

Spring 2015 | Vol. 1 Issue 2

PLOUGH *to* PANTRY

Farm-to-Table Living in the Mountains and the Foothills



Al fresco dining
Wine & cheese trails
CSAs, markets, tailgates

Exhibitions on view through June 26

STRUCTURE

Five Western North Carolina artists with common ties to Penland School of Crafts and a cohesive aesthetic offer perspective for understanding traditional craft in a contemporary context.



ELEANOR Annand

NATHAN Blank

ANDREW Hayes

RACHEL Meginnnes

ROB Pulleyn

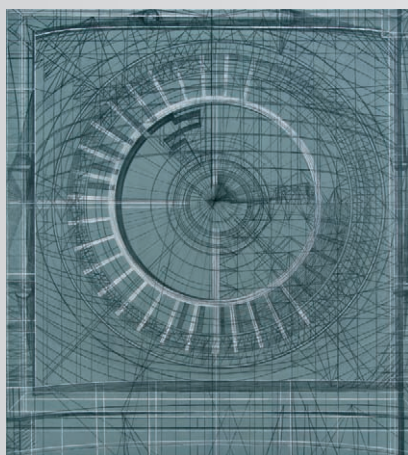
GALLERY 2



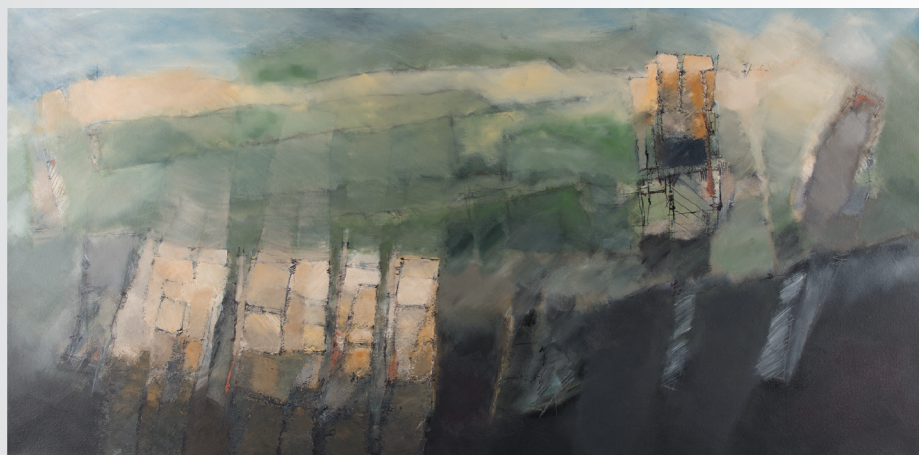
FROM LEFT: Nathan Blank, *Crescent* from *Naturally Inspired Vessel Series*, formed, forged and fabricated steel with paint and patina, 6"H x 24"DIA.

Andrew Hayes, *Station*, steel and paper, 18"H x 18"W x 6"D.

Rob Pulleyn, *Swabs*, earthenware, terra sigillata, stains and oxides, 16"H x 16"W x 6"D.



SHOWCASE GALLERY



INTERSECT

Art + Architecture

Contemporary works reference elements of building design and construction, blueprints and architectural space.

FROM TOP LEFT CLOCKWISE: Cheryl Goldsleger, *Azimuth*, mixed media on linen, 70"H x 62"W.

Peter Alberice, *Terrazza al sole*, acrylic and mixed media on canvas, 30"H x 60"W.

John Nickerson, *Undulating Lidded Form*, stoneware, 18"H x 10"W x 7"D.

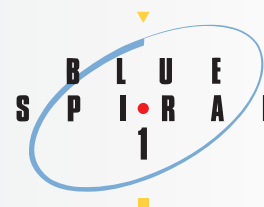
PETER Alberice
painting

CHERYL Goldsleger
painting

MICHAEL Janis
glass

TED Lott
wood/mixed media

JOHN Nickerson
ceramics



EXPLORE MORE THAN 200 COMMUNITIES IN ONE LOCATION.



With more than 200 communities in Western North Carolina, finding your dream home can be a daunting, time consuming task. Private Mountain Communities offers the region's most comprehensive Buyers Resource and Discovery Showroom where you can streamline your search for the property that is right for you. Our experienced team of Broker professionals specializes in retirement relocation, second home and private residential communities and has done extensive research to understand the unique differences of each community. Private Mountain Communities doesn't list or sell properties so our unbiased approach is focused on you and ultimately helps you make a more informed decision. From mountain retreats and downtown condos to lake properties and golf communities, let the experts at Private Mountain Communities help you find the property of your dreams.



888.517.3322

Downtown Asheville in the Grove Arcade
One Page Avenue, Suite 150

pmcdiscoverasheville.com



FRENCH BROAD
-CROSSING-



INFO@FRENCHBROADCROSSING.COM



Mountain Living

AMIDST THE FRENCH BROAD RIVER



SOUTHERN LIVING just designated our unique mountain-river property as an Inspired Community™, “neighborhoods marked by charm, taste, and Southern spirit.” Only a handful of these communities exist across the country, so it’s a special honor.

If you’ve been dreaming about a extraordinary, conservation-protected home within a half-hour of Asheville, now’s the time to schedule a visit and tour. Call now to learn more about our 2015 Inspired Showcase™ home, now under construction.

TO SCHEDULE YOUR PRIVATE TOUR, CALL 828.284.2400

WWW.FRENCHBROADCROSSING.COM



French Broad Crossing is a registered trademark of Preserve Communities Real Estate, LLC. This is not intended to be an offer to sell or solicitation of offers to buy real estate in French Broad Crossing for residents of CT, HI, ID, IL, NY, or PA, or any other jurisdiction where prohibited by law. French Broad Crossing is exclusively marketed by Private Mountain Communities.

Spring 2015

Volume I: Issue 2

Sow & Grow

- | | | |
|----|--|-------------------------|
| 10 | Not your grandmother's cottage garden | Janet Moore |
| 12 | Permaculture in the mountains & foothills | Janet Moore |
| 14 | Edible and organic garden planning | Ruth Gonzalez |
| 16 | Beyond parsley, sage, rosemary & thyme | Carole Howell |
| 18 | Bee bop a ree bop... rhubarb rising | Rebecca Morris Pullease |
| 20 | Going native with your ground cover | Mardi Letson |
| 22 | All we are saying... is give bees a chance | Sarah K. Schuetz |
| 26 | Yancey County's Mountain Edible farm | Joy Boothe |
-

Reap & Eat

- | | | |
|----|--|----------------------|
| 28 | Nothing could be finer: WNC Cheese Trail | Beth Beasley de Bona |
| 32 | Southern comfort: Spring drink options | Janet Moore |
| 34 | Spirited living: Warm weather wines | Janet Moore |
| 36 | Circumnavigating the grape: WNC Wine Trail | Beth Beasley de Bona |
| 40 | A-B Tech's all-female culinary team | Marie Bartlett |
| 42 | West Asheville's onsite gardens | Beth Beasley de Bona |
| 44 | Breaking bread in and around Asheville | Ashley Ruzich |
| 45 | Edible flowers create culinary adventures | Ashley Ruzich |
| 46 | Get out into the al fresco dining scene | Ashley Ruzich |
| 50 | Jammin' it: Natural jams, jellies, preserves | Carole Howell |
| 52 | "Find dining," Foraging for spring greens | Banta Whitner |
-

