heritage wheat, and a growing variety of berries and fruits. We are also expanding this year to include pastured goat meat.

**Fields of Gold Farm & Greenhouse**  
Hendersonville, NC, Henderson Co.  
828-692-7096  
[lisa.black@fieldsofgoldfarm.com](mailto:lisa.black@fieldsofgoldfarm.com)  
[www.fieldsofgoldfarm.com](http://www.fieldsofgoldfarm.com)

A bio-dynamic and beyond organic regional grower. We operate sustainably year-round with a USDA Certified Organic 40-acre farm and a 70,000 square foot glass greenhouse. We specialize in fruits, vegetables, and herbs.

**Finally Farm**  
Marshall, NC, Madison Co.  
828-683-0137 • [cfinallyfarm@aol.com](mailto: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](mailto:hotsauce@firefromthemountain.com)  
[www.firefromthemountain.com](http://www.firefromthemountain.com)

We grow jalapeno, habanero, and other peppers, which 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.

**Firefly Farm**  
Burnsville, NC, Yancey Co.  
828-675-4739 • [firefly@mtnarea.net](mailto:firefly@mtnarea.net)  
[www.fireflyfarmnc.com](http://www.fireflyfarmnc.com)

Small diverse farm on the South Toe River. We use organic, permaculture, and sustainable methods to grow our vegetables, fruits, and 100% grassfed Devon beef. We sell to restaurants, grocers, and at farmers markets. See website for event details.

**First Blossom Farm**  
Leicester, NC, Buncombe Co.  
828-423-4065 • [verosotolongo@yahoo.com](mailto:verosotolongo@yahoo.com)

We produce a variety of naturally grown vegetables, herbs, and fruits on two acres. We offer generous CSA shares and sell at the French Broad Food Co-op Wednesday Tailgate Market.

**Fisher Branch Farm**  
Marshall, NC, Madison Co.  
828-689-4505  
[fisherbranchflorals@gmail.com](mailto:fisherbranchflorals@gmail.com)  
[www.fisherbranchfarm.org](http://www.fisherbranchfarm.org)

Growers of specialty cut flowers. Flowers are available by the bucket and subscription. Design services for your wedding or special event. Small nursery with potted herbs, perennials, and annuals. Seasonal wreaths and garlands available in the fall.

**Flying Cloud Farm**  
Fairview, NC, Buncombe Co.  
828-768-3348 • [perkinson.annie@gmail.com](mailto:perkinson.annie@gmail.com)  
[www.flyingcloudfarm.net](http://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.

**foglikey farm**  
Boone, NC, Watauga Co.  
828-264-5215 • [dsengel@bellsouth.net](mailto:dsengel@bellsouth.net)

Bordering the Blue Ridge Parkway, our wide range of Certified Organic, sustainably grown vegetables and mushrooms are our focus. Lifelong artists, our work (sculpture and painting) is a minor adjunct to our produce. Visitors welcome.

**Foothills Pasture-Raised Meats**  
Old Fort, NC, McDowell Co.  
828-216-2966  
[info@foothillsfamilyfarms.org](mailto:info@foothillsfamilyfarms.org)  
[www.foothillslocalmeats.com](http://www.foothillslocalmeats.com)

Offering beef, pork, and chicken with no added hormones or antibiotics since 2004. Pasture-raised meats benefit the health of the animals, the environment, and the consumer. Order salami online at [foothillslocalmeats.com](http://foothillslocalmeats.com).

**Fork Mountain Farm (Madison County)**  
Marshall, NC, Madison Co.  
828-649-3373 • [tcharles@hughes.net](mailto:tcharles@hughes.net)

We are a small farm, Certified Organic and Certified Naturally Grown, growing mixed vegetables and herbs. We sell at the Madison County Farmers Market on Sat. and the Weaverville Tailgate Market on Wed.

**Fork Mountain Farm (Mitchell County)**  
Bakersville, NC, Mitchell Co.  
828-766-0904 • [patiapplefarm@yahoo.com](mailto:patiapplefarm@yahoo.com)  
Naturally grown apples, organic cider, blueberries, raspberries, wineberries, pears, grapes, edamame soybeans, and winter squash. I farm in solidarity with

traditional cultures around the world while enjoying the personal and global rewards of a simple, sustainable lifestyle.

**Foxfire Holler**  
Warrensville, NC, Ashe Co.  
336-384-9463 • [foxfireholler@aol.com](mailto:foxfireholler@aol.com)  
[www.foxfireholler.com](http://www.foxfireholler.com)

A fourth-generation farm dedicated to heritage, sustainability, and the premise that all life is simple and connected. Sheep, poultry, hogs. We provide pasture-raised meat to the High Country. Visitors welcome, call first.

**Freeman Farm**  
Lake Lure, NC, Rutherford Co.  
828-625-1283

Calvin Freeman returned to the farm after college. He was raised on the farm and his parents sold at the WNC Market, and Calvin is proud to continue the tradition by producing high quality greens, squash, cucumbers, and watermelons.

**Freeman Orchards**  
Hendersonville, NC, Henderson Co.  
828-685-3311 • [chipwebster@bellsouth.net](mailto:chipwebster@bellsouth.net)

Family-owned and operated wholesale and retail farm. Roadside stand is located at 3016 Chimney Rock Rd. (Highway 64 E.). Open seven days a week, 8 am-6 pm.

**Frog Holler Organiks**  
Waynesville, NC, Haywood Co.  
828-356-7652 • [frogollerorg@aol.com](mailto:frogollerorg@aol.com)  
[www.frogoller.net](http://www.frogoller.net)

A magical farm in the Smoky Mountains where nature rejoices. Mosey down lavender-lined paths. Visit the farmhouse for a memorable vacation or wedding. Pick up Frog Holler Helper, the best biodynamic garden soil! Landscaping services offered.



**Grass fed and grass finished. No added hormones or antibiotics.**  
Raised on our Family Farm in Madison County, NC  
Mike and Carolyn Bradley

828-713-7688

[farmhousebeef.com](http://farmhousebeef.com)

**How Was It Grown?** Production methods such as Certified Organic, pasture raised, and biodynamic are searchable at [appalachiangrown.org](http://appalachiangrown.org). Click "More Search Options" to find these choices.





**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. We're maintained by volunteers and provide training for all. This is a healthy and enriching environment with a vegetable garden, trails, and farm house for instruction.

**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.

**Gaining Ground Farm**

Leicester, NC, Buncombe Co.  
828-545-2362 • sluderbranch@yahoo.com  
www.gaininggroundfarm-nc.com

For more than 12 years, we have 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.

**Gladheart Farm**

Asheville, NC, Buncombe Co.  
828-280-7595 • jeff@gladheartfarm.org  
www.gladheartfarm.org

We are located five minutes from downtown Asheville. Grower of Certified Organic vegetables, flowers, and herbs. Visitors are welcome. We do offer CSA shares. Greenhouse and farm equipment powered by biofuel.

**Good Things Grow Here**

Travelers Rest, SC, Greenville Co.  
864-884-3262  
richard@goodthingsgrowhere.com  
www.goodthingsgrowhere.com

We're a sustainable micro-farm established in 2005 that offers heirloom varieties of market vegetables, monthly CSA subscriptions, and exquisite colored hen eggs.

**Grandad's Apples**

Hendersonville, NC, Henderson Co.  
828-685-1685  
grandadsapples@yahoo.com  
www.grandadsapples.com

U-pick or we pick apples. We offer pumpkins, corn maze, llama, and cow train ride. Lots to do. All kinds of apple products in our gift shop. Lots of fun!

**Green Goddess Farm**

Asheville, NC, Buncombe Co.  
828-779-7048  
greengoddessfarm@charter.net

Certified Naturally Grown, our farm is managed according to organic, biodynamic, and permaculture principles. Herbs, vegetables, berries, fruits and nuts are offered at the West Asheville Tailgate Market. We sell honey and hive products plus nucleus bee colonies.

**Green Jade Herbal**

Asheville, NC, Buncombe Co.  
828-280-9058  
greenjadeherbal@yahoo.com

We are a family farm growing herbs, vegetables, and flowers. We are known for our fresh and dried herbs, heirloom vegetable varieties, herbal salves/teas, and fresh-cut flowers.

**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. through Sun., 8 am-noon.

**Green Toe Ground Farm**

Burnsville, NC, Yancey Co.  
828-675-0171 • nicoleandgaelan@yahoo.com

We grow a diversity of vegetables using biodynamic practices. This includes plant and mineral based preparations for the land. We offer CSAs, including a new farmers market share. Cows, sheep, pigs, chickens, and bees live on the farm.

**Green Valley Community Garden**

Spruce Pine, NC, Avery Co.  
828-467-6015  
greenvalleygarden@gmail.com

We provide fresh produce to Mitchell and Avery county residents in need of food assistance, and offer educational opportunities to students of all ages. Support is provided through the sale of a selection of our harvest.

**Greys Reach Farms**

Flat Rock, NC, Henderson Co.  
828-243-8496 • usculinary@gmail.com  
greysreachfarms.com

Nestled in the heart of Crab Creek Valley, we produce unique heirloom varieties of beyond organically grown vegetables, mushrooms, herbs, and pastured pork.

**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.

**Hardy Berry Farm**

Anderson, SC, Anderson Co.  
864-224-5441  
hardyberryfarm@bellsouth.net  
www.hardyberryfarm.com

We provide the community with delicious strawberries, raspberries, blackberries, blueberries, peaches, and muscadines. Visit our website or Facebook page to learn about the Play Patch.

**Harrell Hill Farms**

Bakersville, NC, Mitchell Co.  
828-688-9188 • dougharrell@aol.com  
www.harrellhillfarms.com

Producing quality farm-fresh products for seven generations. We offer grassfed, hormone- and antibiotic-free Limousin beef, along with sorghum molasses, a pumpkin patch, choose and cut Christmas trees, and fresh vegetables.

**Harty Farm**

Bakersville, NC, Mitchell Co.  
828-688-6131 • hartyfarm4@msn.com  
www.hartyfarm.com

We specialize in log-grown shiitake and oyster mushrooms, early strawberries, honey, hormone- and antibiotic-free rabbits, and a variety of pesticide-free vegetables. Sales at the Bakersville Farmers Market and Spruce Pine Farmers Market.

**Harvest Table Farm**

Old Fort, NC, McDowell Co.  
828-772-4206 • info@harvesttablefarm.com  
www.harvesttablefarm.com

Located on Crooked Creek, we offer a diversity of naturally grown vegetables for CSAs and local markets. Sustainable practices that enhance soil fertility are used to grow high quality produce for your table.

**Headwaters of Poverty Farm**

Barnardsville, NC, Buncombe Co.  
828-273-0549 • headwaters@tds.net

We offer all natural, pasture-raised meats and eggs. Meats include veal, chicken, and specialty poultry. Our egg offerings are chicken and duck.

**Heartsease Nursery**

Dahlongega, GA, Lumpkin Co.  
706-429-3876  
heartsease@windstream.net  
www.heartseasenurseryga.com

We grow a wide variety of herbs, heirloom vegetables, perennials, and annuals. We are adding cut flower gardens this year as well.

**Henn's Plant Farm**

Fletcher, NC, Henderson Co.  
828-684-2321 • plantfarm@bellsouth.net

Located in Fletcher for 40 years. Annual flowering and vegetable plants, herbs, perennials, potted annuals and hanging baskets, ferns, foliage, ground covers, azaleas, rhododendrons, evergreen and flowering shrubs. We also offer fall hardy mums, pansies, and shrubs. Open year-round.

**Henry Barnwell Farms**

Hendersonville, NC, Henderson Co.  
828-685-7371

Wholesale apples and peaches.

**Heritage Homestead**

Crumpler, NC, Ashe Co.  
336-982-4753 • coultercreek@skybest.com  
www.heritagehomestead.net

**Flying Cloud Farm**  
3 Weekly Markets • Roadside Stand • CSA Shares  
Bouquets • Flower Buckets for Events  
Isaiah & Annie Louise Perkinson • Fairview NC • flyingcloudfarm.net

Old Fort, NC  
**FOOTHILLS**  
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www.foothillslocalmeats.com

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Molasses  
Pumpkin patch  
Potatoes  
Doug and Barbara Harrell, Owners  
2126 Harrell Hill Rd., Bakersville, NC  
828-688-9188 • harrellhillfarms.com

We are a licensed farmstead goat cheese dairy, free range egg, whey-fed pigs, and produce farm. We sell our products at Ashe, Watauga, Concord, and Cobblestone farmers markets and at local natural food shops.

**Hickory Nut Gap Farm**

Fairview, NC, Buncombe Co.  
828-628-1027  
jamie@hickorynutgapfarm.com  
www.hickorynutgapfarm.com

Our mission is to connect sustainable agriculture practices, our family history, and our customers by sharing the family farm experience, healthy land stewardship, and providing ethically raised meats. We offer educational tours to school groups in the fall.

**Hidden Rock Farms Naturally Raised Beef**

West Jefferson, NC, Ashe Co.  
336-977-3187  
hiddenrock@embarqmail.com

Naturally raised beef without added hormones or antibiotics and never fed animal by-products. All of our animals are raised from birth on one of our farms without added stress.

**High Country CSA**

Banner Elk, NC, Watauga Co.  
highcountrycsa@gmail.com  
www.highcountrycsa.org

We're a multi-farm co-op producing by organic standards in the NC High Country, offering three different 20-

week CSA share options from Jun.- Oct., and monthly orders Nov.- Apr. Reserve shares in advance.

**High Country Nursery**

Fairview, NC, Buncombe Co.  
828-779-1981 • wnchighcountry@gmail.com  
www.japmaple.com

We specialize in fine and unusual landscape plants and uncommon specimen trees, including cultivars of Japanese maples, conifers, roses, and bonsai. We focus on Japanese maples but have other unusual offerings hardy to our local climate.

**High Mountain Meadows Farm**

Hayesville, NC, Clay Co.  
828-389-1186 • donnagains@yahoo.com

We have fruits and veggies in season, May to Oct. Peaches, plums, cherries, apples, tomatoes, peppers, beans, sweet potatoes, and more. Rabbits and Boer goats for meat. Processing can be arranged. Goat cheeses available soon.

**Highlander Farm**

Fairview, NC, Buncombe Co.  
828-776-0261 • highlanderfarm@gmail.com

We produce grassfed lamb, free range eggs, and pasture-raised, free range chicken. We sell locally on our farm and at tailgate markets. Visitors are welcome, but call ahead.

**Hob Nob Farm**

Butler, TN, Johnson Co.  
828-964-5922 • hobnobfarmcafe@att.net  
www.thehobnobfarm.com

Located in a fertile valley on the banks of the Watauga River. We grow fruits, vegetables, and spices for our cafe in Boone, Hob Nob Farm Cafe. Farm is available for weddings and parties that we cater using local food.

**Holly Spring Farm and Nursery**

Mills River, NC, Henderson Co.  
828-891-4968  
paulshoemaker@bellsouth.net

Using sustainable practices, we produce an array of heirloom tomatoes, vegetables, and u-cut Christmas trees. We supply Hendersonville restaurants and sell at the Thu. Flat Rock Tailgate Market and the Sat. Mills River Market.

**Hominy Valley Farms—Land and Cattle**

Candler, NC, Buncombe Co.  
828-665-0933  
info@hominyvalleyfarms.com  
www.hominyvalleyfarms.com

We are a multi-generational family farm making use of our land to grow natural beef, pastured pork and poultry, vegetables, and cut flowers. We continue to farm where our family has been for more than 75 years.

**Honey Bees and Heather Farm**

Fletcher, NC, Henderson Co.  
828-684-8488  
diane@honeybeesandheather.com  
www.honeybeesandheather.com

16-hive apiary certified by Bee Friendly Farming and Certified Naturally Grown. The farm features heather gardens with more than 50 different varieties. See our website for events or call for an appointment.