Nourish & Nurture

- | | | |
|----|--|-------------------|
| 54 | CSAs: An old concept with modern appeal | Tina Masciarelli |
| 58 | Where we find our food: Buying close to home | Tina Masciarelli |
| 61 | Market, tailgate and CSA directory | Tina Masciarelli |
| 62 | North Pacolet River Valley discoveries | Frances Figart |
| 65 | Foothills Equestrian Nature Center (FENCE) | Simon Thompson |
| 66 | The advent of locally inspired birding picnics | Simon Thompson |
| 68 | Explore, learn, grow at spring garden tour | Mary Koppenheffer |
| 70 | Grants that grow: Farms benefit from funding | Sarah Myers |
| 72 | Gardens that give back: The Lord's Acre | Frances Nevill |
| 74 | A wildflower walk on the Big Butt Trail | Scott Dean |
| 76 | Preserving Roan Mountain's grassy balds | Frances Figart |
| 78 | Agritourism flourishes in Haywood County | Tina Masciarelli |
| 80 | Calendar of events, fairs and festivals | Sarah Myers |
| 81 | Food for thought: growth of a mountain farm | Vicki Lane |

(Clockwise from top) Photos by Ashley Ruzich, Appalachian Sustainable Agriculture Project, Linda Doll Cluxton, Clay Bolt, Paul Jones and Chris Bryant)

On the cover: Isa's Bistro's artisan cocktail with house-made simple syrup, whiskey and fresh strawberries in a hand-blown whiskey snifter by local glass artists Lexington Glassworks. Photo by Ashley Ruzich



PLOUGH to PANTRY

Volume I: Issue 2

PUBLISHER

Jerry Johnson

jerry@ploughtopantry.com

ART DIRECTOR AND PRODUCTION MANAGER

Amy Pryor-Swayne

amy@ploughtopantry.com

EDITOR-IN-CHIEF

Janet Moore

janet@ploughtopantry.com

MANAGING EDITOR

Frances Figart

frances@ploughtopantry.com

SALES REPRESENTATIVES

Trish Howey

trish@ploughtopantry.com

Penny Jones

penny@ploughtopantry.com

Shannon Taylor

shannon@ploughtopantry.com

John Varner

john@ploughtopantry.com

PLOUGH TO PANTRY

46 Haywood Street

Suite 210

Asheville, NC 28801

828.670.7503

The publishers assume no responsibility for errors or omissions of any advertisement beyond the actual cost of the advertisement. In no event shall the publishers be liable for any consequential damage or any damages in excess of the cost of the advertisement.

Copyright 2015

Taking stock

It inspired Aaron Copeland to write one of his most beloved compositions. It ignites our senses (and our allergies) with fragrant blossoms. I am referring, of course, to Appalachian Spring.

Beginning in March and continuing into June, the Carolina foothills and mountains are awash in color. This is when Mother Nature puts on a show comparable only to the fall color season. In this issue of Plough to Pantry, we explore the many ways our region celebrates spring — in the garden, on the table and in the great outdoors.

Take a look at our Table of Contents, which falls into three sections representing vital aspects of our regional culinary scene.

In Sow and Grow, we delve into the concept of cottage gardening, creating diverse yet manageable small space gardens that yield food and flowers and provide a rich habitat for pollinators. Think about rhubarb as a beautiful addition to your perennial garden, and herbs that go beyond parsley, sage, rosemary and thyme. Learn how to make your outdoor space bee friendly, and visit an organic farm in Yancey County.

In Reap and Eat, we go on picnics, discover regional baking secrets, travel the WNC Wine Trail, and meet A-B Tech's all-female culinary team. Ever wonder what wines go best with spring menus? Read to see what area bartenders and chefs pair up for the cocktail hour. Get the backstory on some kitchen gardens and find out who's doing edible flowers. In our cover story on al fresco entertaining, you'll learn more about two restaurants whose names should not be confused: Isis and Isa's.

In Nurture and Nourish, we branch out to explore farms, forests and gardens in Buncombe, Haywood, Henderson, Madison, Mitchell, Spartanburg and Transylvania counties. We make jam and walk Blue Ridge Parkway trails in search of wildflowers. This is the season for tailgate markets, and Plough to Pantry tells you not only where you can find them, but also rounds up food co-ops and provides an overview of local Community Supported Agriculture projects (CSAs).

Ecclesiastes tells us that, "to every thing there is a season, and a time to every purpose under heaven." My purpose changed abruptly on a recent Sunday evening when my 93-year-old mother fell, broke her right arm and dislocated her shoulder. In the time it took to call EMS, I became more than an attentive daughter; I became a caregiver. My job for the foreseeable future is ensuring her health and safety so she can participate fully in the graduations and weddings that lie ahead for our family. The woman who taught me how to garden, cook, and revel in nature deserves nothing less from me at this time in her life.

With that in mind, I leave *Plough to Pantry* in the capable hands of Frances Figart, the woman who named the magazine and was instrumental in its creation. My mother and I look forward to sharing future issues as we watch the seasons unfold, yet again.

With Gusto,

Janet Moore



Photo by Michelle Rabell

Contributors



Frances Figart (sounds like Tiger) directed the team of contributors who brought this issue of *Plough to Pantry* to life. A native of central Kentucky and graduate of Berea College, she formerly edited the monthly magazine for the National Tour Association, based in Lexington. She lived in Costa Rica and New Brunswick as the marketing director for a kayak eco-tour operator before joining publisher Jerry Johnson at The Laurel of Asheville in 2014. "Nothing inspires me more than leading a group of enthusiastic professionals to create a quality publication focused on community and sustainability," she says. Find her blog at francesfigart.com.



Banta Whitner, LCSW, is a holistic psychotherapist, organic gardener, and writer. Her book *This Congruent Life: A Spiritual Ecology Practice*, tracks her own family's journey toward living more lightly on the Earth. At home in Black Mountain, she embraces the principles of permaculture and biodynamic gardening, tending an edible landscape, extensive vegetable beds and medicinal plants in collaboration with lunar and planetary rhythms. She and her husband celebrate the local economy in their mountain neighborhood,

where folks trade eggs for jams, fresh baked artisanal bread for apple butter, and tomato seedlings for honey. Banta blogs at simpleandgrounded.com and is working on her first novel.



Sarah Myers was born and raised in western Massachusetts and arrived in Asheville (where her family has roots) in 2014 after two years in the High Country as Director of Blue Ridge Women in Agriculture. Sarah received an undergraduate degree in Sociology from the University of Massachusetts and an MBA in Nonprofit Management from the Heller School for Social Policy at Brandeis University. She has worked in restaurants and nonprofits for over a decade, and is always excited for the opportunity

to combine her love of food with her desire for supporting mission-driven organizations. She is passionate about strengthening community food systems, connecting people with local food and farms.



Sarah K. Schuetz grew up in the midwest and lived in South Carolina and Florida before landing in Asheville in 2010. With undergraduate work in Spanish, sociology and theatre, she earned a master's degree in Library Science from Indiana University in 2002 and a master's in Public Administration from Florida State University in 2008. Sarah presently finds great reward empowering bodies to feel and move their best at Happy Body – a Pilates, yoga, bodywork and

wellness studio in south Asheville – where she serves as community relations and Ortho-Bionomy® coordinator.



Tina Masciarelli, a western North Carolina native, spent her formative years following in her grandfather's footsteps in search of undiscovered ecosystems in the Great Smokies. She studied Social Work and Women's Studies at Northeastern Illinois University, Chicago, then dedicated a year of service to Americorps. Tina completed a Master of Liberal Arts degree at UNC-Asheville; her graduate research explored community food systems. Passionate about local food and sustainable agriculture, Tina owns

SOFIOL Press and serves as project coordinator for Buy Haywood. She still enjoys chasing the wild places from her childhood while hiking with her husband and three daughters.



1 Battery Park Ave.
Asheville, NC 28801
828.575.9636
isasbistro.com

Complimentary valet
parking available at
the Haywood Park

Isa's
BISTRO

Located in the heart of downtown, Isa's Bistro strives for the perfect combination of unique setting, great service and culinary excellence.

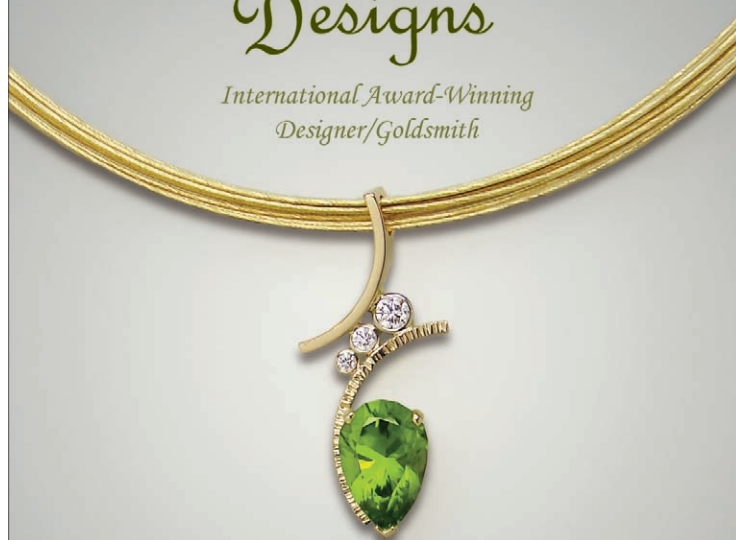
Executive Chef and General Manager Duane Fernandes and his team create cuisine that is seasonally inspired. Innovative and new American Menus change with the seasons.

Offering both indoor and outdoor patio dining, giving you a front row seat to the unmistakable vibe that has made Asheville famous.



Susan Marie Designs

International Award-Winning
Designer/Goldsmith



www.SusanMPhippsDesigns.com
4 Biltmore Avenue | Downtown Asheville
828.277.1272

Contributors



Some of the many contributors to this issue: (left to right) Marie Bartlett, Rebecca Morris Pulease, Mardi Letson, Chris Bryant, editor Frances Figart, publisher Jerry Johnson, Beth Beasley de Bona, Sarah K. Schuetz, Scott Dean, Banta Whitner, Ruth Gonzalez, Tina Masciarelli, Sarah Myers, Stephanie Peterson Jones, Linda Doll Cluxton, Justin Costner (photo by Paul Jones).



Ashley Ruzich, whose work graces our cover this issue, is a professional photographer, writer and teacher. Since 2004, her articles and photography have been published in numerous magazines, newspapers and art journals. Ashley earned her master's degree from the University of Central Missouri, teaches English as a Second Language at A-B Tech and lends her web maintenance skills to *The Laurel of Asheville*. Originally from Kansas City, she enjoys exploring the Asheville area and the Blue

Ridge Mountains with her husband and daughter. She also loves cooking, reads cookbooks for fun, and delights in the art of hand-written recipe cards.



Beth Beasley De Bona is a native of San Diego who studied art history at Mills College in Oakland and worked in the San Francisco art gallery world before moving to Ireland in 1998. She now lives with her husband and two teenaged sons in Rutherford County. A long-time contributor to the Hendersonville Times-News, Beth served as a board member with the Hendersonville Community Coop, helping coordinate an expansion that recently culminated in a newly constructed store and community building. Beth

enjoys making sauerkraut and kimchi and is a regular at the North Carolina Wild Foods Weekend, where she is the appetizer team leader.



Carole Howell was raised in Lincolnton, a tiny town in North Carolina's Piedmont. Before she was old enough to reach the kitchen counter, she learned to cook and preserve vegetables, and spent many happy hours in the garden. Her first job took her to Asheville, a place she still calls home. Carole worked at WLOS for six years and Mission Health for 22 years as a writer and editor. Life events led her back to the family farm, and she's dusting off her skills by tending to 31 acres

and a muscadine vineyard. Carole serves on the board of Lincolnton's annual Apple Festival.



Chris Bryant was formerly art director at Lark Books, where he settled into the position of in-house food authority and applied his knowledge of cooking and food trends to guide development of food titles including the *Homemade Living Series*, *Cake Ladies*, and *A Year of Pies*. Now a freelance food stylist specializing in cookbooks, Chris is also a recipe developer and the author of *Chips: Reinventing a Favorite Food*. A member of the Southern Foodways Alliance, Slow Food USA and Culinary Historians of

Piedmont NC, Chris lives with his husband in West Asheville and shares food musings and photography on his blog, extraslaw.com.



Frances Nevill was born in Savannah, Georgia and raised in the heart of Florida's citrus community. With a career spanning public relations, conservation, legislative affairs and publishing, she has helped protect rivers, lands and native biodiversity in the southeast. A Master Food and Nutrition Volunteer through the University of Florida's Institute of Food and Agricultural Services, Frances enjoys writing for regional publications about the people and places that make the southeast unique. She loves exploring

the trails, rivers and streams near her Black Mountain property as well as boating and spending time on Florida's sandy beaches.



John A. Zara is Jersey born with a southern upbringing, currently living in Swannanoa. Over the past 10 years, he has worked as a graphic designer and photographer for regional newspapers as well as local and national online publications. What first got him involved in professional photography was his affinity for live music. He has traveled throughout the southeast photographing festivals like Shaky Knees, Forecastle and LOCKIN', and folks like Willie Nelson, Widespread Panic and The Avett

Brothers. Before settling in western North Carolina, John earned his degree in commercial graphics at the College of Charleston in South Carolina.



Joy Boothe lives high on the side of a mountain in Yancey County in a home she and her husband built together with salvaged materials in the early 1970s. Growing up on a farm led to a lifelong interest in organic and sustainable food and farming practices. Joy serves on the NC Extension board in Yancey County and is deeply invested in the retention of small family-owned farms. Her short stories, poetry, essays and book reviews have been published in *Headwaters Creative Arts Journal*

and *The Great Smokies Review* among others. Her story "Fifty Cents" was a finalist in a Glimmer Train competition.



Justin Costner discovered his passion for adventure and landscape photography during backpacking and camping trips in the Linville Gorge Wilderness. His search to capture beautiful moments in nature has taken him to many scenic locations and his photography has been featured in *The North Face*, *Petzl*, *Backpacker Magazine* and *The Laurel of Asheville*. Growing up on a century-old dairy farm in rural North Carolina gave Justin an early appreciation for living off the land and protecting

wild places. He founded HikeMore Adventures to facilitate experiences in the outdoors throughout western North Carolina and surrounding areas.

Contributors



Linda Doll Cluxton is a professional photographer whose career has ranged from advertising photography to capturing the lives of teenaged boys at Christ School, where she was director of communications and magazine editor. Her photographs of Miles Davis and Dizzy Gillespie were featured in a jazz documentary. She photographed the US International Six Days Motorcycle Team for a dozen years and has raced vintage motorcycles competitively since 2007.

She is a wildflower lover and organic gardener who has planted an edible landscape at her home in Hendersonville.



Mardi Letson is a fifth generation North Carolinian who grew up on a small farm in a little valley in Marion surrounded by chickens, berry brambles, gardens and horse pastures. She received a degree in art history from Davidson College and a master's degree in Social Work from UNC-Charlotte. She later completed coursework in horticulture at Haywood Community College and is now a garden designer. She lives with her husband and their son and daughter on a small parcel within the city limits

of Asheville, where she tends a kitchen and flower garden and a small flock of chickens.