**Hop'n Blueberry Farm**

Black Mountain, NC, Buncombe Co.  
828-664-1166 • hopnblue@yahoo.com  
www.hopnblueberryfarm.com

We offer tours and workshops at our truly unique operation. Model pollination habitat farm. Four varieties of hops for brewing. Medicinal herbs. Butterfly flight house full of butterflies. Butterfly host and nectar plants for sale.

**Huckleberry Ridge Farm**

Old Fort, NC, McDowell Co.  
828-668-4894  
huckleberryridgelfarm@hughes.net  
Find us on Facebook

We are certified for our rabbit meat for restaurants and sell ground rabbit bone-in for canine use. We sell produce, flowers, eggs, salves, etc. Farm tours are welcome by appointment only.

**Hugh Kuykendall Farm/Irma's Produce**

Old Fort, NC, McDowell Co.  
828-593-9078

We have tomatoes, sweet bell peppers, hot peppers, cucumbers, potatoes, corn, cabbage, squash, beans, watermelon, cantaloupes, strawberries, blackberries, apples, and ice cream. Produce by the pound or by the truckload. Produce stand open May-Oct.

**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 hormone- and antibiotic-free rabbit. Farm tours available by appointment.

**Indian Rock Organic Farm**

Jonas Ridge, NC, Burke Co.  
828-413-3129 • biodiversity@ksybest.com  
www.indianrockfarm.org

Diverse organic vegetable producer serving individuals with u-pick on the farm and delivery to local restaurants and buyer's clubs.

**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 all natural, 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 • jcbarrow@skybest.com

NC Century Farm specializing in u-pick berries, heirloom vegetables, and choose-and-cut Christmas trees.

**Jake's Farm**

Candler, NC, Buncombe Co.  
828-665-4472 • jakesfarm@msn.com  
www.jakesfarm.com

Established 1998, 13 acres Certified Organic since 1999. We sell a wide variety of produce including some small fruit. Two greenhouses operate all year. We offer a limited CSA. 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.

**Jolley Farms**

Canton, NC, Haywood Co.  
828-648-0058 • info@jolleyfarms.com  
www.jolleyfarms.com

High tunnel production of microgreens, lettuces, heirloom tomatoes, greens, edible flowers, and gourmet baby vegetables, including fingerling potatoes. Delivery to restaurants. Retail sales at Sunburst Market in Waynesville, Dusty's in Highlands, and Cashiers Farmers Market.

**Jordan Blackley Farm**

Candler, NC, Buncombe Co.

828-667-0120  
info@jordanblackleyfarm.com  
www.jordanblackleyfarm.com

A small family farm raising honeybees, blackberries, and red and black raspberries.

**Justus Orchard**

Hendersonville, NC, Henderson Co.  
828-685-8033 • mdjustus@yahoo.com  
www.justusorchard.com

Fourth-generation family farm growing apples, blackberries, peaches, 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. Pastured pork and poultry.



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Please visit our websites for info  
on our live music & events!

**Keith Hoots Farms**

Hendersonville, NC, Henderson Co.  
828-290-3215

We are a family-owned farm in Edneyville going into our eighth season growing mostly vegetables.

**King Harvest Farm**

Canton, NC, Haywood Co.  
828-506-5228

[kingharvestfarmnc@hotmail.com](mailto:kingharvestfarmnc@hotmail.com)

We provide a variety of naturally grown vegetables as well as ornamental shrubs and trees. You can find us Wed. and Sat. at Haywood's Historic Farmers Market in Waynesville.

**KT's Orchard and Apiary**

Canton, NC, Haywood Co.  
828-279-5614 • [bt195@bellsouth.net](mailto:bt195@bellsouth.net)

We have a wide variety of apples, peaches, and nectarines. We also have blueberries and raspberries. We have local honey and fresh eggs. Our fruit starts around the middle of Jul. and runs through early Nov.

**Kuster Farms**

Fletcher, NC, Buncombe Co.  
828-242-2981 • [ernestkuster@att.net](mailto:ernestkuster@att.net)

We specialize in non-GMO, insecticide-free green beans and edamame, wholesale and retail at tailgate markets. Contact us for information and pre-harvest orders. Bushel crates are \$40 delivered, bulk discounts available.

**La Gracia**

Clayton, GA, Rabun Co.  
[jgatins@gmail.com](mailto:jgatins@gmail.com)

[www.simplyhomegrown.org](http://www.simplyhomegrown.org)

We are a small Certified Organic vegetable and seed operation, specializing in growing leeks, garlic, and cucumbers. Sales in season on Wed. with northeastgeorgia.locallygrown.net and on Sat. mornings with simplyhomegrown.org.

**Lady Luck Farm**

Leicester, NC, Buncombe Co.  
828-545-7294

[info@ladyluckflowerfarm.com](mailto:info@ladyluckflowerfarm.com)  
[www.ladyluckflowerfarm.com](http://www.ladyluckflowerfarm.com)

We grow flowers, medicinal herbs, and vegetables using natural farming methods. We've recently relocated to the beautiful Sandy Mush Valley. Produce and flower deliveries available, u-pick by appointment.

**Lattimore Farms**

Shelby, NC, Rutherford Co.  
704-434-7190

[alexlattimore14@hotmail.com](mailto:alexlattimore14@hotmail.com)  
[www.lattimorefarms.com](http://www.lattimorefarms.com)

Fresh grown strawberries and roadside stand. U-pick berries, or we have them readily available.

**Laughing Water Farm**

Marion, VA, Smyth Co.

276-206-0810  
[laughingwaterfarm@comcast.net](mailto:laughingwaterfarm@comcast.net)  
[www.laughingwaterfarm.com](http://www.laughingwaterfarm.com)

Growing naturally for you and our earth. We use sustainable practices to produce hay and healthy grassfed, classically-aged Angus beef, Ossabaw Island pork, and lamb. Our market garden features heirloom and specialty varieties selected for quality and flavor.

**Leaning Willow Farm**

Marshall, NC, Madison Co.  
828-649-1966 • [hazelnut1@earthlink.net](mailto:hazelnut1@earthlink.net)

We offer heirloom vegetables, traditional and oriental greens, berries, plant and herb starts, and eggs with pride. We sell to restaurants and our local tailgate market. Registered breeders of Olde English Baby Doll sheep; lambs available. Internships available, call.

**Legacy Farm**

Rutherfordton, NC, Polk Co.  
828-863-4829 • [legacyfarmllc@gmail.com](mailto:legacyfarmllc@gmail.com)

We offer organic produce, including cucumbers, sweet peppers, tomatoes, potatoes, eggplant, arugula, Swiss chard, and a variety of lettuce greens. We also have blueberries available mid-Jun. through end of Jul.

**Lively Orchards**

Flat Rock, NC, Henderson Co.  
828-691-9889

Wholesale and retail apples. Blackberries and cherries.

**Long Branch Environmental Education Center**

Leicester, NC, Buncombe Co.  
828-683-3662 • [paul@longbrancheec.org](mailto:paul@longbrancheec.org)  
[www.longbrancheec.org](http://www.longbrancheec.org)

Come explore our solar/eco-demonstrations; u-pick organic blueberries, raspberries, and apples; cider, chestnuts, edible landscape, and

trout pond. Hike exhilarating trails: 1,635 wild acres in the Newfound Mountains. Waterfalls, wildflowers, panoramic vistas, wildlife!

**Long Valley Eco-Biotic Farm**

Marshall, NC, Madison Co.  
828-689-3606 • [longvalleyfarm@frontier.com](mailto:longvalleyfarm@frontier.com)  
Find us at [www.localharvest.org](http://www.localharvest.org)

Our family-owned farm seasonally offers 100+ varieties of heirloom vegetables, fruits, flowers, and herbs. Our soil building techniques do not employ synthetic fertilizers or chemical pesticides. Enjoy our products through CSA and tailgate markets.

**Looking Glass Creamery, LLC**

Fairview, NC, Buncombe Co.  
828-458-0088 • [jen@ashevillecheese.com](mailto:jen@ashevillecheese.com)  
[www.ashevillecheese.com](http://www.ashevillecheese.com)

We are a small, family-operated creamery that handcrafts cow and goat milk cheeses from locally sourced milk. We buy raw milk from small local dairy farms and transport it to our creamery to produce a variety of cheeses.

**Love Story Farm**

Rutherfordton, NC, Rutherford Co.  
828-447-0047 • [lovestoryfarm@yahoo.com](mailto:lovestoryfarm@yahoo.com)  
[www.lovestoryfarm.com](http://www.lovestoryfarm.com)

Berries, herbs, flowers, transplants, bulbs, chard, lettuce, onions, garlic, carrots, beets, corn, tomatoes, peppers. Baked breads and seasonal muffins, value-added pesto, jams, salsas, and colored eggs. Funky homemade hats, scarves, aprons, and gift baskets.

**Lowell Hendren Orchards**

Moravian Falls, NC, Wilkes Co.  
336-921-3326

Apples: Gala, Golden, Jonagold, Pinklady, Limbertwig, and more. Also peaches and nectarines. Our roadside stand is located at 8003 Brushy Mountain Rd. Open seasonally, Aug.-Nov. Open to visitors Mon.-Sat.

**Lunsford Farms**

Flat Rock, NC, Henderson Co.  
828-551-9330  
[lunsfordfarms@bellsouth.net](mailto:lunsfordfarms@bellsouth.net)  
[www.lunsfordfarms.net](http://www.lunsfordfarms.net)

We are a family-owned and operated farm. Farm-fresh vegetables and fruits. Farm-raised Angus beef and pork (no growth hormones, no steroids, no feed antibiotics

used). All produce can be purchased wholesale or in bulk.

**Lyda Farms**

Hendersonville, NC, Henderson Co.  
828-685-3459 • [info@lydafarms.com](mailto:info@lydafarms.com)  
[www.lydafarms.com](http://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, get your picture taken with Grandma Lyda. School, church, and tour groups welcome.

**Mackey Farms**

Mars Hill, NC, Madison Co.  
828-712-6225 • [lettuceman2@yahoo.com](mailto:lettuceman2@yahoo.com)  
[www.madisonfarms.org/farms/mackeyfarms.html](http://www.madisonfarms.org/farms/mackeyfarms.html)

We grow several varieties of hydroponic lettuce. We also have peppers, winter squash, cane, corn, cabbage, molasses, pork, meat rabbits, farm-raised chickens, and eggs. We provide area school systems and the local hospital with produce.

**Lyda Farms**

Open Daily 9 - 6 pm  
June - November

Working Family Farm & Orchard  
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Pumpkins • Winter Squash

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Hendersonville NC 28792

I-26 to Exit 49A, Go East on  
Chimney Rock Rd., 4 Miles on Left

[LydaFarms.com](http://LydaFarms.com)  
(828) 685-3459



LydaFarms.mobi

**Manoah Farms**

Old Fort, NC, McDowell Co.  
828-442-7403 • [manoahfarms@yahoo.com](mailto:manoahfarms@yahoo.com)  
[www.manoahfarms.vpweb.com](http://www.manoahfarms.vpweb.com)

We offer naturally grown vegetables. We offer bi-weekly vegetable boxes and weekly options. Contact us for details. Spring season May-Jun., fall season Sep.-Oct. Daily sales at Crooked Creek Store.

**Maple Creek Farm (Rutherford County)**

Rutherfordton, NC, Rutherford Co.  
828-429-1959 • [kitty@blueridgedesignllc.com](mailto:kitty@blueridgedesignllc.com)  
[www.maplecreekfarmrc.com](http://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.

**Maple Creek Farm (Yancey County)**

Burnsville, NC, Yancey Co.  
828-682-0297 • [catori@maplecreekfarm.net](mailto:catori@maplecreekfarm.net)  
[www.maplecreekfarm.net](http://www.maplecreekfarm.net)

Maple Creek Farm is the southernmost producer of maple syrup in our region. We tap about 500 trees on our 106 acres of mountainside. We also produce sweet sorghum syrup. Come see us!

**Mary Ann's Berry Patch**

Rutherfordton, NC, Rutherford Co.  
828-287-1425 • [maryaferrin@yahoo.com](mailto:maryaferrin@yahoo.com)

We offer three types of blueberries, three types of erect thornless blackberries, and heritage red raspberries at our farm. We are a u-pick or pick-to-order non-certified organic berry farm.

**Maverick Farms**

Banner Elk, NC, Watauga Co.  
828-963-4656 • [info@maverickfarms.com](mailto:info@maverickfarms.com)  
[www.maverickfarms.org](http://www.maverickfarms.org)

We are a nonprofit organization dedicated to preserving family farming as a community resource and reconnecting local food networks. We grow food for area farmers markets, CSA, and on-farm events.

**McConnell Farms**

Hendersonville, NC, Henderson Co.  
828-692-2819  
[mcconnell\\_farms@bellsouth.net](mailto:mcconnell_farms@bellsouth.net)

We grow strawberries, rhubarb, asparagus, blackberries, micro-mix greens, vegetables, raspberries, apples,

peaches, plums, Asian pears, and greenhouse and nursery plants. 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](mailto:meadowcovefarm@frontier.com)  
Find us at [www.ncagr.gov/ncproducts](http://www.ncagr.gov/ncproducts)

Growing and processing seasonal vegetables, berries, fruits, and shiitake mushrooms in beautiful Dula Springs Cove. Our naturally grown products are marketed to individuals, local food businesses, restaurants, grocers, and commercial customers.

**Mini Miracles Farm**

Taylors, SC, Greenville Co.  
864-968-9678  
[nattybrook2@bellsouth.net](mailto:nattybrook2@bellsouth.net)  
[www.minimiraclesfarmsc.com](http://www.minimiraclesfarmsc.com)

Family-run. Pasture-raised meat, eggs, veggies. CSA shares available. Visit our website for more information. Spring and fall hayride tours. Miniature animals, pumpkin patch, family fun. OMRI growing standards. Call for current hours.

**Moretz's Mountain Orchard**

Boone, NC, Watauga Co.  
828-264-3424  
[www.wataugacountyfarmersmarket.org/lists/content/bill\\_moretz](http://www.wataugacountyfarmersmarket.org/lists/content/bill_moretz)

Offering more than 90 varieties of heirloom apples and other small, exotic tree fruits. Farm tours, classes and pick 'n paint by appointment. Our products are available on farm and at the Watauga Co. Farmers Market.

**Mountain Farm**

Burnsville, NC, Yancey Co.  
828-675-4856 • [marilyn@mountainfarm.net](mailto:marilyn@mountainfarm.net)  
[www.mountainfarm.net](http://www.mountainfarm.net)

Beautiful mountain farm offering lavender gardens, annual Lavender Festival, u-pick blueberries, dairy goats, llamas, Angora goats, rabbits, weddings, vacation rental, family farm visits, on-farm shop, and lavender products. Open year-round.

**Mountain Fresh Orchards**

Hendersonville, NC, Henderson Co.  
828-685-7606  
[mtnfreshorchards@yahoo.com](mailto:mtnfreshorchards@yahoo.com)  
[www.mtnfreshorchards.com](http://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](mailto:farmer@mountainharvestorganic.com)  
[www.mountainharvestorganic.com](http://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 & Nursery**

Leicester, NC, Buncombe Co.  
828-989-9898  
[trey@mountainmeadowsnc.com](mailto:trey@mountainmeadowsnc.com)  
[www.mountainmeadowsnc.com](http://www.mountainmeadowsnc.com)

We have organically grown raspberries, blackberries, blueberries, muscadine grapes, Asian pears, apples, peaches, pluots, flowers, and vegetables. Greenhouses this year will offer custom growing services. Cabin for rent on the farm. Call or email for availability.