Marie Bartlett was born in Melbourne, Australia but reared in the mountains of western North Carolina. She made a living as a full-time freelance writer producing corporate copy and print articles for more than two decades. Today, she produces web content and is the author of four nonfiction books, two historical novels and four ghostwritten books. Her published magazine work has appeared in *Good Housekeeping*, *Seventeen*, *Lady's Circle* and *True West*. She holds a master's degree in adult education,

teaching sociology and criminal justice and served as a state magistrate in Buncombe County for ten years. Marie's website is onceawriter.com



Mary Koppenheffer left the cold and gray northeast for western North Carolina ten years ago. She spent 25 years in the finance and marketing departments of major corporations in New York and New Jersey before pursuing her other passions of writing, gardening and photography. She was assistant editor for an 85-year-old privately-owned community newspaper, the *West Essex Tribune*, where she won journalism awards. A mother of three and grandmother of two, she became a Buncombe

County Extension Master Gardener Volunteer in 2011. Mary's 'off duty' passion is running, and she has completed eight marathons in the past five years.



Megan Authement is the summer photography intern for *Plough to Pantry*. A native of St. Petersburg, Florida, she is studying for her bachelor's degree with a photography concentration at UNC-Asheville, where she is an honor's program member. Megan amassed awards for her photography during high school at Canterbury School of Florida, where she was Valedictorian upon graduation in 2013. Megan works as a photo editor for TCM Photos, a real

estate photography business in North Asheville. Her work has been published by the Orange Audubon Society and Audubon of Florida.



Rebecca Morris Pulease, having lived much of her adult life in Los Angeles, returned to her native North Carolina in 2006. During the California years she co-founded The Knowledge Bank, providing freelance legal services to attorneys in greater LA, and authored a series of articles on Internet-based legal resources for the San Fernando Valley Bar Association magazine, *Bar Notes*. She is active with the NC Arboretum and serves on the Board of The Episcopal Foundation of WNC. She is an alumna of

Salem College in Winston-Salem and in 2011 graduated from the School of Theology at the University of the South in Sewanee, Tennessee.



Ruth Gonzalez grew up running around barefoot, climbing trees, picking blackberries and playing in the woods until her mother rang a ship's bell that meant, "Come home immediately!" As a college student, Ruth used organic methods to grow her first garden and has been an enthusiastic organic gardener ever since. She farmed and raised her family in Madison County, and in 2006 moved to Asheville. Ruth serves on the Organic Growers School board of directors, and since 2003 has worked at Reems Creek Nursery

in Weaverville, offering advice on a wide variety of gardening questions, and benefiting from the wisdom of local gardeners.



Scott Dean was born and raised in West Virginia and southwestern Virginia. His grandmother taught him the traditional mountain names and folklore of plants and flowers. He later earned a degree in biology from UNC-Asheville with a focus on the flora and fauna of the southern Appalachians. For the last two decades he has led walks for UNCA's annual Wildflower Pilgrimage and at the WNC Nature Center. Scott developed curricula and teaches field classes for the Blue Ridge Naturalist certificate program offered

at the North Carolina Arboretum. He leads natural history programs in the region through his company, Western North Carolina, Naturally.



Simon Thompson owns and operates Ventures Birding Tours, taking groups on local and international excursions. Born in Malta, he lived in Ghana, Kenya and Lebanon, where his interest in birds began. He received a degree in commercial horticulture from Writtle Agricultural College in Chelmsford, England. Simon is on the board of the local Elisha Mitchell Audubon Society, teaches classes at the NC Arboretum, provides commentary on WNCW and writes birding columns for the

Fairview Town Crier and the *Tryon Daily Bulletin*. He lives with his partner of 15 years in the beautiful forested hills of the Blue Ridge Mountains.



Stephanie Peterson Jones and Paul Jones recently relocated from Connecticut to Asheville. Paul spent many years as a corporate/industrial photographer at a Fortune 500 company and has worked in the advertising, publishing and manufacturing sectors. Stephanie is a graphic designer and Illustrator, certified K-12 art teacher, and pilates teacher at Happy Body in Asheville and Body Synergy in Flat Rock. As a result of the effects of Hurricane Sandy on their

coastal Connecticut neighborhood, the couple started Art & Kindness, repurposing their stockade fence sections to create colorful folk art fish.

Not your grandmother's cottage garden

by JANET MOORE

Hear the words “cottage gardening” and images of Miss Marple, quaint English villages, and lush flowerbeds brimming with roses, delphiniums and peonies may come to mind. This is one type of cottage garden.

But what about a spring garden full of bulbs and colorful lettuces or a summer border of perennials and Italian parsley? How about heat-tolerant spinach paired with colorful annuals? This is cottage gardening in the 21st century.

At its core cottage gardening is small-space gardening that combines annuals and perennials, dwarf fruit trees and evergreens with seasonal vegetables to create exuberant, pollinator-rich environments that are beautiful, sustainable and easy to maintain year-round. It is an approach to gardening that *Sunset* magazine describes as “artful chaos” (with an emphasis on artful).

It's an informal garden style, full of surprises. That doesn't mean creating a cottage garden requires any less rigor than a formal, more restrained garden, however. Soil preparation is still key, and beneath all of the apparent clutter, there is discipline and a well-thought-out plan.

Writing in *This Old House* magazine, Susan Heeger describes a cottage garden this way. It says, “Come in. Wander. Stay awhile. It's freewheeling, not formal; generous, not stingy. Its abundance may be what you notice first: Vines clamber up

porch posts, roses twine across arbors, and flowers overflow their beds in the company of herbs and other edibles.”

This is a functional garden style that dates back to the

18th century when gardens surrounded the house and were the sole source of seasonal food and beauty. While we don't depend on it exclusively for our food, we do depend on it for beauty. “Today, still eclectic and naturalistic, the (cottage) garden is closely bound to the house it frames, which guides its layout and materials,” Heeger says.

If you like order and straight lines, this isn't the garden for you. In cottage gardening, colorful vines sweep over weathered arbors and trellises. Vintage reigns supreme in garden furniture and art. Paths of wood chips, gravel or stepping stones wind through what appear to be informal plantings of traditional favorites like hollyhocks and

foxgloves that are mixed with new dwarf hybrid hydrangeas, evergreens and fruit trees.

SOUTHERN APPALACHIAN STYLE

There is no shortage of information about cottage gardening in popular gardening publications and on the internet. So what are some cottage gardening ideas that work well in our Southern Appalachian Mountain region, where micro-climates abound and planting zones range from five to seven? *Plough to Pantry* asked Barney Bryant, founder of B.B. Barns Garden Center in South Asheville, for



At its core cottage gardening is small-space gardening that combines annuals and perennials, dwarf fruit trees and evergreens with seasonal vegetables to create exuberant, pollinator-rich environments that are beautiful, sustainable and easy to maintain year-round.

his recommendations.

“Creating a cottage garden is a learning process, and it means thinking differently about the garden. Imagine using rhubarb as the front border of a dahlia garden? But that’s what I’m doing,” he says.

“It doesn’t matter whether you are a Baby Boomer who is downsizing or a young couple just getting started. The basic question is the same: How can we make the most of the space we have to work with?” he asks. “It’s getting past the idea that we have to have one garden for vegetables and another for flowers. Why not have one that produces both?”

Here are ways Bryant recommends incorporating cottage gardening principles into mountain gardens:

- Border a walkway with curly parsley, candy tuff, and sweet basil.

and plant marigolds around their base.

- Grow pole beans or climbing cucumbers in combination with long-flowering vines such as clematis. And speaking of beans, look for varieties with colorful blossoms, like Scarlet Runner Beans.

- Pair winter-hardy rosemary with dwarf ornamental trees and different varieties of long blooming perennials such as yarrow.

- Try growing Red Malabar Spinach. This vine is a vigorous bloomer. Its young leaves resemble spinach and are edible with a flavor that is reminiscent of Swiss chard. Try them in a stirfry or sautéed. In the garden, mix Red Malabar Spinach with moonflower or long-blooming clematis for a stunning contrast.

- Instead of buying a flowering ornamental, think about buying one

“It’s getting past the idea that we have to have one garden for vegetables and another for flowers. Why not have one that produces both?”

~ Barney Bryant, founder of B.B. Barns Garden Center

- Into beds of tulips, hyacinths and dwarf daffodils, mix lettuces of different varieties and textures or try shallots and other onions for added contrast.

- Use dwarf raspberry plants as foundation shrubs. These new varieties produce deliciously rich red berries and, most importantly, the plants lack the runners that make them difficult to plant in small spaces. Bryant’s favorite: Razzle Berry Shortcake with an under planting of New Guinea Impatiens.

- Mix blueberry bushes with semi-dwarf hydrangeas like Little Limelight and Hydrangea Bobo Paniculata. It’s an easy combination to plant and maintain.

- Forget staking tomatoes the traditional way. Grow them on custom-made or wrought iron tepee trellises

of the many dwarf or semi-dwarf fruit trees. Apricots, nectarines, plums, pears, cherries, or peaches are readily available and do well in our region. Bryant’s latest favorite is a Plumcot — a cross between a plum and an apricot. It will bear fruit if it has a Japanese plum pollinator nearby.

- Try growing figs. Once only acclimated to warmer climates, there are now varieties that grow well in the Asheville area. Just be sure to plant them in a protected spot, such as a southern wall, where they can withstand the occasional polar vortex that comes our way.

- Use radishes to keep pests away from vegetables. The foliage is pretty, and the radishes are delicious, especially when paired (German-style) with locally brewed beers.



KAREN
Donatelli
Cake Designs • Pastries • Desserts

828.225.5751

donatellicakedesigns.com
57 Haywood Street, Asheville

Start with the soil: A look at permaculture in the mountains and foothills

by JANET MOORE

We gardeners are optimists, and nothing feeds our optimism more than getting our hands in the dirt. In our eagerness to put that seed or seedling in the ground, we sometimes overlook a crucial step. Soil preparation. Without it, gardens under-perform. With it, they flourish.

The 68th United Nations General Assembly has declared 2015 the International Year of the Soils. So since we have an entire year dedicated to dirt, we should probably ask: Just what is soil?

It is an amalgamation of weathered rock fragments, clays, decaying remains of plants and animals, along with air, water and the all-important micro-organisms. According to Stanley Holloway, agricultural extension agent at Yancey County Cooperative Extension Center, “an ideal soil contains 50 percent solid material and 50 percent pore space, which is divided into 25 percent air and 25 percent water. Mineral material makes up 45 to 48 percent of the total volume. Organic material makes up two to five percent of the total soil volume and may contain both plant and animal materials in different stages of decomposition.”

What is so important about the numbers? “They are a measure of soil health,” says Randal Pfleger of Grass to Greens, an Asheville landscaping firm specializing in edible garden design. “It’s easy to forget that first and foremost we need to feed the soil. If we do that right, the plants get the nutrients they need and we are able, over time, to create a sustainable growing environment that returns to the soil what it needs to remain healthy. It’s what we call permaculture.”

Holloway points out that, “In North Carolina, most soils had a native forest cover at one time. Organic matter from trees tends to break down at a relatively rapid rate due to our

climatic conditions; thus our soils tend to be low in organic matter.” Not a good thing.

On the other hand, Mae West said, “Too much of a good thing is wonderful.” And in gardening, that good thing is compost, and it is wonderful. Compost is digested and decomposing organic matter, and it helps create good air-water relationships in the soil.

In the Eastern part of North Carolina there is an abundance of sandy soil, which lacks water-holding capacity; compost increases its ability to retain needed water. In the piedmont and mountains, we have clay soils, which retain water. For tender roots, too much water leads to root rot. By adding compost, heavy clay soil becomes looser and lighter. Water moves through the soil rather than staying in it. Roots stay healthy and plants flourish.

How do you know if your soil is healthy? This is where it helps to have keen eyes and a shovel. Pfleger suggests digging a hole 10 to 12 inches deep and studying the soil. Are there rocks? Are plant roots shallow or deep? What does the soil feel and look like? Is it dark, loose and crumbly or reddish hard clay? Does it support earthworms and other beneficials that promote biological activity?

Then take a soil test. It’s easy to do. Boxes and directions for taking soil samples are available at your local Cooperative Extension Office. Now through November there is no charge for routine soil tests. From December through March, which is peak testing season, there is a \$4 charge. Results are sent online, and local Cooperative Extension staff and Master Gardener volunteers can help interpret the results.

“We get so excited about the plants and what the garden will look like that we forget gardening is first and foremost about the soil. The best gardens are ones in which one-third to one-half of what we grow is compostable,” Pfleger says. “And don’t forget cover crops. They are a simple way to replenish the soil in cold weather months.”



Not your typical soil amendments

It is hard for the average home gardener to produce all the compost a garden needs, which means we need to find it from other sources. Soil amendments are readily available at garden centers throughout the region, but if you are interested in trying something different, consider these well-tested options.

AMY's Planting Mix (APM) The primary use of this soil amendment is to improve compacted or low-nutrient soils. It combines pine soil conditioner with mushroom, dairy and leaf composts to create a nutrient-rich mixture that is a favorite among local landscapers. The mixture is good for potted plants, flower beds, lawns, trees and shrubs. Look for it at Asheville Mulch Yard locations throughout Asheville. To learn more about AMY's planting mix and find the Asheville Mulch Yard location nearest you go to Ashevilemulchyard.com.

Biochar It is a solid material produced from the carbonization of biomass such as wood, manure or leaves. This soil enhancer holds carbon and enhances soil fertility by reducing acidity, which in turn reduces the need to add lime to the soil. Because Biochar helps soil hold its nutrients, it also reduces the need for fertilizer. To learn more about Biochar and find out where it is available locally, go to biochar-international.org.

Nature's N.O.G. This product is the result of 40 years of research by Dr. T.L. (Tee) Senn, Professor Emeritus at Clemson's Department of Horticulture. The primary ingredient in Nature's N.O.G. is *Ascophyllum nodosum*, a Scandinavian seaweed that is naturally rich in key plant growth hormones (humic, fulvic and ulmic acids). It also includes natural micro-nutrients such as iron, copper, boron, zinc and molybdenum. To learn more about Nature's N.O.G. and where it can be purchased locally, write David Senn at davidsenn@mindspring.com.



Open daily!
from 8:00 am to 6:00 pm
570 Brevard Road
Asheville, NC
828.253.1691
wncfarmersmarket.org




flora

every day floral occasions
commercial & residential container gardens
weddings & special events • deliveries • gifts

428 B Haywood Road • Asheville
828.252.8888 • www.floraEvents.com

Design a garden that's fragrant, edible and organic

by RUTH GONZALEZ

Spring unfolds gently in the southern Appalachians. It's one thrill to the next, and garden planning can take the same approach. Even tiny yards and balconies bring joy on a daily basis. Note what makes your heart skip a beat each season and plant to delight the senses. All of them!

Herbs near the door, flowers to greet you after a hard day at work, and evergreens and early spring bulbs chase away the winter blues — keep the joy factor rolling! Ask yourself: Can you eat it? Does the fragrance make you smile? Can it provide structure and “bones” for every season, including winter? Will the blooms attract butterflies and pollinators?