**Mountain Valley Farm**

Ellijay, GA, Gilmer Co.  
706-889-0999 • [suzyw@ellijay.com](mailto:suzyw@ellijay.com)  
[www.grassfedgeorgia.com](http://www.grassfedgeorgia.com)

"Growing Locally Since 1840" here on our family farmstead. Dry-aged grassfed beef and Berkshire 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](mailto:mtnworks@gmail.com)  
[www.mtnworks.org](http://www.mtnworks.org)

We farm and manage forest land with draft horses. We offer naturally grown produce, grassfed heritage beef and lamb, pastured poultry, sorghum molasses, and sustainable wood products. Traditional art, crafts, and music also available.

**Muddy Creek Farm**

Morganton, NC, Burke Co.  
828-403-5569 • [pbstephens@hughes.net](mailto:pbstephens@hughes.net)

Located in the foothills of Burke Co. beside Muddy Creek. We have shiitake mushrooms and a variety of produce available in season.

**udluscious pottery and gardens**

Mars Hill, NC, Madison Co.  
828-689-4353  
[mudlusciousgardens@gmail.com](mailto:mudlusciousgardens@gmail.com)  
[www.mudlusciouspottery.com](http://www.mudlusciouspottery.com)

Surrounded by unparalleled beauty, we cultivate approximately two acres and grow a wide variety of fruits and vegetables using natural/organic methods. We sell directly to customers on site and via email. Visitors welcome.

**Mulberry Gap Farm**

Marshall, NC, Madison Co.  
828-649-9690 • [deb.kaye108@gmail.com](mailto:deb.kaye108@gmail.com)  
[www.mulberrygapfarm.com](http://www.mulberrygapfarm.com)

We are dedicated to growing and producing the healthiest foods while revitalizing the earth through the practice of biodynamic agriculture. We raise and breed Red Poll cattle, Dorper and Katadhin sheep, and Tamworth pigs.

**The Mushroom Hut @ Fox Farms**

Burnsville, NC, Yancey Co.  
828-682-1405  
[yanceyfoxfarms@frontier.com](mailto:yanceyfoxfarms@frontier.com)  
Find us at [www.localharvest.org](http://www.localharvest.org)

We offer in-season vegetables, berries, shiitake mushrooms, farm-fresh eggs, animal feed goat's milk, Bloody Butcher corn and meal, crafts, native ornamentals, heirloom seeds, CSA, goat rental, soaps, value-added jellies, and baked goods.

**Nantahala Farms & Nursery**

Aquone, NC, Macon Co.  
828-321-5960 • [rblchick041@frontier.com](mailto:rblchick041@frontier.com)  
[www.nantahalafarmsandnurseyc.com](http://www.nantahalafarmsandnurseyc.com)

Family-owned and operated roadside market providing local produce to the community.

**Nantahala Herb Company**

Nantahala, NC, Macon Co.  
828-321-9810  
[nantahalaherbcompany@yahoo.com](mailto: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.

**New Moon Herbs Farm**

Fairview, NC, Buncombe Co.  
[newmoonherbs@aol.com](mailto:newmoonherbs@aol.com)  
[www.newmoonherbs.com](http://www.newmoonherbs.com)



In our 19th year, we offer premium quality heirloom vegetables, fruits, and herbs, produced using only organic methods. We sell through our CSA and at Asheville City Market. Visit us online.

**New Sprout Organic Farms**

Black Mountain, NC, Buncombe Co.  
828-280-0813 • [info@newsproutfarms.com](mailto:info@newsproutfarms.com)  
[www.newsproutfarms.com](http://www.newsproutfarms.com)

A leader in local, organic, sustainable vegetable farming located just minutes from downtown Asheville. Growing our produce close to where it will be delivered saves energy, reduces pollution, and provides a fresher, healthier product.

**North Fork Farm**

Zionville, NC, Watauga Co.  
828-297-5755 • [northforkfarm@skybest.com](mailto:northforkfarm@skybest.com)  
[www.northforkfarmbeef.com](http://www.northforkfarmbeef.com)

We're a small family farm. We sell beef, pork, and chicken raised without antibiotics or added hormones. You may purchase custom cut or prepackaged products. We look forward to serving you.

**OakMoon Farm & Creamery**

Bakersville, NC, Mitchell Co.  
828-688-4683  
[oakmoonfarm@frontier.com](mailto:oakmoonfarm@frontier.com)  
[www.freewebs.com/oakmoonfarm](http://www.freewebs.com/oakmoonfarm)

We produce unique goat cheese specialties and rustic natural-rind aged

raw goat milk cheeses. Check our website for where our cheese is available. We raise registered Alpine, Oberhasli, Saanen, and Nigerian Dwarf goats and sell kids and adults.

**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.

**Old Orchard Creek Farms**

Lansing, NC, Ashe Co.  
336-384-2774 • [oldorchard@skybest.com](mailto:oldorchard@skybest.com)  
[www.oldorchardcreek.com](http://www.oldorchardcreek.com)

Old Orchard Creek Farm is a historic artisanal 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](mailto:olivorg@bellsouth.net)

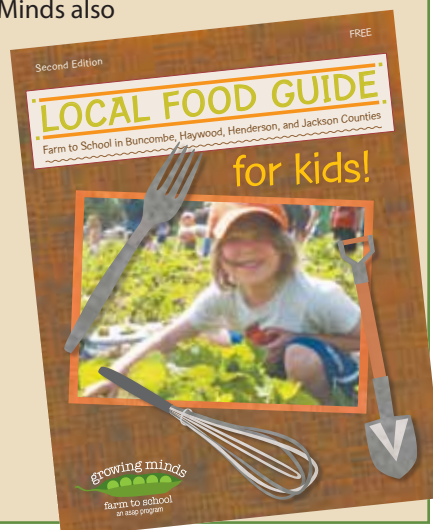
More than 150 types of bedding plants. 10-20 different items of produce weekly in season. We sell at the Henderson County Farmers Tailgate Market, Asheville Herb Festival, and Growin' in the Mountains at the WNC Farmers Market.

## Local Food Guide...for KIDS!

Which of the farms and tailgate markets listed here offer special activities for kids? What local foods are school cafeterias serving? Where are students growing their own food in school gardens? Find out in the second edition of ASAP's *Local Food Guide for Kids*, released in the spring of 2012. The guide is modeled after the one you're holding in your hands. It includes listings of area school gardens and family-friendly farms, as well as activity pages and recipes kids can make themselves.

The *Local Food Guide for Kids* is created by ASAP's Growing Minds Farm to School Program. Growing Minds fosters the next generation of local farm supporters. The program provides training to farmers, teachers, chefs, school nutrition staff, parents, and other community members, as well as resources (seeds, farm field trip mini-grants, children's literature, lesson plans) to encourage schools to provide the experiential education that will ensure children know where their food comes from and develop lifelong healthy eating habits. Growing Minds also produces the *Hayride: A Resource for Educational Farm Field Trips*.

ASAP serves as the Southeast Regional Lead Agency for the National Farm to School Network ([farmtoschool.org](http://farmtoschool.org)) and is responsible for assisting NC and five other states (FL, GA, KY, SC, and TN) in creating climates that encourage Farm to School programming. For more information, and to read or print the *Local Food Guide for Kids* and the *Hayride*, visit [growing-minds.org](http://growing-minds.org).



**Ol'Turtle Farm**  
Marion, NC, McDowell Co.  
828-738-8286 • [farmer@olturtlefarm.com](mailto:farmer@olturtlefarm.com)  
[www.olturtlefarm.com](http://www.olturtlefarm.com)

Sustainable vegetable farm producing local, chemical free vegetables and small fruits. We grow vegetable and flower transplants in organic potting soil. We market at Asheville City Market, French Broad Co-op, and Black Mountain Farmers Market.

**Ottanola Farm**  
Hendersonville, NC, Henderson Co.  
828-685-7508 • [ottanola@bellsouth.net](mailto: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](mailto: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 western NC.

**Our Tiny Farm**  
Hendersonville, NC, Henderson Co.  
828-243-0806 • [davis2722@bellsouth.net](mailto:davis2722@bellsouth.net)  
[www.ourtinyfarmnc.blogspot.com](http://www.ourtinyfarmnc.blogspot.com)

We produce pure, sweet honey; tasty, fresh vegetables; and gently raised, grassfed beef on our family farm in Etowah. We follow mostly organic practices and clearly state the few exceptions.

**Owenby's Fruit Stand**  
Hendersonville, NC, Henderson Co.  
828-691-4397 • [wmdkowenby@hotmail.com](mailto: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.

**Paper Crane Farm**  
Marshall, NC, Madison Co.  
828-575-4028 • [soilseeker@gmail.com](mailto:soilseeker@gmail.com)

We are a small farm nestled in the Big Laurel Valley. We cultivate two acres of diverse vegetables with an emphasis on open pollinated and heirloom varieties. We grow with nature.

**Peaceful Valley Farm**  
Old Fort, NC, McDowell Co.  
828-668-7411 • [mcentirenc@gmail.com](mailto:mcentirenc@gmail.com)

The McEntire Family has lived and worked on the farm for five generations. The farm displays a sorghum molasses mill, antique tractors, hit-n-miss engines, pottery, wood turning, farm animals, heirloom vegetables, a blacksmith shop, and a corn mill.

**Piney Mountain Orchards Produce, LLC**  
Hendersonville, NC, Henderson Co.  
828-685-3235 • [sedney@live.com](mailto:sedney@live.com)

Third-generation apple farm growing several types of produce. Our crops are picked daily to ensure peak flavor. Our apples and peaches are picked tree-ripe for perfect flavor. The taste brings back wonderful childhood memories.

**Pisgah Plants**  
Candler, NC, Buncombe Co.  
828-670-8733 • [info@pisgahplants.com](mailto:info@pisgahplants.com)  
[www.pisgahplants.com](http://www.pisgahplants.com)

We grow and sell a wide variety of edible trees and shrubs to landscapers, designers, and contractors. We also sell to the public by appointment.

**Pleasant Gap Farm**  
Green Mountain, NC, Yancey Co.  
828-208-2562 • [pleasantgapfarm@gmail.com](mailto:pleasantgapfarm@gmail.com)

Our beef is sustainable and humanely grown, hormone- and antibiotic-free,

grass-raised and finished. It is dry aged to maximize flavor and texture. We sell quarters, halves, and whole. Individual cuts available at the Sat. Yancey County Farmers Market.

**Qualla Berry Farm**  
Hayesville, NC, Clay Co.  
828-389-3551 • [jkqualla@frontier.com](mailto:jkqualla@frontier.com)  
[www.quallaberryfarm.com](http://www.quallaberryfarm.com)

Red raspberries and raspberry plants. For 2012, we've pruned for one heavy summer crop instead of our usual Jun. and Sep. seasons. U-pick updates and details posted at our website.

**Queens Produce and Berry Farm**  
Pisgah Forest, NC, Transylvania Co.  
828-884-5121 • [leetuttle@citcom.net](mailto:leetuttle@citcom.net)  
[www.queensberryfarm.com](http://www.queensberryfarm.com)

We are 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.

**Rabbit Creek Bee Company**  
Franklin, NC, Macon Co.  
828-634-1233  
[tim.burrell@rabbitcreekbeecompany.com](mailto:tim.burrell@rabbitcreekbeecompany.com)  
[www.rabbitcreekbeecompany.com](http://www.rabbitcreekbeecompany.com)

Located in the mountains of Western North Carolina, we're a local producer of raw, natural honey, which is never heated or force filtered. Our bees produce tulip poplar and sourwood varieties and spring wildflower honey.

**Randall Cove Farm**  
Leicester, NC, Buncombe Co.  
828-683-5758 • [info@randallglen.com](mailto:info@randallglen.com)  
[www.randallglen.com](http://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.

**Red Dirt Ranch**  
Ellenboro, NC, Rutherford Co.  
[redirtmamma@gmail.com](mailto:redirtmamma@gmail.com)  
[www.reddirttranch.weebly.com](http://www.reddirttranch.weebly.com)

The cornerstone of our operation is top quality pasture-raised poultry and eggs. We are a small off-grid family farm, focused on sustainability and rebuilding rural traditions through local food.

**Reeves Home Place Farms**  
Leicester, NC, Madison Co.  
828-231-2390 • [reeveshomeplace@aol.com](mailto:reeveshomeplace@aol.com)

Our family farm has been in operation since 1840. We raise beef cattle, pigs, and pasture-raised chickens and turkeys. We also have vegetables. Call us to find out what we have in stock.

**Restoration Farm**  
Rutherfordton, NC, Polk Co.  
704-692-4358  
[restorationfarm@hotmail.com](mailto:restorationfarm@hotmail.com)  
[www.restorationfarm.net](http://www.restorationfarm.net)

We are a three-generation family committed to restoring the farm legacy on an old Southern plantation. On the Green River, with rich fertile river bottom soil, our produce is lush and thriving. Our chickens and turkeys are happy!

**Riddle Farm**  
Marshall, NC, Madison Co.  
828-649-1868 • [riddle\\_farm@yahoo.com](mailto:riddle_farm@yahoo.com)  
[www.riddlefarm.net](http://www.riddlefarm.net)

We raise large black hogs, Nubian goats, rainbow egg-laying chickens, mushrooms, ducks, catfish, and trout for local restaurants and market using permaculture methods. We also provide land-clearing services with our pigs and goats.

**Ripshin Goat Dairy**  
Lenoir, NC, Caldwell Co.  
828-758-0906 • [lizaplaster@bellsouth.net](mailto:lizaplaster@bellsouth.net)  
[www.ripshingoatdairy.com](http://www.ripshingoatdairy.com)

Sixth-generation family farm between Lenoir and Blowing Rock. We raise Saanen dairy goats on natural pasture and forages. Our handmade farmstead goat cheeses are available at farmers markets in Boone, Blowing Rock, Hickory, and our farm by appointment.

**Rise Up Rooted Farm and River Camp**  
Black Mountain, NC, Buncombe Co.  
540-292-3140  
[riseuprootedfarm@gmail.com](mailto:riseuprootedfarm@gmail.com)

Along the Broad River, south of Black Mountain, our gardens and greenhouses are home to nutritious and healthy artisan greens and produce. We are a part of the growing farm to table movement. Come visit!

**River Road Farm**  
Franklin, NC, Macon Co.  
828-369-6886 • [lennyjordan@gmail.com](mailto:lennyjordan@gmail.com)  
[www.riverroadfarmnc.com](http://www.riverroadfarmnc.com)

U-pick berry farm. Blackberries and blueberries. We also sell seasonal produce and honey.

**Riverview Farms, LLC**  
Arden, NC, Buncombe Co.  
828-687-1936 • [kennethcole@bellsouth.net](mailto:kennethcole@bellsouth.net)

A USDA Certified Organic family farm. Our asparagus and other products are available at GT-Little Farmers Market, Trout Lily Market, French Broad Food Co-op, Hendersonville Community Co-op, Manna Cabanna, and Greenlife.

**Rock House Farm Burke, LLC**  
Morganton, NC, Burke Co.  
828-391-6881 • [qlittle@pshf.com](mailto:qlittle@pshf.com)  
[www.rockhousefarm.info](http://www.rockhousefarm.info)

A working farm selling Wagyu cattle, Wagyu beef, Wagyu semen and embryos, English Heritage breed pork, Large Blacks, Gloucestershire Olde Spots, and Berkshires. All raised naturally without inorganic inputs, petroleum-based products, or manmade chemical additives or medicines.

**Rogue Harbor Farm**  
Marshall, NC, Madison Co.  
828-689-4586  
[info@roqueharborfarm.com](mailto:info@roqueharborfarm.com)  
[www.roqueharborfarm.com](http://www.roqueharborfarm.com)

USDA Certified Organic. Vegetables, including watercress, beginning in mid-Mar. Fraser fir Christmas wreaths available on-farm and mail-order. We sell to restaurants, groceries, food co-ops, and through Carolina Organic Growers and Madison Family Farms.