Think about ways to add excitement to your garden design. Consider replacing a straight concrete sidewalk with a curved stone pathway. Tumble vines over an arbor to utilize vertical space for edibles and flowers. Gates and fences create a little mystery and set a stylistic tone for the garden — formal, rustic or funky. Large containers, birdbaths, and garden sculptures add instant drama.

A few simple changes can dramatically alter the front entry vibe of your garden and keep you smiling all year long.

DEVIL IN THE DETAILS

Pay attention to the details about each plant (like size, habit, light and soil requirements) and put the right plant in the right place. Sun-loving plants revel in full sun and languish in shade. Shady plants are most luxuriant in part shade. Place tall plants toward the back of your beds, so shorter plants can be fully appreciated — and everyone enjoys the show (including the pollinators).

Determine the mature size of the tree, shrub or perennial that you are planting and site according to recommended spacing to avoid over-crowding. It will fill in beautifully over time. Nestle fragrant plants by a pathway, a bench, or under a window where you will be certain to smell them at bloom time.

If possible, plant your edibles between the car and the main door so you notice when they are ready for harvest. Make it easy to rush out in the midst of fixing dinner to grab some parsley.

ORGANIC AND EDIBLE

Think organic everywhere. It's better for children, pets,

pollinators, and grownups too. Children and pets tend to roll around in the grass and put everything in their mouths, inadvertently exposing themselves to chemicals. Kids love to forage in the yard, eating as they play. Make that do-able with your approach to gardening.

Planting time also provides an excellent opportunity to improve your soil with additions of compost, which offers long-term



benefits like healthier, happier and more drought-resistant plants. Mix 50 percent compost with 50 percent native soil in your planting hole, or better yet, in your entire flowerbed.

Traditional flowerbeds can incorporate edibles with ease. Since most edibles prefer full sun, identify “puddles of sun” in your flowerbeds and tuck in an edible. Many cool season vegetables (like lettuce and greens) can tolerate a little shade, whereas warm season vegetables (like tomatoes and peppers) require full sun.

Consider your vertical space. Plant raspberries, blackberries, peas, beans and cucumbers on a trellis.

Which is which?

- **Perennials** are plants that come back every year. Perennials rarely bloom all season long. They bloom at a certain time every year. Gardeners can plant a mix of different perennials to enjoy blooms all season long. Examples of perennials are phlox, echinacea, daisy and black-eyed susan.
- **Annuals** must be replanted every year. Even though they must be re-planted annually, they bloom almost continually during the season, so you get flowers all season long from one plant. Examples of annuals are pansy, petunia, geranium, cosmos and zinnia.
- **Deadheading** means trimming the spent flower bloom from the plant. You will extend the bloom time of both annuals and perennials by deadheading regularly. You can even extend the bloom time of many bushes by deadheading.

Blueberries offer year-round beauty with flowers in spring, berries in summer, and flashy fall color. Rip out the monkey grass along your walkway and replace it with curly parsley as an annual border. Harvest your supper from containers on your deck or balcony. Be a DIY mixologist and plant some edibles for summer cocktails — such as ‘Mojita’ mint or mini-cucumbers for garnish.

USE FLOWER POWER

You can't beat perennials and annuals for flower power, so think big. Why? A large grouping of one type of flower is much showier in the garden, and pollinators prefer a patch that is at least three to four feet in diameter. People love the generous look and so do the bees and butterflies. That means you are planting five to seven plants in each grouping.

Plan to have something blooming all season long, including shrubs and trees. Mix different heights of flowers and factor all-season interest into your design. Plant evergreens in strategic spots so your garden will have a strong winter framework. It is depressing when you are left with nothing to look at all winter long. Winter bloomers like hellebores, mahonia, witchhazel and winter jasmine are real balm for the soul.

Look at your garden with new eyes. Hidden potential is lurking there, awaiting your discovery. Something as simple as parsley in a pot can shift your mealtimes from bland to gourmet. Toss in some bloom power and jump in with both feet. Don't be afraid.

Gardening offers a new chance every single year. A little thoughtful planning will transform your yard into a place that provides food, fragrance and joy on a daily basis.



**Vintage Modern
Boho Wedding
Collection**

46 Haywood St - Suite 11
Asheville
828.357.4668
g34avl.com







MARKET, DELI & RESTAURANT

*A Local Dining Experience
Using Local Products!*



SERVING TUESDAY - SATURDAY 9AM - 9PM
DELI 9AM - 4PM • DINNER 4:30PM - 9PM

1050 Haywood Road, West Asheville, NC 28806
www.NonaMiaAsheville.com • (828) 505-2028



Garden herbs: Going beyond parsley, sage, rosemary and thyme

by CAROLE HOWELL

From times almost as ancient as our Blue Ridge Mountains, cooks have used herbs to enhance the taste and color of food. Today, people are discovering new aromatic and exotic herbs and finding new ways to savor them.

Maybe it's due to all the cooking shows and social media driving the interest. Beth Trigg of Red Wing Farm in Swannanoa, just east of Asheville, says that there is definitely an increased consumer demand for herbs.

"There is an incredible, burgeoning plant-loving culture in Asheville," says Trigg, adding that their customers are seeking culinary herbs as well as supplies for making teas, concocting home remedies and simply for their beauty and aroma.

"And more and more vegetable gardeners are recognizing that integrating herbs and flowers into their garden helps with pest control and overall health of the garden."

HOW DOES YOUR GARDEN GROW?

As department manager of annuals and herbs at BB Barns Garden and Gift Center in south Asheville, Letha Hinman often advises customers interested in incorporating herbs into their garden scheme.

For a groundcover, Hinman recommends fragrant creeping thyme. This perennial with tiny lavender blooms does well mounded in soft mats between stepping stones or cascading over a craggy garden wall, and thrives with little or no care. Its leaves may be a little difficult to harvest, but both gardeners and cooks will be pleased with the results.

"Lavender, of course, is always beautiful in a landscape," says Hinman, "and there are so many kinds. One is a newer variety called Phenomenal, which seems to be living up to its name."



If your space is limited, try growing herbs such as parsley in containers or hanging baskets alongside companion plants such as Johnny-jump-ups.

Hinman says that some good rules of thumb for landscaping with herbs are choosing hardy varieties suited for your growing zone and a sunny spot with good drainage.

PLEASE PASS THE SALT (AND THE WATER AND THE BUTTER)

Now that you have a variety of herbs ready for snipping, or you've picked up a fresh supply at the farmer's market,



Letha Hinman (Photo by Linda Doll Cluxton)

how many ways can you use them? The answer is: quite a few.

Mix snipped chives and crushed garlic with your butter as a spread or to top off a grilled steak.

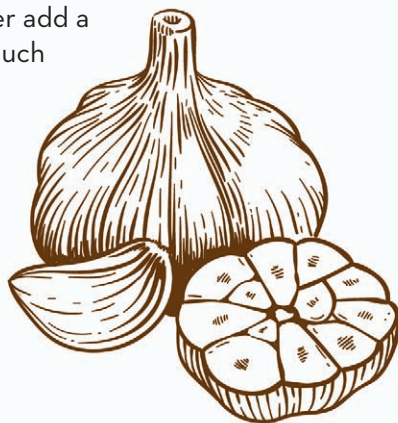
For flavored salt, wash and pat dry a cup of pungent fresh herbs such as basil, oregano or thyme, then chop them and spread to dry. Using a food processor, mix with a half-cup of sea

salt and blend well. Use it on meats and grilled vegetables, season some homemade potato chips, or sprinkle it over popcorn. Savory flavored salt also makes a unique gift.

You can do wonders with water simply by muddling some mint leaves in a little bit of sugar to release their oils and adding in strips of lemon rind to make a pitcher of water to enjoy while you relax after a long afternoon in the garden.