**Root Bottom Farm**  
Marshall, NC, Madison Co.  
828-712-1857 • [rootbottom@gmail.com](mailto:rootbottom@gmail.com)

We are a small farm specializing in microgreens. Microgreens have an intense flavor and higher nutritional value than sprouts or salad greens. These tender greens are a great addition to salads, sandwiches, and main dishes.

**There's More Where This Came From!** Online at [appalachiangrown.org](http://appalachiangrown.org), you'll find around 300 more farms and businesses not listed here in print.

**Rose Mountain Farm**

Lansing, NC, Ashe Co.  
336-977-2535  
rosemountainfarm@gmail.com  
www.rosemountainfarm.com

An organic producer of vegetables, shiitakes, eggs, all natural pastured pork, and pastured poultry and rabbit. Winter production of meat, seasonal lettuce and greens, and root crops when available.

**Round Mountain Creamery**

Black Mountain, NC, Buncombe Co.  
828-669-0718 • las@rmcreamery.com  
www.roundmountaincreamery.com

The first Grade A goat dairy in the state of NC producing excellent quality Grade A goat milk and flavorful soft cheeses with fresh herbs and fruits and nuts. Call about farm tours.

**Sadie's Acre**

Marshall, NC, Madison Co.  
828-206-1778 • jay287212@yahoo.com

We are a small farm operation specializing in rabbit meat and chicken eggs.

**Salamander Springs Gardens**

Marshall, NC, Madison Co.  
828-380-3150  
salamandersprings@gmail.com

Small family farm offering seasonal vegetables as well as shiitake and oyster mushrooms for wholesale and direct sales. Find us at the Jonesborough Farmers Market Sat. 8 am-noon.

**Sandy Mush Herb Nursery**

Leicester, NC, Buncombe Co.  
828-683-2014 • sandymushherbs@main.nc.us  
www.sandymushherbs.com

Nursery and arboretum established in 1968. Tour the gardens containing mature trees, shrubs, rock walls, ground covers, and many of the 1,500 plants we produce, including herbs, scented geraniums, perennials, ferns, conifers, lilacs, native plants, and more!

**Seasonal Produce Farm**

Waynesville, NC, Haywood Co.  
828-648-8575 • 828-734-5500  
ptfarmer58@aol.com

We grow tomatoes, bell peppers, beans, romaine lettuce, and more. Look for our vegetables at Ingles. Contact us to arrange purchase direct from the farm. Cold Mountain Corn Maize Sep.-Oct. We are now USDA GAP Certified.

**Seven Springs Farm**

Check, VA, Grayson Co.  
800-540-9181 • 7springs@swva.net  
www.7springsfarm.com

An organic farming and gardening supply catalog. Organic fertilizers, animal supplements, pest controls, grower's supplies, organic cover crop seed, bird netting, and deer fencing. We have lots of NC dealers, refer to website. We also offer a CSA.

**Shady Grove Gardens & Nursery**

Watauga Co. and Ashe Co. locations  
828-297-4098 • sggarden@skybest.com  
www.shady-grove-gardens.com

Cut flowers by the bucketful or bunch. Wedding design and floral services. We offer an outdoor wedding site in Ashe Co., scenic hayrides, birdwatching trails, a cut-flower CSA; plant nursery with vegetable, herb and flower transplants; and workshops.

**How Was It Grown?** Production methods such as Certified Organic, pasture raised, and biodynamic are searchable at [appalachiangrown.org](http://appalachiangrown.org). Click "More Search Options" to find these choices.

**Shelton Family Farm**

Whittier, NC, Jackson Co.  
828-506-0299  
sheltonfamilyfarm@frontier.com  
www.sheltonfamilyfarm.com

Our farm produces field-grown strawberries and vegetables for u-pick and to purchase at the farm. Hydroponic Bibb lettuce grown year-round. Offering a CSA program for 2012, contact us for details.

**Sky Top Orchard**

Zirconia, NC, Henderson Co.  
828-692-7930 • skytoporchard@gmail.com  
www.skytoporchard.com

50-acre apple orchard offering 25 varieties of u-pick/we pick apples, grapes, Asian pears, peaches, and pumpkins. We press our own apple cider. Educational field trips offered. Open daily, 9 am-6 pm, Aug.-Nov.

**Sleepy Hollow Farm**

Bryson City, NC, Swain Co.  
828-736-5078 • imgofish@gmail.com  
www.sleepyhollowfarm.net

Members of the Carolina Heritage Poultry Coalition offering heritage Buckeye poultry chicks, fresh brown eggs, and organically grown vegetables. We also have handcrafted gourds and luffa products.

**Slick Rock Country Emporium**

Hendersonville, NC, Henderson Co.  
828-685-8798  
clay@slickrockcountryemporium.com  
www.slickrockcountryemporium.com

We raise farm eggs from heritage breed chickens and vegetables using permaculture practices and no chemicals. Our store features local pasture-raised meat, eggs, honey, open pollinated non-hybrid seeds and seedlings, and handmade crafts from local artists.

**Smith's Sweet Grass Farm**

Columbus, NC, Polk Co.  
828-894-8934  
sweetgrassmeats@gmail.com

A seasonal all natural pasture-based family farm producing pastured poultry and grassfed beef. Email or call to place orders and come by to visit our educational farm.

**Smoking J's Fiery Foods & Farm**

Candler, NC, Buncombe Co.

828-230-9652  
store@smokingjsfieryfoods.com  
www.smokingjsfieryfoods.com

WNC's pepper specialists. We offer the area's largest selection of common and hard to find pepper transplants and produce. Additionally, we produce original handcrafted salsas, hot sauces, barbeque sauces, and spice blends.

**The Spicewood Farm**

Asheville, NC, Buncombe Co.  
828-254-5455  
info@thespicewoodfarmhoney.com  
www.thespicewoodfarmhoney.com

Our Yancey Co. bees make exquisite tasting honey, which we bottle in distinctive, decorative glass bottles. Our raw honey varieties are available in four unique local flavors: tulip poplar, sourwood, wildflower, and black locust.

**Spinning Spider Creamery**

Marshall, NC, Madison Co.  
828-206-5509  
spinningspidercreamery@gmail.com  
www.spinningspidercreamery.com

A fully licensed family dairy offering handcrafted, award-winning artisan cheeses such as fresh chevre, bloomy

rind, and raw milk aged goat and cow cheeses. Look for our family at tailgate markets and our cheeses in restaurants and specialty stores.

**Stepp Farm's Hillcrest Orchard**

Hendersonville, NC, Henderson Co.  
828-685-9083 • applesjhs@hotmail.com  
www.steppapples.com

40-year, three-generation family farm. Pick your own with 22 varieties of apples, grapes, honey, molasses, cider, potatoes, and pumpkins. Weekend wagon rides. Gift shop. Gift packs available. School tours during the week. Groups and buses welcome.

**Stepp's Plants, etc.**

Flat Rock, NC, Henderson Co.  
828-243-5299 • steppsplants@yahoo.com

We're a third-generation farm. In the spring, we sell bedding plants, vegetable plants, hanging baskets, roses, shrubs, and fresh asparagus. During the summer and fall, we grow raspberries, blackberries, and blueberries.

**Stockbridge Farms**

Andrews, NC, Cherokee Co.  
828-321-2171 • zackandjen2004@yahoo.com  
www.stockbridgefarms.blogspot.com

We offer started pullets, pastured broilers, eggs, and honey. Our mobile processing unit is available for rent to those wishing to process their own birds. Contact Jen Stockbridge for more information about fees and policies.

**Stoney Hollow Farm**

Robbinsville, NC, Graham Co.  
828-735-2983 • scott@stoneyhollowfarm.net  
www.stoneyhollowfarm.net

Family farm offering fruits, berries, vegetables, grapes, herbs, and flowers, as well as jams, honey, and baked goods. U-pick/we pick operates seven days a week. Our rental cabin is an ideal location for family vacations or special events.

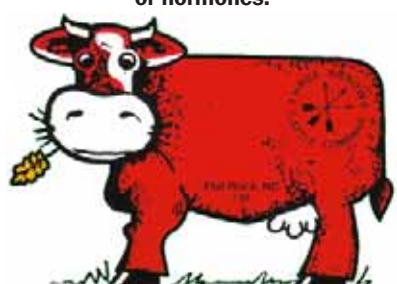
**Sunburst Trout Farms**

Canton, NC, Haywood Co.  
828-648-3010 • wes@sunbursttrout.com  
www.sunbursttrout.com

Farm-raised rainbow trout, raised humanely beneath Pisgah National Forest. Water flow up to 12,000 gallons a minute. Free of pesticides, hormones, or antibiotics; ecologically responsible, shipping across the U.S. Fresh trout filets, smoked trout, dip, sausage, jerky, and caviar.

**THREE ARROWS CATTLE COMPANY**  
Flat Rock, NC

All-natural registered Angus beef.  
Raised on pasture with no antibiotics or hormones.



[www.threearrowscattleco.com](http://www.threearrowscattleco.com)  
rwshealy@threearrowscattleco.com



**Spinning Spider Creamery**  
Award Winning Artisan Cheese



Award Winning Stackhouse



Solar Sustainability



Morgan Owen  
2011 Junior Premier Exhibitor  
ADGA National Show



For Over 13 years  
Proudly Producing  
Artisan Cheese  
&  
Champion  
Saanen and Alpine  
Dairy Goats

SGCH Spinning Spider APD Cassandra  
2011 Reserve National Champion Saanen

Chris and Jeff Owen,  
Cullen, Sylas, & Morgan  
4717 East Fork Rd, Marshall, NC 28753

[SpinningSpiderCreamery@gmail.com](mailto:SpinningSpiderCreamery@gmail.com)  
[www.SpinningSpiderCreamery.com](http://www.SpinningSpiderCreamery.com)

**Sunny Creek Farm Inc.**

Tryon, NC, Polk Co.  
828-863-2963 • lee@sunnycreekfarm.com  
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. We offer refrigerated freight to GA, NC, and SC.

**Sunswept Farm**

Hot Springs, NC, Madison Co.  
828-622-7145 • dory@sunsweptfarm.net  
www.sunsweptfarm.net

We're a family farm growing and collecting food naturally. We will stay small and connected with our food offerings. Whether berries, apples, libations, branch lettuce, or fish, we offer the freshest homegrown food available.

**Sweet Betty Bee's Honey and Hive**

Marshall, NC, Madison Co.  
828-649-1639 • ed@sweetbettybees.com  
www.sweetbettybees.com

We're a honey bee farm, and a member of Certified Naturally Grown. We produce raw, unheated, unfiltered honey and comb honey without using pesticides or antibiotics. We feed them only honey and pollen.

**Tarheel Farms**

Swannanoa, NC, Buncombe Co.  
828-296-1083 • kpro2164@bellsouth.net

Family farm and produce stand specializing in growing and selling farm-fresh produce and vegetables.

**The Ten Acre Garden**

Canton, NC, Haywood Co.  
828-235-9667 • farmboy53149@yahoo.com

Beautiful views surround the Ten Acre Garden. Fresh fruits and vegetables grown in this fertile river bottom are available from Apr.-Oct.

**Ten Mile Farm**

Asheville, NC, Buncombe Co.  
828-450-8883 • keepinirural@gmail.com  
www.tenmilefarm-nc.com

We are a vegetable farm, located in Candler, growing more than 40 varieties of vegetables using sustainable practices. Our produce is featured at local tailgate markets, in fine restaurants, and through a CSA share.

**Thatchmore Farm**

Leicester, NC, Buncombe Co.  
828-683-1180 • thatchmore@main.nc.us  
www.thatchmorefarm.wordpress.com

We are a 10-acre Certified Organic family farm. We sell at the North and West Asheville tailgate markets and through Carolina Organic Growers. We offer CSA and buyer club discounts.

**Three Arrows Farm and Cattle Co.**

Flat Rock, NC, Henderson Co.  
828-674-2528  
rwshealy@threearrowscattleco.com  
www.threearrowscattleco.com

All natural, registered Angus beef. Our second-generation family farm is unique because of its original closed herd. All cows are born and raised on pasture with no antibiotics or hormones. Farm tours by appointment only.

**Three Graces Dairy**

Marshall, NC, Madison Co.  
828-656-2195 • sacha@3gracesdairy.com  
www.3gracesdairy.com

We are a state-of-the-art cheese facility in northern Madison Co. 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**

Rutherfordton, NC, Rutherford Co.  
828-713-6909 • bruceupton947@msn.com

Owned by Hilda Rico Tipton Farms; Hilda is an honored sponsor of the National Breast Cancer Foundation, under whose pink ribbon she packs the Hilda Pink variety. Find our tomatoes in fine supermarkets and restaurants.

**Trosly Farm**

Elk Park, NC, Avery Co.  
828-733-4938 • troslyfarm@att.net  
www.troslyfarm.com

Our farm is committed to agricultural sustainability and diversity. We specialize in pastured poultry, chemical-free vegetables, and artisan breads made with whole grains milled on farm. Check out our website for events this season!

**Troutlily Farm and Kanati Lodge**

Hot Springs, NC, Madison Co.  
828-622-7398  
kanatilodge1.com@gmail.com  
www.kanatilodge.com

High mountain gardens and orchards, blueberries, Christmas trees, mushrooms, and asparagus. Organic, permaculture, and biodynamic applications. WWOOF host farm. Guest accommodations in rustic lodge. 25-minute walk to Appalachian Trail and Max Patch Meadows.

**Tumbling Shoals Farm**

Millers Creek, NC, Wilkes Co.  
336-452-2920  
farmer@tumbingshoalsfarm.com  
www.tumbingshoalsfarm.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.

**Useful Plants Nursery**

Black Mountain, NC, Rutherford Co.  
828-669-6517 • info@usefulplants.org  
www.usefulplants.org

We specialize in food and medicine plants for edible landscaping, home and community orcharding, 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.  
828-625-0979 • kat@vandeleftarms.com  
www.vandeleftarms.com

We are a family-owned farm raising all natural pastured pork and beef on Cedar Creek. Orders by email or phone, delivered or pick up at the farm. Located on Cedar Creek Rd.

**Vegenui Garden**

Sylva, NC, Jackson Co.  
828-586-5478 • ronandcathy71@frontier.com

Broad range of vegetables with many varieties along with flowers and herbs available at the glorious Jackson County Farmers Market, Apr.-Oct.

**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 Hollow Ranch**

Hayesville, NC, Clay Co.  
828-389-8931  
info@walnuthollowranch.com  
www.walnuthollowranch.com

WHR is dedicated to providing high quality all natural beef. Our Black Angus cattle are raised responsibly, with top standards, producing the finest beef obtainable, 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

*In antiquity the Three Graces brought beauty, mirth and hospitality to the Gods... Our Three Graces—the goat, the sheep and the cow give us the exquisite milks that are the source and inspiration for our French-style cheeses.*

From soil to seed to grass to feed  
From goat, sheep and cow  
to kid, lamb and calf  
From milk to curd to cheese  
Farmstead means  
it all happens on our farm!

www.threegracesdairy.com

**SHAKE YOUR FOODIE**

WE PURCHASE GOODS FROM OVER 17 LOCAL FARMS & VENDORS FOR BOTH OF OUR LOCATIONS!

WWW.TUPELOHONEYCAFE.COM

**TUPELO HONEY CAFE**  
NEW SOUTH FLAVORS. SCRATCH-MADE FUN!

DOWNTOWN: (828) 255-4863  
SOUTH ASHEVILLE: (828) 505-7676

We are a 275-acre mixed crop and livestock farm and raise 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**  
Swannonoa, NC, Buncombe Co.  
828-771-3066 • [pross@warren-wilson.edu](mailto:pross@warren-wilson.edu)  
[www.warren-wilson.edu](http://www.warren-wilson.edu)

The Warren Wilson College Garden is a 5-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.