Used as a grilling rub or sprinkle, a simple combination of savory dried herbs is a flavorful alternative to rubs with added salt and sugar. Chopped herbs, freshly ground black pepper and olive oil make a combination hard to beat served along with a crusty loaf of bread. Long sprigs of rosemary or lavender add a perfect green and fragrant touch to a cut flower arrangement.

Now that spring is here and your local greenhouse is calling, don't pass the herbs on your way to the flowers. A selection of versatile herbs, grown fresh at home, can delight your eye and your palate.



Infusiastic!

If you're growing your own herbs, or even if you purchase them at the farmer's market, you can make your own delicious infused oils and vinegars at a fraction of the market price.

GARLIC AND HERB VINEGAR

Perfect as a dressing for your fresh salad greens, sautéed kale, collards, and as an addition to marinade.

1 1/2 cups fresh basil leaves, dill weed, tarragon or rosemary sprigs

4 cups white wine or Champagne vinegar, plain white vinegar or balsamic vinegar

1 clove garlic, thinly sliced

Choose a large glass bowl. Thoroughly rinse the leaves and sprigs and pat dry with paper towels. Roughly chop the herbs, leaving the sprigs whole, and place them in the bowl. In a saucepan over low heat, warm the vinegar to simmer, but not boiling. Pour the vinegar over the herbs and stir to combine. Set the bowl aside until the mixture cools, then cover well and refrigerate for 2-3 weeks. Gently stir the mixture every few days.

When you have the vinegar exactly as you like it, strain out the solids and transfer the vinegar to clean bottles or jars.

Makes two pints.

CHIVE AND SAGE OLIVE OIL

Infused oils add flavor to sliced tomatoes, salads, sandwiches, pasta, brushed over grilled meats after cooking, and combined with other fresh herbs as a savory dipping sauce for a crusty loaf of bread.

1 cup fresh chives

1 cup sage leaves

2 cups of high quality olive oil (see note)

Chop herbs. In a heavy saucepan, add oil and heat on low, stirring occasionally for about 20 minutes. Remove the mixture from the heat and allow it to cool completely. Using a fine wire-mesh strainer, remove and discard the solids and refrigerate the oil in a covered container. Use within 2-3 weeks.

Makes one pint.

Note: You get what you pay for. Less expensive olive oils are often combined with vegetable oils. To make sure that your olive oil is the genuine article, pour two ounces in a jar, cover and refrigerate overnight. If the oil solidifies, it's monounsaturated and is truly olive oil. If it remains liquid, it's polyunsaturated and contains a lesser quality oil.

Bee bop a ree bop ... rhubarb rising

by REBECCA MORRIS PULLEASE

*"But one little thing can revive a guy,
And that is home-made rhubarb pie.
Serve it up, nice and hot.
Maybe things aren't as bad as you thought."*

*-Garrison Keillor and his eclectic band
of radio players from a Prairie Home
Companion episode celebrating
the end of winter and the return to
above-ground display which is the
rhubarb plant.*

Spring welcomes rhubarb as it awakens from winter hibernation and eventually presents the creative chef with a plethora of choices for rhubarb concoctions. It was not always a culinary delight though. Throughout its 5,000-year history, rhubarb has primarily been hailed for its medicinal powers and reportedly utilized as a food source only during the last two centuries.

Rhubarb delights in the climate of the mountains of western North Carolina. Although often mistaken for a fruit, it is properly classified as a vegetable. An exceptional source of calcium and dietary fiber, rhubarb also boasts Vitamin C richness. But, beware those heart-shaped leaves for they contain oxalic acid, which is a corrosive that can be fatal if ingested, thereby causing the tongue and throat to swell,

which compromises breathing.

According to The Rhubarb Compendium, this member of the buckwheat family was prescribed as a purgative to treat an array of bowel disorders. It was recommended as a preventative measure during the outbreak of the plague and maybe even played a definitive role in the so-named Opium Wars. Rhubarb growing in the Northeast is referred to as "pieplant" or the more colloquial "rue-bub."

Hot sun provides excellent exposure during the growing season, according to Alan Israel, a third generation purveyor of the botanical treasures that comprise Jesse Israel & Sons Nursery and Garden Center. What began as a nursery in Candler in 1968 under the direction of his grandfather, father and uncle grew to house nine greenhouses by the early 1990s. From the time he was a boy of five, Alan has been working the business literally from the ground up, spring through fall.

Israel says that the most popular variety of rhubarb they sell is the Victoria Rhubarb, second only to the Canada Red. He adds it ranks as an exceptional border plant since it is a perennial, which can grow to be quite tall and is noted for its pest-unfriendly qualities. The poisonous leaves discourage nibbling by domesticated (read feline) and wild creatures (read rabbits, deer and insects) alike.

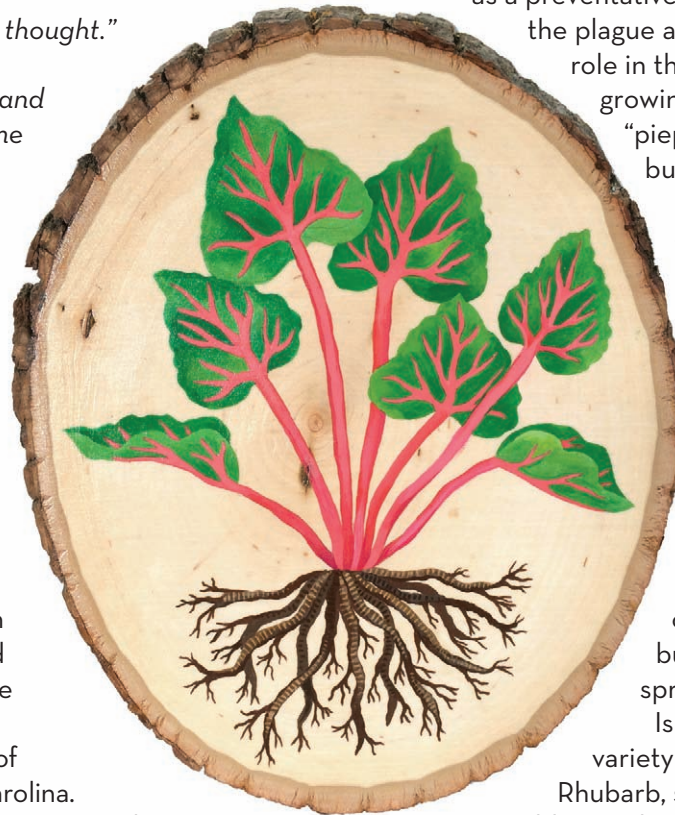


Illustration by
Stephanie Peterson
Jones

Rhubarb memories

"I first met rhubarb in my great uncle Billy's tiered mountainside garden near Highlands, NC when I was just a toddler. And when I tasted the homemade strawberry-rhubarb pie that night, I became a true fan," says gardener Banta Whitner. "Decades later, rhubarb was the first perennial vegetable I planted in my Black Mountain garden."

Plough to Pantry editor Janet Moore's grandfather was a horticulturist for the Canadian government. "Gardening was his passion, and he had a magnificent one," she recalls. "After a long Canadian winter there was nothing more

exciting than seeing the rhubarb poking up through the ground. It was a sure sign of spring."

Janet remembers her grandmother making the most delicious rhubarb pie and rhubarb compote with those ruby red rhubarb stalks.

"My fondness for rhubarb is as much about these youthful memories as it is about its deliciously tart flavor that makes you sit up and take notice of something that would otherwise be sweetly ordinary," she says. "Plus, it is a gorgeous plant. What's not to love?"