**Wellspring Farm**  
Burnsville, NC, Yancey Co.  
828-682-0458  
[wellspringfiberfarm@gmail.com](mailto:wellspringfiberfarm@gmail.com)  
[www.wellspringfarm.com](http://www.wellspringfarm.com)

Open for farm tours and workshops, we are a fiber animal farm, raising llamas, alpacas, and sheep for their wool. Rovings, yarns and finished goods, along with spinning, knitting, and felting lessons are available.

**Which Came First Farm**  
Lake Lure, NC, Rutherford Co.  
828-625-3402  
[whichcamefirstfarm@gmail.com](mailto:whichcamefirstfarm@gmail.com)  
[www.facebook.com/whichcamefirstfarm](http://www.facebook.com/whichcamefirstfarm)

We are a beyond organic, pasture-based poultry farm. Our birds are rotated to fresh pasture daily where they forage for tasty bugs and grasses. We use no antibiotics or medicated feed.

**White Pine Produce**  
Fletcher, NC, Buncombe Co.  
828-687-0889 • [cmeeker128@aol.com](mailto:cmeeker128@aol.com)

We are a two-acre family-owned farm on White Pine Dr. in south Buncombe Co. We grow mixed vegetables for sale at our roadside stand. Look for our listing on Facebook.

**Wild Heart Herb Farm**  
Forest City, NC, Rutherford Co.  
828-287-5555  
[wildheartherbfarm@yahoo.com](mailto:wildheartherbfarm@yahoo.com)

We are a small farm using organic and sustainable methods to grow our vegetables, herbs, and flowers. We offer a variety of vegetables, herbs, edible flowers, handmade soaps, handmade herb pillows, and gift items.

**Wild Mountain Apiaries**  
Marshall, NC, Madison Co.  
828-689-4095  
[wildmountainbees@yahoo.com](mailto:wildmountainbees@yahoo.com)  
[www.wildmountainbees.com](http://www.wildmountainbees.com)

Pure raw varietal honeys, herbal-infused honeys, propolis, beeswax, bees, queens, beekeeping supplies, and hands-on 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](mailto:wildcatridgefarm@gmail.com)  
[www.wildcatridgefarm.com](http://www.wildcatridgefarm.com)

We grow and sell award-winning peonies and gourmet fig trees. Cut flowers available mid Apr.-mid May. Peony plants and fig trees available spring through fall. By appointment only, call for more information.

**Wildwood Herbal Farm**  
Weaverville, NC, Buncombe Co.  
828-645-4342 • [alanbsalmon@gmail.com](mailto:alanbsalmon@gmail.com)

Wildwood Herbal Farm has been serving WNC with organically grown products for 21 years. We offer spring herb and vegetable plant starts, a market style CSA, fresh fall tilapia, and winter greens.

**Wilkie's Orchard**  
Edneyville, NC, Henderson Co.  
828-685-8438 • [applemamaw@yahoo.com](mailto:applemamaw@yahoo.com)

We aim for quality in any quantity. Orchard is located on Hwy. 64E. U-pick Sep. through Oct. Apples, jams, jellies.

**Willow Glen Farm**  
Union Mills, NC, Rutherford Co.  
828-286-2634 • [sharon@willowglenfarm.us](mailto:sharon@willowglenfarm.us)

We raise poultry on naturally fertilized pasture. Cornish Crosses, heritage Buckeyes, Astrolorpes, and heritage turkeys are free ranged for the best tasting poultry and eggs. Of course, we do not use hormones or antibiotics.

**Wilson Farms and Greenhouses**  
Fletcher, NC, Buncombe Co.  
[localgrown@bellsouth.net](mailto:localgrown@bellsouth.net)  
[www.wilsonfarmsgreenhouses.blogspot.com](http://www.wilsonfarmsgreenhouses.blogspot.com)

We offer farm-fresh tomatoes, peppers, green beans, corn, squash, cucumbers, zucchini, local honey, bedding plants, perennials, vegetable plants, hanging baskets, and more.

**Woodland Harvest Mountain Farm**  
West Jefferson, NC, Ashe Co.  
828-406-3582  
[woodlandharvest@riseup.net](mailto:woodlandharvest@riseup.net)  
[www.growfood.org/farm/1155](http://www.growfood.org/farm/1155)

Small rustic permaculture farm. Varieties of vegetables, fruits, eggs, compost, woodland herbs, and specialty products. Biodynamic, organic (uncertified). Workshops related to social justice, agro-ecology, aquaculture, sustainability, mycology, alternative building, grease conversions. Host work traders 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](mailto:mail@yellowbranch.com)  
[www.yellowbranch.com](http://www.yellowbranch.com)

A family-owned dairy with a small herd of Jersey cows that provide the milk 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](mailto:yourvaseormine@charter.net)  
[www.yourvaseormine.com](http://www.yourvaseormine.com)

Pick your own fresh flowers! Apr.-Oct. Master Gardener Judy Garry offers hundreds of flowers from her home garden. With competitive prices, this is perfect for the person who wants to do-it-yourself.

**Zimmerman's Berry Farm**  
Marshall, NC, Madison Co.  
828-656-2056  
[pam@zimmermansberryfarm.com](mailto:pam@zimmermansberryfarm.com)  
[www.zimmermansberryfarm.com](http://www.zimmermansberryfarm.com)

Family u-pick berry farm. Our season starts mid-Jun. with red and black raspberries, then blackberries in Jul., red raspberries again in Aug. Mown, level, grassy, picking rows. Call for daily availability.

# These BEE QUEENS are Worker Bees!



**Joan Chesick**  
Beekeeper  
See y'all at the  
West Asheville  
Tailgate Market!

[Greengoddessfarm.com](http://Greengoddessfarm.com) • 828-779-7048



**Laurey Masterton**  
Chef, Author, Beekeeper



## Honey Bees and Heather Farm

**Diane Almond**, Master Beekeeper  
Classes, Workshops, Tastings, Varietal Honey  
Pollinator-Friendly Landscape Consulting

[BeeHab.com](http://BeeHab.com) • 828-684-8488



[laureysyum.com](http://laureysyum.com)



**Janet Peterson**  
Beekeeper  
Beds, Berries, Trees, Beef,  
Honey Bees, and  
don't forget the Chickens!



828-628-1758  
[Cloud9Farm.net](http://Cloud9Farm.net)  
VACATION ON A FARM



# DO YOU KNOW WHERE YOUR HONEY COMES FROM??





Unlike many agricultural areas in the country, the Southern Appalachians are home to prime farmland and another important resource: forests. In fact, these mountains are home to some of the most diverse forests in the world, with a wide variety of habitats and species. Western North Carolina alone has more than two million acres of privately-owned forest. Much of that forestland is cared for by farmers.

Many of our distinctive local foods would not exist without the forest:

- Rain onto tree-covered mountains becomes the cold water needed for trout farming.
- Flowers of forest trees are an important source of nectar for our local honeybees.
- The shade and rich, loose soils in the woods provide the habitat needed for ramps, mushrooms, and other wild foods to thrive.

Some of the resourceful farmers you'll find in this guide also harvest, create, and offer crafts, medicines, and wood products from the forests they manage. Others offer forest access for recreation when you visit their farm for the day or an overnight stay.

As is true with cropland, local forests stay healthy and thrive when we choose to support the people who responsibly manage and harvest them. At the same time, we keep alive the knowledge and tradition of enjoying the delicious, distinctive foods native to these mountains.



**Honey**

- Abundant Flavor*
- Altapass Orchard*
- Balltown Bee Farm*
- BEE Healing Apiary*
- Bee Log Farm & Nursery*
- Berry Patch Farm*
- Billy's Goat Hill*
- BusyBee Farm*
- Chattooga Belle Farm*
- Coston Farm & Apple House*
- Craggy View Farm Stand*
- Dave's Raw Honey*
- Deal Family Farm*
- Doghead Herb Farm*
- Duckett's Produce and Farms*
- EarthPerks Organic Farm & Garden Supply*
- Elk Mountain Farm*
- Faith Mountain Farm*
- Farside Farms*
- Fields of Gold Farm & Greenhouse*
- Good Things Grow Here*
- Grandad's Apples*
- Green Goddess Farm*
- Green Toe Ground Farm*
- Hardy Berry Farm*
- Harty Farm*
- Headwaters of Poverty Farm*
- Hickory Nut Gap Farm*
- High Country CSA*
- Honey Bees and Heather Farm*
- Huckleberry Ridge Farm*
- Jordan Blackley Farm*
- Justus Orchard*

- KT's Orchard and Apiary*
- Long Branch Environmental Education Center*
- McConnell Farms*
- Moretz's Mountain Orchard*
- Mountain Fresh Orchards*
- modluscious pottery and gardens*
- Our Tiny Farm*
- Qualla Berry Farm*
- Rabbit Creek Bee Company*
- River Road Farm*
- Rose Mountain Farm*
- Slick Rock Country Emporium*
- The Spicewood Farm*
- Stepp Farm's Hillcrest Orchard*
- Stockbridge Farms*
- Stoney Hollow Farm*
- Sunswept Farm*
- Sweet Betty Bee's Honey and Hive*
- Troutlily Farm and Kanati Lodge*
- Warren Wilson College Garden*
- Wild Mountain Apiaries*
- Wilson Farms and Greenhouses*

**Mushrooms**

- Brothers On Farms*
- Balltown Bee Farm*
- Balsam Gardens, LLC*
- Beans 'n Berries*
- Billy's Goat Hill*



- Blue Ribbon Farm*
- BMS Enterprises*
- Corners Knob Farm*
- Craggy View Farm Stand*
- Deal Family Farm*
- Deep Woods Mushrooms*
- Duckett's Produce and Farms*
- Faith Mountain Farm*
- Farside Farms*
- Fire From the Mountain*
- fogliely farm*
- Good Things Grow Here*
- Greys Reach Farms*
- Harty Farm*
- Hickory Nut Gap Farm*
- High Country CSA*
- Indian Rock Organic Farm*
- Ivy Creek Family Farm*
- La Gracia*
- Lady Luck Farm*
- Mackey Farms*
- Meadow Cove Farm*
- Mountain Works Farm*
- Muddy Creek Farm*
- modluscious pottery and gardens*
- The Mushroom Hut @ Fox Farms*
- Reeves Home Place Farms*
- Riddle Farm*
- Rose Mountain Farm*
- Salamander Springs Gardens*
- Sunny Creek Farm*
- Sunswept Farm*
- Ten Mile Farm*
- Thatchmore Farm*
- Troutlily Farm and Kanati Lodge*
- Warren Wilson College Garden*
- Wild Mountain Apiaries*
- Woodland Harvest Mountain Farm*

**Ramps**

- Abundant Flavor*
- Against the Grain*
- Appleberry Cove Farm and School*
- Avant Garden and Venue*
- Balltown Bee Farm*
- Blue Ribbon Farm*



- Deep Woods Mushrooms*
- Duckett's Produce and Farms*
- Faith Mountain Farm*
- Green Goddess Farm*
- Harrell Hill Farms*
- Headwaters of Poverty Farm*
- High Country CSA*
- Hop 'n Blueberry Farm*
- Indian Rock Organic Farm*
- Lady Luck Farm*
- modluscious pottery and gardens*
- Salamander Springs Gardens*
- Sunny Creek Farm*
- Sunswept Farm*
- Tarheel Farms*

**Trout**

- Asheville Aquaponics*
- Avant Garden and Venue*
- Deerwood Nursery and Farms*
- High Country CSA*
- Long Branch Environmental Education Center*
- Nantahala Herb Company*
- Otter Creek Trout Farm*
- Riddle Farm*
- Rise Up Rooted Farm and River Camp*
- Riverview Farms*
- Sunswept Farm*
- Sunburst Trout Farms*
- Troutlily Farm and Kanati Lodge*

The following u-pick farms let you do the picking. That's right, you or u, however you like to spell it!

You'll find an opportunity to pick in every season: berries in the spring and summer, apples in the summer and fall, pumpkins in time for Halloween, and more. To find the season for offerings listed here, check out the chart on page 99, or visit the u-pick section of our online *Local Food Guide* at [appalachiangrown.org](http://appalachiangrown.org). Remember, it's always a good idea to call the farm ahead of time to make sure they've got plenty of the produce you're after.



**Road Trip!** Use our interactive trip planner at [appalachiangrown.org/map](http://appalachiangrown.org/map) to plan your u-pick adventure.



**Avant Garden and Venue**  
Cullowhee, NC  
828-476-0334  
[avantgardenorganicfarm@gmail.com](mailto:avantgardenorganicfarm@gmail.com)

We are a non-certified organic primitive small farm, relying on ancient methods and modern know-how. U-pick annual vegetables. Please call ahead to make appointment.

**Deal Family Farm**  
4402 Murphy Rd., Franklin, NC  
828-524-5151 • [info@dealfarms.com](mailto:info@dealfarms.com)  
[www.dealfarms.com](http://www.dealfarms.com)

Farming local since 1951. U-pick tomatoes, peppers, and beans available during Sep. until frost. U-pick pumpkins Sep. through Oct.

**Frog Holler Organiks**  
234 Tommy Boyd Rd., Waynesville, NC  
828-356-7652 • [froghollerorg@aol.com](mailto:froghollerorg@aol.com)  
[www.frogholler.net](http://www.frogholler.net)

A magical farm in the Smoky Mountains where nature rejoices. Mosey down lavender-lined paths. Pick your own flowers and elderberries plus various other in-season produce.

**Otter Creek Trout Farm**  
Nicole and Alex Denison  
1914 Otter Creek Rd., Topton, NC  
828-321-9810 • [ottercreektrout@yahoo.com](mailto:ottercreektrout@yahoo.com)

We offer pond and creek fishing for rainbow trout to guarantee you the farm-freshest catch.

**Qualla Berry Farm**  
John Clarke and Karen Hurtubise  
3274 Qualla Rd., Hayesville, NC  
828-389-3551 • [jqualla@frontier.com](mailto:jqualla@frontier.com)  
[www.quallaberryfarm.com](http://www.quallaberryfarm.com)

Red raspberries, blueberries, pie cherries, and mulberries depending on availability. U-pick updates and details posted on our website.

**River Road Farm**  
Franklin, NC  
828-369-6886 • [lennyjordan@gmail.com](mailto:lennyjordan@gmail.com)  
[www.riverroadfarmnc.com](http://www.riverroadfarmnc.com)

Blackberries and blueberries available for u-pick Jul. through Aug. Call for availability or check our website.

**Shelton Family Farm**  
500 Thomas Cove Rd., Whittier, NC  
[sheltonfamilyfarm@frontier.com](mailto:sheltonfamilyfarm@frontier.com)  
[www.sheltonfamilyfarm.com](http://www.sheltonfamilyfarm.com)

Our farm produces field-grown strawberries and vegetables for u-pick and to purchase at the farm. Tomatoes end of Jul. until frost. Strawberries third week of Apr. to first week of Jun.

**Stoney Hollow Farm**  
Scott and Stephanie Boxberger  
944 Ollies Creek Rd., Robbinsville, NC  
828-735-2983 • [scott@stoneyhollowfarm.net](mailto:scott@stoneyhollowfarm.net)  
[www.stoneyhollowfarm.net](http://www.stoneyhollowfarm.net)

We operate on a u-pick or we pick basis seven days a week from sunrise to sunset. Cherries, peaches, plums, blueberries, raspberries, blackberries, apples, grapes, vegetables, and flowers.

**The Ten Acre Garden**  
276 Chambers Farm Ln., Canton, NC  
828-235-9667 • [farmboy53149@yahoo.com](mailto:farmboy53149@yahoo.com)

Beautiful views surround the Ten Acre Garden in Haywood Co. Fresh fruits and vegetables grown in this fertile river bottom are available from Apr.-Oct. U-pick strawberries, green beans, sweet corn, potatoes, carrots, raspberries, and blueberries.

**Wright-Way Nursery and Landscaping**  
Roger Wright  
275 Mountain Haven Rd., Waynesville, NC  
828-507-5176

Blueberries mid-May to Jun. or Jul., raspberries in summer. Call for appointment.



**Billy Laughter Orchards**  
111 Tullahoma Farms Ln.,  
Hendersonville, NC  
828-685-3241 • [mellaughter@yahoo.com](mailto:mellaughter@yahoo.com)

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

**Coston Farm & Apple House**  
David and Lola Coston  
3748 Chimney Rock Rd., Hendersonville, NC  
828-685-8352 • [costonfarm@bellsouth.net](mailto:costonfarm@bellsouth.net)  
[www.costonfarm.com](http://www.costonfarm.com)

U-pick orchard within walking distance of apple house. Little red wagons to transport apples or kids. No ladders needed. Open around Labor Day to 3rd week of Oct. Golden Delicious early Sep., Rome Beauty late Sep./ Oct.; Cameo, Granny Smith, and Fuji Oct.

**Creasman Farms**  
Dawn Creasman  
280 Bent Arrow Ln., Hendersonville, NC  
828-685-7728  
[creasmanfarms@hotmail.com](mailto:creasmanfarms@hotmail.com)  
[www.creasmanapples.com](http://www.creasmanapples.com)

Third-generation apple orchard and farm providing local fruit and produce to our community. Several different varieties of apples from heirlooms to some of the newest apples available. Only open for u-pick on Sun. afternoons Aug. to Oct.

**DeerHaven Hills Farm**  
Gail Blate  
Tryon (Green Creek), NC  
828-863-4660

U-pick Certified Organic blueberries in Jul. and muscadine grapes Sep.-Oct. Super-sweet, ready to pick; great for jelly, wine, or just eating. Call for prices, quantity discounts. By appointment only. Located about 45 minutes SE of Asheville.

**Grandad's Apples**  
Leslie Lancaster  
2951 Chimney Rock Rd., Hendersonville, NC  
828-685-1685 • [grandadsapples@yahoo.com](mailto:grandadsapples@yahoo.com)  
[www.grandadsapples.com](http://www.grandadsapples.com)

U-pick or we pick apples Aug.-mid Nov., peaches Jul. to Labor Day. We offer pumpkins, corn maze, llama, and cow train ride. Lots to do. All kinds of apple products in our gift shop. Lots of fun!

**Green River Farm Millspring**  
10103 Hwy. 108E, Mill Spring, NC  
828-894-3431  
[greenriverfarm@windstream.net](mailto: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. Wed. through Sun. operation from 8 am-noon. Mid-Jun. through Jul.

**Justus Orchard**  
Don and Margo Justus  
187 Garren Rd., Hendersonville, NC  
828-685-8033 • [mdjustus@yahoo.com](mailto:mdjustus@yahoo.com)  
[www.justusorchard.com](http://www.justusorchard.com)

Fourth-generation family farm growing u-pick or we pick produce. Pumpkins: Sep. to early Nov. Peaches: Aug.-Sep. Blackberries: Jul.-Sep. Apples: mid-Aug. to early Nov.

**Queens Produce and Berry Farm**  
Pisgah Forest, NC  
828-884-5121 • [leetuttle@citcom.net](mailto:leetuttle@citcom.net)  
[www.queensberryfarm.com](http://www.queensberryfarm.com)

We are a 12-acre farm offering blackberries, raspberries, beans, blueberries, and flowers for u-pick. Please call for directions and availability or check our website.

**Sky Top Orchard**  
1193 Pinnacle Mtn. Rd., Zirconia, NC  
828-692-7930  
[skytoporchard@gmail.com](mailto:skytoporchard@gmail.com)  
[www.skytoporchard.com](http://www.skytoporchard.com)

Beautiful 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.

**Stepp Farm's Hillcrest Orchard**  
221 Stepp Orchard Dr.  
Hendersonville, NC  
828-685-9083 • [applesjhs@hotmail.com](mailto:applesjhs@hotmail.com)  
[www.steppapples.com](http://www.steppapples.com)

Beautiful 40-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.



**Asheville Aquaponics**  
Cliff Jagger  
3155 Sweeten Creek Rd., Asheville, NC  
828-393-7777  
[ashevilleaquaponics@gmail.com](mailto:ashevilleaquaponics@gmail.com)  
[www.ashevilleaquaponics.com](http://www.ashevilleaquaponics.com)

Aquaponics is self-sustainable. The fish feed the plants, the plants feed the fish, and the plants and fish feed you. U-pick tilapia, trout, and all greens. Trout season is Nov. to Mar., tilapia all year.

**BMS Enterprises**  
Bill Metes  
40 White Oak Tr., Black Mountain, NC  
828-712-6672  
[rhodocreations@earthlink.net](mailto:rhodocreations@earthlink.net)

Pick your own organically log-grown shiitake and Blue Dove oyster mushrooms Jun. to Oct.

**Calliope Cut Flowers**  
Alyssa Kieffer  
Leicester, NC  
828-450-3292  
[calliopecutflowers@gmail.com](mailto:calliopecutflowers@gmail.com)  
[www.calliopeflowerfarm.com](http://www.calliopeflowerfarm.com)

May to Oct., give us a call to schedule a time to come pick flowers. Offering a variety of beautiful cut flowers and herbs grown organically.

Enjoy 100 acres, Monday - Saturday.  
Call for directions.



**Billy Laughter Orchards**  
111 Tullahoma Farms Ln.  
Hendersonville, NC  
(828) 685-3241

**Dogwood Hills Farm**  
369 Ox Creek Rd., Weaverville, NC  
828-645-6286  
dogwoodhillsfarm@frontier.com  
10-acre mountain valley u-pick farm. Heirloom varieties of apples, some starting as early as late Jun., as well as blueberries, blackberries, and Concord grapes. Growing organically but not certified. Please call or email for availability and hours.

**Flying Cloud Farm**  
Annie and Isaiah Perkinson  
Fairview, NC  
828-768-3348 • perkinson.annie@gmail.com  
www.flyingcloudfarm.net

Growing food sustainably on a family farm. U-pick flowers in the summer and fall. Please call or email before coming.

**Hickory Nut Gap Farm**  
Amy and Jamie Ager  
57 Sugar Hollow Rd., Fairview, NC  
828-628-1027  
jamie@hickorynutgapfarm.com  
www.hickorynutgapfarm.com

U-pick pumpkins mid Sep. to Oct., berries (blueberries, blackberries, raspberries) Jun. to Aug., asparagus mid-May to Jun., pumpkins Sep. to Nov.

**Lady Luck Farm**  
Katie Grear and Mike Adams  
Leicester, NC  
828-545-7294  
info@ladyluckflowerfarm.com  
www.ladyluckflowerfarm.com

We offer u-pick cut flowers and herbs May to Oct. Come enjoy the beauty of our farm as you gather your own bounty. By appointment only please.

**Long Branch Environmental Education Center**  
278 Boyd Cove Rd., Leicester, NC  
828-683-3662 • paul@longbrancehec.org  
www.longbrancehec.org

Heritage variety red raspberries, native blackcap raspberries, blueberries, wineberries, thornless blackberries, heirloom apples, pears, cherries, chestnuts, and trout.

**Mountain Farm**  
125 Copperhead Bend, Burnsville, NC  
828-675-4856 • marilyn@mountainfarm.net  
www.mountainfarm.net

U-pick blueberries and lavender harvesting, Certified Naturally Grown, Jun. and Jul.

**Mountain Meadows Farm & Nursery**  
Leicester, NC  
828-989-9898  
treymountainmeadowsnc.com  
www.mountainmeadowsnc.com

We have organically grown raspberries, blackberries, blueberries, muscadine grapes, Asian variety pears, apples, peaches, pluots, flowers, and vegetables. Call for u-pick availability.

**Smoking J's Fiery Foods & Farm**  
Joel and Tara Mowrey  
Candler, NC  
828-230-9652  
store@smokingjsfieryfoods.com  
www.smokingjsfieryfoods.com

WNC's pepper specialists, we offer u-pick peppers by appointment only. Contact us for a list of varieties.

**Sunswept Farm**  
Dory Brown  
444 Beasley Cove, Hot Springs, NC

828-622-7145 • dory@sunsweptfarm.net  
www.sunsweptfarm.net

U-pick blueberries, about 70 bushes and adding more all the time. Berries are convenient to parking and in a beautifully landscaped environment. Available Jun. 20 to Jul. 20.

**Troutlily Farm and Kanati Lodge**  
David Kendall  
Hot Springs, NC  
828-622-7398  
kanatilodge1.com@gmail.com  
www.kanatilodge.com

U-pick apples. Please call for availability, Aug. to Oct.

**Your Vase or Mine**  
Asheville, NC  
828-299-4394  
yourvaseormine@charter.net  
www.yourvaseormine.com

Pick your own select flowers. Apr.-Oct. Master Gardener Judy Garry offers hundreds of flowers from her home garden. Competitive prices, perfect for the person who wants to do-it-yourself. Pick by the stem, vase, or bucket.

**Zimmerman's Berry Farm**  
Pam and Billy Zimmerman  
2260 Revere Rd., Marshall, NC  
828-656-2056  
pam@zimmermansberryfarm.com  
www.zimmermansberryfarm.com

Family u-pick berry farm. Our season starts mid-Jun. with red and black raspberries, then blackberries in Jul., red raspberries again in Aug. Mown, level grassy picking rows. Call for daily availability.



FOOTHILLS

**Apple Hill Orchard and Cider Mill**  
2075 Pleasant Hill Ave., Morganton, NC  
828-437-1224  
hprewitt@applehillorchard.com  
www.applehillorchard.com

We offer u-pick apples and peaches. Sat. wagon tours. Picnic shelter and restrooms.

**Beans 'n Berries**  
7155 Rhoney Rd., Connelly Springs, NC  
828-403-6989 • lochhoffman@yahoo.com  
www.beansnberriesfarmnc.com

U-pick blueberries, raspberries, and vegetables when available. Wild foods including mushrooms. Call first.

**Indian Rock Organic Farm**  
Mark Lackey  
1 Indian Rock Tr., Jonas Ridge, NC  
828-413-3129 • biodiversity@skybest.com  
www.indianrockfarm.org

Diverse organic vegetable producer serving individuals with u-pick vegetables and berries on the farm.

**Lattimore Farms**  
318 Peachtree Rd, Shelby, NC  
704-434-7190  
alexlattimore14@hotmail.com  
www.lattimorefarms.com

Fresh grown strawberries and roadside stand. Either you can pick berries or we have them readily available, late-Apr. to early-Jun.

**Love Story Farm**  
Christine Klahn  
314 Lovers Ln., Rutherfordton, NC  
828-447-0047 • lovestoryfarm@yahoo.com  
www.lovestoryfarm.com

U-pick pumpkins only for the Great Pumpkin Festival the last weekend of Oct. \$10 per car includes two pumpkins that you (or your kiddos) pick!

**Mary Ann's Berry Patch**  
Mary Ann Ferrin  
Rutherfordton, NC  
828-287-1425 • maryaferrin@yahoo.com

Customers can pick blueberries, thornless erect blackberries, and raspberries in my berry field. Call for picking times.

**High Country**  
**Aycocks' Sundance Farm**  
61 Little Hill Ln., Newland, NC  
828-733-1465 • bgaycock@gmail.com

We warmly welcome visitors to our farm. Since we are a two-person

outfit with two farmers markets/week, please call to schedule your visit. U-pick flowers, zucchini, tomatoes, green beans, and more.

**Harrell Hill Farms**  
Doug Harrell  
2126 Harrell Hill Rd., Bakersville, NC  
828-688-9188 • doughharrell@aol.com  
www.harrellhillfarms.com

Producing quality farm fresh products for seven generations. We offer garden vegetables for u-pick, seasonal with production, as well as choose and cut Christmas trees.

**Ivy Point Farm**  
1789 Beaver Creek School Rd.,  
West Jefferson, NC  
336-846-2470 • jcbarrow@skybest.com

NC Century Farm offering u-pick raspberries and blackberries. We also grow heirloom vegetables and choose and cut Christmas trees.

**Old Orchard Creek Farms**  
Johnny Bursleson  
410 Swansie Shepherd Rd., Lansing, NC  
336-384-2774 • oldorchard@skybest.com  
www.oldorchardcreek.com

A historic artisanal 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.

SOUTH CAROLINA

**Chattooga Belle Farm**  
454 Damascus Church Rd., Long Creek, SC  
864-647-9768  
info@chattoogabellefarm.com  
www.chattoogabellefarm.com

We offer raspberries, blackberries, blueberries, apples, peaches, grapes, muscadines, nectarines, paw paws, persimmons, pomegranates, figs, Asian pears, and more for u-pick.

**The Happy Berry**  
510 Gap Hill, Six Mile, SC

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 and Six Mile. Open Jun. to Oct.

**Hardy Berry Farm**  
232 Strawberry Rd., Anderson, SC  
864-224-5441  
hardyberryfarm@bellsouth.net  
www.hardyberryfarm.com

We offer u-pick or we pick strawberries, blueberries, blackberries, raspberries, and muscadines.

**Mini Miracles Farm**  
Natalie Brookshire  
Taylors, SC  
864-968-9678 • nattybrook2@bellsouth.net  
www.minimiraclesfarmsc.com

Family-run. OMRI growing standards. U-pick tomatoes, pumpkins, and seasonal veggies variable to weather and season. Please visit website or call first for updates before coming to farm.

U-Pick Seasons for the Southern Appalachians

The Southern Appalachians are diverse, and growing seasons vary. The months below are approximate.

apples	Jun. - Nov.
blackberries	Jun. - Sep.
blueberries	Jun. - Nov.
peaches	Jun. - Sep.
pumpkins	Sep. - Nov.
raspberries	May - Oct.
strawberries	Apr. - Jun.
sweet corn	Jul. - Sep.

Always call ahead for specific dates.

ALREADY-PICKED APPLES PICK YOUR OWN APPLES PICK YOUR OWN PUMPKINS SATURDAY WAGON RIDES FARM TOURS COLD APPLE CIDER

FAMILY FARM ADVENTURE

**JH STEPP FARMS**

**Hillcrest Orchard**

221 Stepp Orchard Dr. Hendersonville 828-685-9083 SteppApples.com



**W**ant to experience farm life for a night or weekend? Or want to wake up to a breakfast of local eggs and bacon at a cozy B&B? Make your reservation today. If you're from out of town, don't be surprised if you decide to stay—our region has that effect. Ask the local food lovers you meet what led them here, and you're likely to hear a story that starts with an adventure just like the one you're planning.

Need help finding lodging or planning a local food and farm adventure from your B&B? Head over to our trip planner, online at [appalachiangrown.org/map](http://appalachiangrown.org/map) (more information on page 7). Want to learn more about the farms offering lodging? Find their listings in the Family Farms section (beginning on page 66).

**Avant Garden Camping**  
51 Tracer Ln., Cullowhee, NC  
828-476-0334  
[avantgardenorganicfarm@gmail.com](mailto:avantgardenorganicfarm@gmail.com)

Primitive camping is available on our small farm. Please call for details.

**Boyd Mountain Log Cabins**  
143 Boyd Farm Rd., Waynesville, NC  
David Boyd  
828-926-8888 • [trees@boydmountain.com](mailto:trees@boydmountain.com)  
[www.boydmountaintreefarm.com](http://www.boydmountaintreefarm.com)

We have authentic log cabins on site at our Christmas tree farm.

**Broadwing Farm Cabins**  
20 Berry Wills Rd., Hot Springs, NC  
Pete and Mary Dixon  
828-622-3647  
[pete@broadwingfarmcabins.com](mailto:pete@broadwingfarmcabins.com)  
[www.broadwingfarmcabins.com](http://www.broadwingfarmcabins.com)

We offer three unique rental cabins for nightly rental with private hot tubs filled

with fresh, naturally warm mineral water. Our Poplar Cabin, Pine Cabin, and Cedar Cabin are surrounded by a beautiful 85-acre organic farm.

**The Chalet Inn**  
285 Lone Oak Drive, Whittier, NC  
George and Hanneke Ware  
800-789-8024  
[paradisefound@chaletinn.com](mailto:paradisefound@chaletinn.com)  
[www.chaletinn.com](http://www.chaletinn.com)

Chalet Inn is a romantic Smokey Mountain B&B, and Chalet Suites has self-contained accommodations with private entrances and upscale amenities. Bountiful breakfasts using Shelton Farms, Darnell Farms, and Thomas Farm products. Closest B&B to Great Smoky Mountain Park.

**Chattooga Belle Farm—Horseshoe Lake Cabin**  
454 Damascus Church Rd., Long Creek, SC  
864-647-9768  
[info@chattoogabellefarm.com](mailto:info@chattoogabellefarm.com)  
[www.chattoogabellefarm.com](http://www.chattoogabellefarm.com)

Located on 22-acre Horseshoe Lake, we offer a two-bedroom, one-bath cabin with boat dock.

**Cloud 9 Farm**  
137 Bob Barnwell Rd., Fletcher, NC  
828-628-1758  
[info@cloud9relaxation.com](mailto:info@cloud9relaxation.com)  
[www.cloud9relaxation.com](http://www.cloud9relaxation.com)  
[www.heavenlyhideawaycabin.com](http://www.heavenlyhideawaycabin.com)

Mountaintop vacation rentals on 200 private acres of conservation farm. Berries in season, chickens, cows, honey, hiking trails, hot tubs, and cathedral in the woods. Weddings, family reunions, business picnics. Plenty of parking for an outdoor event.

**Eagle Feather Organic Farm—The Hermitage**  
300 Indigo Bunting Ln., Marshall, NC  
828-649-3536 • [robert@ncgoldenseal.com](mailto:robert@ncgoldenseal.com)  
[www.ncgoldenseal.com](http://www.ncgoldenseal.com)

Rustic cabin available for rent. Call for details. May through Sep., \$25 per night.

**East Fork Farm Cottages**  
215 Meadow Branch Rd., Marshall, NC  
Stephen and Dawn Robertson  
828-206-3276 • [stephen@eastforkfarm.net](mailto:stephen@eastforkfarm.net)  
[www.eastforkfarm.net](http://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.

**The Gardener's House at Frog Holler**  
234 Tommy Boyd Rd., Waynesville, NC  
828-356-7652 • [frogollerorg@aol.com](mailto:frogollerorg@aol.com)  
[www.frogoller.net](http://www.frogoller.net)

Experience the comfort and coziness of a 1920s farmhouse nestled amongst the Great Smoky Mountains. A beautiful farmhouse combined with gardens, ponds, breathtaking mountain views, and farm life to its fullest! Virtual tour on our website.

**Hawk and Ivy Bed and Breakfast**  
133 North Fork Rd., Barnardsville, NC  
Eve and James Davis  
828-626-3486 • [info@hawkandivy.com](mailto:info@hawkandivy.com)  
[www.hawkandivy.com](http://www.hawkandivy.com)

WNC's oldest organic B&B retreat, 24-acre nature preserve. Beautiful organic gardens, healthy gourmet breakfasts, and simple elegance. Slow Food B&B, on-farm

tour, classes in gardening, cooking, floral design. Green weddings and retreats.

**Inn on Main Street B&B**  
88 S. Main St., Weaverville, NC  
Dan Ward  
828-645-4935 • [relax@innonmain.com](mailto:relax@innonmain.com)  
[www.innonmain.com](http://www.innonmain.com)

We're an eco-friendly and romantic Victorian B&B near Asheville and the Biltmore Estate. Breakfasts on the porch include mountain views, as well as veggies and herbs from the organic gardens.

**Jordan Blackley Farm Cabin**  
14 Wildfire Ln., Candler, NC  
828-667-0120  
[info@jordanblackleyfarm.com](mailto:info@jordanblackleyfarm.com)  
[www.jordanblackleyfarm.com](http://www.jordanblackleyfarm.com)

A cozy efficiency-style cabin that sleeps up to four people comfortably. \$85 per night. Ask us about discounted rates for finding us in this guide. Fully equipped kitchen, views of Pisgah National Forest, peaceful surroundings.





**Kanati Lodge and Campground**  
79 Poplar Ridge Ln., Hot Springs, NC  
David Kendall  
828-622-7398  
kanatilodge1.com@gmail.com  
kanatilodge.com

B&B-type accommodations in a rustic lodge. Camping includes tent, luxury tent, or log shelter. Hiking on the Appalachian Trail and Max Patch Bald.

**Long Branch Environmental Education Center**  
278 Boyd Cove Rd., Leicester, NC  
828-683-3662 • paul@longbrancheec.org  
www.longbrancheec.org

Waterfalls, wildflowers, panoramic vistas, wildlife! Rustic accommodations and camping available year-round.

**The Mast Farm Inn**  
2543 Broadstone Rd., Valle Crucis, NC  
Henri Deschamps  
828-963-5857  
reserve@themastfarminn.com  
www.themastfarminn.com

More than a traditional B&B. A world-renowned historic country inn and restaurant in the Valle Crucis Historical District of North Carolina that has been welcoming guests since the 1800s.

**Meadow Cove Farm—Sparrow's Nest Cottage**  
Dula Springs Rd., Weaverville, NC  
828-658-0294  
meadowcovefarm@frontier.com  
Find us at www.ncagr.gov/ncproducts

Two-bedroom, two-bath fully furnished house with kitchen in a farm setting. One level for easy access. Sleeping accommodations for up to nine people. Weekly or longer vacation or short-term rentals preferred.

**Mountain Farm—Blueberry Cottage**  
125 Copperhead Bend, Burnsville, NC  
828-675-4856  
marilyn@mountainfarm.net  
www.mountainfarm.net

Blueberry Cottage is an 80-year-old heritage farmhouse updated with all modern kitchen and bathroom fixtures. Wrap-around porch with fabulous views of the Black Mountains. Sleeps eight+. Washer and dryer. Family vacation or Romantic getaway.

**Mountain Meadows Farm & Nursery—Meadow View Cabin**  
221 Garrett Cove Rd., Leicester, NC  
828-989-9898  
trey@mountainmeadowsnc.com  
www.mountainmeadowsnc.com

Farm features organically grown fruits and vegetables. Cabin for rent on the farm. Call or email in advance for availability.

**Mulberry Gap Farm**  
1126 Upper Thomas Branch Rd., Marshall, NC  
Deborah Kaye and Tom Brady  
828-649-9690 • deb.kaye108@gmail.com  
www.mulberrygapfarm.com


Three-bedroom home for farm stays. Please call if interested.

**Nu Wray Inn**  
102 Town Sq., Burnsville, NC  
Bob Cohen  
828-682-2329 • nuwrayinn@gmail.com  
www.thenuwrayinn.com

Established in 1833, the Nu Wray Inn is one of North Carolina's established B&B Inns. Relax and enjoy comfortable rooms, great "family-style" breakfasts, courteous service, and our friendly atmosphere.

**Old Orchard Creek Farms—Big Horse Creek Cabin**  
410 Swansie Shepherd Rd., Lansing, NC  
Johnny Bureson  
336-384-2774 • oldorchard@skybest.com  
www.oldorchardcreek.com

Beautiful cabin located near the farm. The cabin is situated on a trout stream, Big Horse Creek, and offers two bedrooms and two baths.

 **"For the small-scale farmer to be able to create a symbiotic relationship with the public: the farmer teaching and living sustainable practices that positively impact the public, who in turn will begin to implement the useful practices they learn where able and help sustain the local farmer with the foods they aren't able to grow!"**  
—Rochelle

## Local Cheese, Please



Goat's and cow's milk, washed or bloomy rind, flavored with fresh herbs or cocoa...our region's cheesemakers produce it all. In fact, they talk about creating our own cheese trail, like Vermont's, one day. Just five years ago, this guide included only five artisan cheese producers; now, there are 15. Because of the growing interest in local cheese, we've provided a quick index of the cheesemakers listed this year. Learn more about these farms and operations through their listings in either the Artisan Food Producers or Family Farms sections (beginning on pages 56 and 66).

### Cheese Producers

- Appleberry Cove Farm and School
- Blue Ridge Mountain Creamery
- Fields of Gold Farm & Greenhouse
- Heritage Homestead
- High Mountain Meadows Farm
- Looking Glass Creamery
- OakMoon Farm & Creamery
- Riddle Farm
- Ripshin Goat Dairy
- Round Mountain Creamery
- Spinning Spider Creamery
- Split Creek Farm
- Sunswept Farm
- Three Graces Dairy
- Yellow Branch Cheese and Pottery

**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.

**Sluder Branch Farm—Yesterday Spaces**  
317 Sluder Branch Rd., Leicester, NC  
Mike Grier  
828-777-6948 • gclan.one@gmail.com

A restored 1911 farmhouse. Five bedrooms, three full baths, fully furnished and fully equipped kitchen.

**Stoney Hollow Farm—Your Mountain Hideaway**  
944 Ollies Creek Rd., Robbinsville, NC  
Scott and Stephanie Boxberger  
828-735-2983  
scott@stoneyhollowfarm.net  
www.stoneyhollowfarm.net

Two-story secluded mountain home with beautiful views of the vineyard, Lake Santeetlah, and Cheoah Mountains. Sleeps 14. See our listing at www.VRBO.com, #187683.

**Sunswept Farm**  
444 Beasley Cove, Hot Springs, NC  
Dory Brown  
828-622-7145 • dory@sunsweptfarm.net  
www.sunsweptfarm.net

We have two tent platforms: raised with half walls, screen, plexi-transparent roof, and small porch. Spring-loaded cots, oil lamp, and porch chairs and table. Shared composting outhouse, solar shower in the apple orchard. Kitchen privileges included.

**Walnut Hollow Ranch Trail Vacation Stables and Vacation Rentals**  
1100 Carter Cove Rd., Hayesville, NC  
Charlie Kissling  
828-389-8931

info@walnuthollowranch.com  
www.walnuthollowranch.com  
Barn loft: sleeps four, full kitchen and bath, clean, reasonably priced. Cottage: three bedrooms, one bath, sleeps eight, single level. On cattle and horse ranch. Trailer service, guided rides. Trailer and RV camping with hook-ups available. Pets welcome.

**Woodland Harvest Mountain Farm**  
Edwards Rd., West Jefferson, NC  
828-406-3582 • woodlandharvest@riseup.net • www.growfood.org/farm/1155  
Small rustic cabin in the woods! Quiet, beautiful, magical space that sleeps four and hosts an amazing library. Minimal lighting; cook stove. Water and electricity are at the farmhouse about 100 yards away.



The region's agricultural destinations await to be discovered and re-discovered, and that includes wineries. Southern Appalachian farmers grow just about everything they can in our mountain soil. Grapes are no exception. From the large vineyards of the famous Biltmore Estate to small wineries garnering their own acclaim, there is a lot to see and taste!

Dare we say our region is America's Tuscany? Plan a local food and farm adventure to these destinations and others listed in the guide at [appalachiangrown.org/map](http://appalachiangrown.org/map) (more info on page 7). Visiting in the summer? Include the Asheville Wine and Food Festival\* in your plans, held this year August 23-25, and taste local wines from these wineries as well as local food from the restaurants listed in our guide.

\*ASAP's Growing Minds Farm to School Program is a beneficiary of the 2012 festival. Find more information at [wncmagazine.com/wineandfood](http://wncmagazine.com/wineandfood).

**Addison Farms Vineyard**  
4003 New Leicester Hwy., Leicester, NC  
828-581-9463  
[jfrisbee@addisonfarms.net](mailto:jfrisbee@addisonfarms.net)  
[www.addisonfarms.net](http://www.addisonfarms.net)

Established in 2009, we completed our first crush fall 2010 from fruit grown by other NC growers and harvested the first fruit from our vineyard mid-Sep. 2011. Our tasting room will open early summer 2012 with our wines available for tasting and purchase.

**Biltmore**  
1 Approach Rd., Asheville, NC  
828-225-1333 • [happenings@biltmore.com](mailto:happenings@biltmore.com)  
[www.biltmore.com](http://www.biltmore.com)

Discover the wonder of Biltmore. Experience the breathtaking beauty of America's largest home and magnificent gardens. Enjoy Antler Hill Village and Winery, wines crafted from our vineyards, the farm, kitchen garden, estate dining, and shopping.

**Chattooga Belle Farm**  
454 Damascus Church Rd., Long Creek, SC  
864-647-9768  
[info@ChattoogaBelleFarm.com](mailto:info@ChattoogaBelleFarm.com)  
[www.ChattoogaBelleFarm.com](http://www.ChattoogaBelleFarm.com)

We offer a variety of muscadine and fruit wines made from Chattooga Belle Farm fruit. Our farm store carries our own brand of products, including wine. Large event barn for weddings and special occasions.

**John C. Campbell Folk School**  
1 Folk School Rd., Brasstown, NC  
800-365-5724 • [info@folkschool.org](mailto:info@folkschool.org)  
[www.folkschool.org](http://www.folkschool.org)

Founded in 1925, the school offers classes year-round in traditional craft, music and dance, cooking, gardening, nature studies, photography, and writing. Visitors are welcome to tour the studios, walk the trails, and browse the craft shop and history center.

**McRitchie Winery & Ciderworks**  
315 Thurmond Post Office Rd.,  
Thurmond, NC  
336-874-3003 • [info@mcritchiwine.com](mailto:info@mcritchiwine.com)  
[www.mcritchiwine.com](http://www.mcritchiwine.com)

Dedicated to low-impact, sustainable farming in producing award-winning wines and hard ciders from local grapes and apples at our winery near Stone Mountain State Park, the Blue Ridge Parkway, and historic Elkin.

**South Creek Vineyards & Winery**  
2240 S. Creek Rd., Nebo, NC  
828-652-5729 • [sales@southcreekwinery.com](mailto:sales@southcreekwinery.com)  
[www.southcreekwinery.com](http://www.southcreekwinery.com)

We're a boutique winery combining meticulous winemaking practices with a genuine love of the land. Our medal-winning Bordeaux wines include cabernet sauvignon, merlot, cabernet Franc, and our signature blend, Maestro. Tastings and tours available.

**WNC FARMERS MARKET**

Our retail area features high quality fruits & vegetables, mountain crafts, jams, jellies, preserves, sourwood honey, and other farm fresh items.



**Farmers Market**  
[www.wncfarmersmarket.org](http://www.wncfarmersmarket.org)  
570 Brevard Rd., Asheville • 828-253-1691  
I-40 at exit 47 -or- I-26 at exit 33  
The market is open year round, 7 days a week.



We still make things.



We still make real bread, music, yarn, poetry, and friends in a green Appalachian valley. Since 1925 we have helped to preserve the traditions, tools, and techniques of Southern Appalachia, and have shared them with the world.

We offer weeklong and weekend classes in over 50 subject areas including craft, music, cooking, gardening, and writing. Our small-sized classes provide a relaxed, non-competitive environment that makes for a unique experience.

Come enjoy making crafts and good friends on 300 natural, scenic acres in western North Carolina.

**JOHN C. CAMPBELL FOLK SCHOOL**  
[folkschool.org](http://folkschool.org)  1-800-FOLK-SCH  
BRASSTOWN NORTH CAROLINA

## Vance Toe River Lodge

4716 S. US Hwy. 19E, Plumtree, NC  
828-765-9696  
toeriverlodge@gmail.com  
www.toeriverlodge.com

The Lodge Cafe features farm to table dining. Other areas of interest include a winery, B&B, cabins, ziplines, micro-brewery, trout pond, campground, hiking/biking trails, and artisan village at Plumtree to open in mid-Jul.

## WNC Farmers Market

570 Brevard Rd., Asheville, NC  
828-253-1691  
oug.sutton@ncagr.gov  
www.wncfarmersmarket.org

Conveniently located near downtown Asheville, we're open year-round, seven days a week. Enjoy the atmosphere, admission is free. Our retail area features quality fruits and vegetables, mountain crafts, jams, jellies, preserves, sourwood honey, and other farm-fresh items.



# Planning out your weekend?

Perfect.

Step one is in the bag.

Set aside an hour to stop by the farmers market for a healthy way to restock the pantry. And while you're there, ask a vendor about mobile markets that could bring fresh food to your office or church. Making it happen is easier than you may think. Be a part of positive change at [TakeStepTwo.com](http://TakeStepTwo.com).

## TakeStepTwo.com

Take Step Two is a community-based initiative focused on making healthy choices easier.



Funding made possible by Communities Putting Prevention to Work and the Centers for Disease Control and Prevention.

## Local Wines, Local Flavor

Our winemakers start with the best grapes from estate vineyards and local growers, then blend experience and artistry to craft award-winning wines. Every bottle of Biltmore® Wine offers a taste of the estate's century-old support for local farms and orchards—evidence of how deep our roots are in Western North Carolina. [biltmorewine.com](http://biltmorewine.com)



BILTMORE  
Wines

## From ASAP's Executive Director

By picking up this copy of our *Local Food Guide*, you are changing our food system, and that's exactly why we publish it every year. We print these pages full of Appalachian Grown™ certified family farms, tailgate markets, and Appalachian Grown partner businesses in an effort to move toward a fully transparent food system—one in which we all know what we're eating, where it came from, and who grew it.

It is ASAP's core belief that localizing food systems strengthens local economies, boosts farm profitability, increases sustainable production practices, and improves individual and public health. In fact, it's this theory of food system change that is the basis for our new Local Food Research Center, launched late last year. Through research, our goal is that consumers will come to understand the value of eating local food for themselves and the economy, farmers will change growing practices to reflect local demand, businesses will change or invest in more local capacity, new farmers will begin farming and increase production; community organizations and institutions will look to local food as a strategy to address food access, community health, and development issues; and more consumers will have more access to local food.

You already know the value. You know that eating is a political act, that food choices matter and can change our food system. You hold the power. With this copy in hand, you're showing that you choose local food because you're aware of the impact it can have.

Excitingly, more and more eaters are becoming aware, too. In response to our recent consumer survey, conducted in the greater-Asheville area (Buncombe, Madison, and Henderson counties) and in North Carolina's six westernmost counties, nearly 90% of respondents stated that they would buy more locally grown food when labeled as local. More than 80% of respondents said they choose local food because the purchases help support local farms and contribute to the local economy.

In fact, a benefit to local farms and economies was the area where we saw the largest increase in response from our survey conducted in 2000. And that's music to our ears. It means that this year, and in years to come, more and more folks like you will pick up a copy of this guide and support those listed—not only because local foods are the best-tasting foods around, but because buying them makes an impact and changes our food system.

Thanks for your support and action!

Sincerely,

*Charlie*  
Charlie Jackson

## To continue your journey with local food... ...and to be a part of ASAP's work:

- Buy foods with the Appalachian Grown label.
- Get involved in our Growing Minds Farm to School Program.
- Browse our local food and farm events calendar at fromhere.org.
- Sign up for our monthly and weekly e-newsletters.
- Use our online classified ads to post and find seeds, farm internships, and more at fromhere.org.
- Visit our websites to find information on workshops, grants, and community partners.
- Connect with us on Facebook, Twitter, and YouTube.

## Advertisers Index

Asheville Independent Restaurants	45
Appalachian District Health Department	107
Appalachian Voices	65
Apple Brandy Beef	68
Ashe County Farmers Market	17
Asheville City Market	2
Balsam Gardens	68
Bee Queens	93
Billy Laughter Orchards	97
Biltmore Restaurants	39
Biltmore Estate	6
Biltmore Wines	106
Black Mountain Tailgate Market	12
The Blackbird	38
Blue Ridge Biofuels	70
Boone Independent Restaurants	51
Bouchon	38
BRFDMA	back cover
Burgermeister	42
Buy Haywood	70
Cafe Azalea	38
Cane Creek Asparagus & Company	23
Carolina Bison	71
Carolina Farm Credit	inside back cover
Casa Rustica Restaurant	50
Chambers Farm Market	72
City Market	62
Cold Mountain Corn Maize	73
Corner Kitchen	41
Corner Kitchen Catering	58
Cucina 24	47
Curate	42
Deerwood Nursery and Farm	75
Early Girl Eatery	40
Earth Fare	61
The East Asheville Tailgate Market	18
Farm House Beef	76
Farside Farms	31
FBFC Wednesday Tailgate Market	14
Finally Farm	77
Flat Rock Village Bakery / West First / Fletcher Village Bakery	37
Flying Cloud Farm	78
Foothills Family Farms	78
French Broad Chocolate Lounge	42
French Broad Food Co-op	63
Frogs Leap Public House	73
Gamekeeper Restaurant	48
Greenlife Grocery	59
Harrell Hill Farms	79
Haywood's Historic Farmers Market	10
Henderson County Tailgate Market	11
Hendersonville Community Co-op	63
Hickory Nut Gap Meats	81
Hob Nob Farm Cafe	49
Hominy Valley Farms	81
Ingles	53
Irma's Produce Stand	34
John C. Campbell Folk School	105
Kids Corner Market	9
Laughing Seed Cafe / Jack of the Wood / Jack of Hearts	82
Lett-Us Produce (Maw's)	51
Lexington Ave. Brewery	41
Limones	41
Luellas Bar-B-Que	43
Lyda Farms	83
Madison County Farmers & Artisans Market	13
The Market Place	47
Mills River Farmers Market	18
Montford Farmers Market	14
The Morning Glory Cafe	43
Mother Earth Produce	25
New Sprout Organic Farms	1
North Asheville Tailgate Market	17
Pepper's Restaurant and Bar	50
Proper Southern Food	51
Red Stag Grill	4
Rosetta's Kitchen	43
Round Mountain Creamery	54-55
Skipper Russell Farm	73
Smoking J's Fiery Foods	58
The Southern Kitchen and Bar	46
Sow True Seed	65
Spinning Spider Creamery	89
Stepp Farms Hillcrest Orchard	99
Sunburst Market	62
Sunburst Trout Company	72
Sunny Point Cafe	46
Ten Acre Garden	72
Three Arrows Cattle Company	88
Three Graces Dairy	90
Tupelo Honey Cafe	91
Vidalia	51
Warren Wilson College Farm	inside front cover
Waynesville Tailgate Market	10
Weaverville Tailgate Market	13
West Asheville Tailgate Market	12
West End Bakery & Cafe	40
The Wild Salmon Company	11
WNC Farmers Market	105

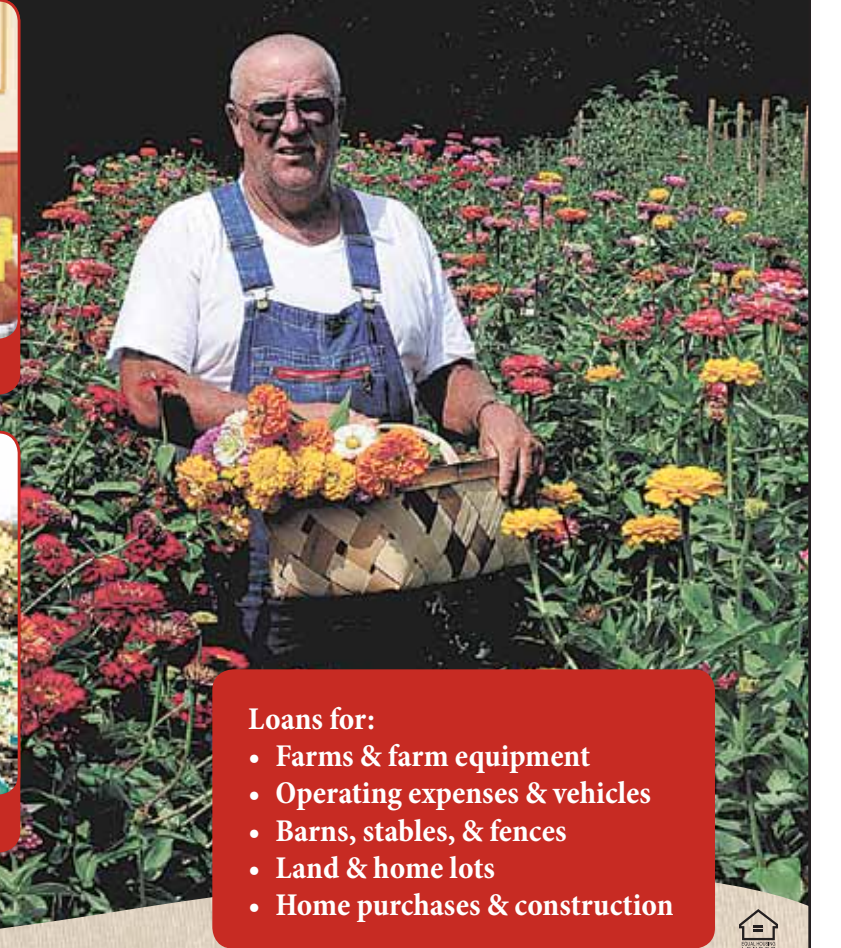
## We believe in you.



Butch and Pat at the produce stand.



Butch and son Joe working in the garden.



### Loans for:

- Farms & farm equipment
- Operating expenses & vehicles
- Barns, stables, & fences
- Land & home lots
- Home purchases & construction

*"In the early 1970s, Farm Credit took a chance on me, loaning me money to start farming on my own. I had very little cash, equipment or other collateral. Farm Credit provided the capital for me to grow burley tobacco and vegetable crops. They also provided the opportunity for me to succeed in farming, and they are still doing that today."*  
—Butch Deal, Deal Farms, Franklin, NC.

Deal Farms began in 1951 by Bobby and Elsie Deal. Since then, their son Butch and his wife, Pat, have helped with the operation. Today Butch and Pat's sons Joe, Bill and Jimmy and their families are working side by side to produce a quality crop!

 **CAROLINA FARM CREDIT**  
Country Mortgages

Loans for homes, land, and living.  
**800-521-9952**  
[www.carolinafarmcredit.com](http://www.carolinafarmcredit.com)

Check our website for more information, an online application, and view 1,000s of property listings!



Ag Loans | Home Loans | Land Loans | Appraisals | Financial Planning | Leasing | Crop & Life Insurance



# HENDERSON COUNTY APPLE FARMS

## 28 Fantastic Farms to Visit



### HONEYCRISP

- early, sweet and tart
- fresh or sauce

### AUGUST



### GALA

- early, very sweet
- eat fresh
- sized for kids

### SEPTEMBER



### JONAGOLD

- mid-season, tangy sweet
- fresh eating, pies



### MUTSU AND CRISPIN

- tart/sweet, crisp, firm
- fresh eating, pies



### FUJI

- mid-season, very sweet, grape-like flavor
- fresh, salads, baking

### OCTOBER



### ROME

- late, mild
- great for baking, stores well



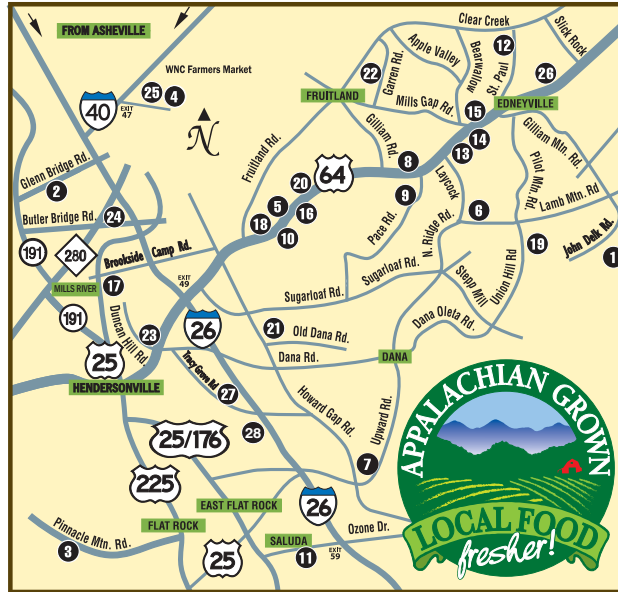
### CAMEO®

- late, very crisp, sweet/tart
- great for salads and fruit trays



### PINK LADY

- late, sweet/tart
- eat fresh or stores well



Family Fun  
for Everyone!

- Farm Stands
- Pick Your Own
  - Hayrides • Tours
  - Baked Goods • Pumpkins • Cider

Visit these farms in Henderson County  
August through Fall

828-697-2775 • [ncapples.com](http://ncapples.com)

	U-Pick Orchard	Cider	Specialties/Crafts	Pumpkins	Small Fruit	Field Trips/Tours	Vegetables	Peaches	Ice Cream/Bakery
1 Point Lookout Farms 685-8430	◆								
2 Riverview Farms 687-1936					◆		◆		
3 Sky Top U-Pick/We-Pick Apples 692-7930	◆	◆	◆	◆	◆	◆		◆	◆
4 Moss Farms WNC Farmer's Market Stall 1-4 606-3245		◆		◆					
5 Grandad's Apples 'n' Such 685-1685	◆	◆	◆	◆		◆		◆	◆
6 Ottanola Farms					◆				
7 Lively Orchards 691-9889					◆		◆		
8 Lyda Farms LLC 685-3459		◆	◆	◆	◆	◆	◆	◆	◆
9 Stepp's Hillcrest Orchard 685-9083	◆	◆	◆	◆	◆	◆		◆	
10 Odell Barnwell & Sons, LLC 685-7300 or 685-7575		◆	◆	◆	◆		◆	◆	
11 Apple Mill 749-9136		◆	◆	◆	◆	◆		◆	
12 Billy Laughter Orchards 685-3241	◆								
13 Jimmy Nix and Sons Apple House 685-7222		◆	◆	◆	◆			◆	
14 Coston Farms LLC 685-8352	◆	◆	◆	◆	◆		◆		◆
15 The Apple House Owenby Orchards 685-9917		◆	◆	◆	◆			◆	
16 Freeman Orchards 685-3311 or 674-9733		◆	◆		◆		◆	◆	
17 Piney Mountain Orchards Produce 692-4800		◆	◆	◆	◆		◆	◆	◆
18 Mountain Fresh Orchard 685-7606		◆	◆	◆	◆		◆	◆	◆
19 Creasman Farms LLC 685-7728	◆	◆	◆	◆			◆		
20 Wilkie's Orchard 685-8438	◆		◆				◆		
21 McConnell Farms Inc. 692-2819		◆	◆	◆	◆	◆	◆	◆	◆
22 Justus Orchards 685-8033	◆	◆	◆	◆	◆	◆	◆	◆	◆
23 Piggy's Ice Cream/Harry's Grill 692-1995		◆							◆
24 GT-Little Farmers Market 654-0088		◆	◆	◆	◆		◆	◆	
25 Apple Haven Orchard WNC Farmer's Market Stall 15&16 254-1627		◆	◆	◆	◆			◆	
26 Owenby's Fruit Stand 691-4397		◆	◆				◆	◆	
27 Henderson Farms 698-7416		◆					◆		
28 Newman Farms 674-2330									