Appalachian

Lifestyle Celebration

SATURDAY, JUNE 13
10 am-5 pm • Main Street
WAYNESVILLE, NC

Mountain Music & Dance • Storytelling
Arts & Crafts • Demonstrations & Displays
Local Authors • Traditional Mountain Food

MICHAEL RENO HARRELL
MEAN MARY • WHITEWATER BLUEGRASS COMPANY

J Creek Cloggers • Southern Appalachian Cloggers
JAM Students • Mike Pilgrim • Bob Plott & Plott Hounds
Spencer Bolejack • Many more!

828.456.3517 • DOWNTOWNWAYNESVILLE.COM

Sorry, no animals allowed at downtown events

Funded in part by HCTDA | 800.334.9036 | visitNCsmokies.com

FINE CASUAL DINING WITH A LATE NIGHT MENU
SATURDAY & SUNDAY BRUNCH 10AM - 2PM

JAZZ EVERY SUNDAY EVENING | BLUEGRASS EVERY TUESDAY
FOLK, POP, JAZZ, BLUEGRASS & AMERICANA MUSIC • TUES-SUN 5PM-MIDNIGHT



KITCHEN 743 at ISIS



743 HAYWOOD RD • ASHEVILLE • (828) 575-2737 • ISISasheville.com

Western North Carolina Farm Tours



FAR WEST FARM TOUR

June 26 & 27, 2015
Clay and Cherokee Counties, NC
southernappalachianfamilyfarms.com

HIGH COUNTRY FARM TOURS

June 27, 2015, Ashe County, NC
July 18, 2015, Watauga County, NC
farmtour.brwia.org

JACKSON COUNTY FARM TOUR AND GARDEN WALK

July 25 & 26, 2015
Jackson County, NC
jacksoncountyfarmersmarket.org

POLK COUNTY FARM TOUR

September 19, 2015
Polk County, NC
polkcountyfarms.org

ASAP'S FARM TOUR

September 19 & 20, 2015
Buncombe, Haywood, Henderson,
Madison, and Yancey Counties, NC
asapconnections.org

Find out more about farm tours in the
region under events at fromhere.org.

WHO GROWS YOUR FOOD?

Going native with your ground cover

by MARDI LETSON

Do you have a barren weedy trouble spot in your garden? Ground covers will add beauty to a garden and minimize maintenance by crowding out weeds and protecting the soil. Skip the exotic and potentially invasive options like English ivy, vinca, and pachysandra, and consider the many native plants that make interesting and colorful carpets under trees, along slopes, or at a garden's edge.

Native plants can add immeasurably to the beauty and diversity of your garden's ground layer. Planted areas of indigenous material will come alive by providing food and shelter for insects, birds and animals. When sited correctly, native species are better able to withstand regional

(*Phlox subulata*) has the familiar needle-like evergreen foliage and will tolerate hot, dry areas and drape beautifully over the edge of a wall. Wild columbine (*Aquilegia canadensis*), common blue violet (*Viola sororia*), wild geranium (*Geranium maculatum*), and tickseed (*Coreopsis pubescens*) are sun lovers that are easy to grow from seed. Bearberry (*Arctostaphylos uva-ursi*) has a trailing habit, helps with erosion control on slopes, and is beautiful in winter decorations. Woodland stonecrop (*Sedum ternatum*) is easily grown and tolerates more shade and moisture than other succulents. Coral bells (*Heuchera americana*) produces airy flowers atop attractive foliage.



weather extremes than most alternatives. Plus, using natives eliminates the risk of introducing future invasives. Native plantings connect gardens to their broader landscapes and convey a sense of place and context that is important to good garden design.

As with all gardens, putting the right plant in the right place is essential to the long-term survival of your native groundcover. Before you make a wish list, assess the light, moisture and pH level of the soil and choose plants accordingly.

DO YOU HAVE A SUNNY SITE?

Consider the ebony spleenwort (*Asplenium platyneuron*), an evergreen fern that tolerates some drought. Mossy phlox

DO YOU HAVE A SHADY SITE?

Native ferns are a long-lived deer-resistant choice for both large- and small-scale ground cover needs. The durable maidenhair fern (*Adiantum pedatum*) sports delicate, lacy fronds. The New York fern (*Thelypteris novaboracensis*), netted chain fern (*Woodwardia areolata*) and hay scented fern (*Dennstaedtia punctiloba*) will rapidly colonize in the right conditions. Two terrific evergreen ferns are the marginal wood fern (*Dryopteris marginalis*) and Christmas fern (*Polystichum acrostichoides*).

CRAVE A SHOWY DRIFT OF COLOR?

Consider the dwarf crested iris (*Iris cristata*) or wild sweet William (*Phlox divaricata*) which has a spectacular fragrance.

Delicate flower clusters of the white wood aster (*Eurybia divaricata*) are gorgeous under a tree in late summer. The easy-to-grow, semi-evergreen foamflower (*Tiarella cordifolia*) sports showy white flowers and lovely heart-shaped leaves often with reddish variegations that turn bronze in the autumn.

WANT A MAT THAT GROWS TIGHT TO THE GROUND?

Partridge berry (*Mitchella repens*) can add an interesting layer of tiny evergreen leaves, flowers, and fruit in a smaller bed. Barren strawberry (*Waldsteinia lobata*) is semi-evergreen with strawberry-like leaves and small yellow flowers that bloom in late spring. Green and Gold (*Chrysogonum virginianum*), a versatile semi-evergreen workhorse of a groundcover, tolerates most conditions and produces delicate little yellow flowers. Allegheny spurge (*Pachysandra procumbens*) has larger, mottled leaves than its Asian cousin pachysandra and tolerates drought and deep shade. Wild Ginger (*Asarum canadense*) requires consistent shade but, when shielded from the sun, it creates a dense mat of heart and kidney shaped dark green leaves that cover the small cup-shaped purplish brown flowers at the base of the stems.

ARE YOU AIMING FOR THE GRASS LOOK?

Native sedges (*Carex pensylvanica* or *Carex appalachica*)

are adaptable grass-like plants that add a whimsical hairy texture to the garden.

Spring ephemerals offer a pop of color or texture early in the growing season. Low maintenance Virginia bluebells (*Mertensia virginica*) produce lovely blue flowers in spring and can live for decades. Mayapples (*Podophyllum peltatum*), jack-in-the-pulpit (*Arisaema triphyllum*) and trillium (*Trillium*) create beautiful but fleeting carpets of leaves and flowers. Because ephemerals go dormant in summer, consider pairing a mass of them with attractive foliage to add interest later.

Many local and mail order nurseries carry good selections of natives. Ruth Gonzalez of Reems Creek Nursery warns not to gather plants from the wild, because many species are endangered and digging can destroy native colonies. Also, many natives transplant poorly.

For design ideas, remember that the most beautiful uses of native plants imitate nature. Visit local natural habitats to see how native plants naturally occur. Or stroll the paths of the Botanical Gardens at Asheville where the staff has created small vignettes replicating habitats within the Smokey Mountains. BGA garden manager Jay Kranyik says, "Using natives is an homage to the rich biodiversity of the Southern Appalachians. We provide a space for inspiration and education, to help folks celebrate our natural heritage and not add to the problem of invasive exotics which cost the U.S. billions of dollars a year."



Grow Your Food!
 Know Your Food!



The Garden Company
B.B. Barns

Garden - Gift - Landscape Company
Locally Grown ~ Locally Owned for 27 Years

GARDEN & GIFT CENTER Indoor/Outdoor Living Décor, Trees, Shrubs, Perennials, Annuals, Houseplants, Succulents, Orchids, Birding, Statuary, Customized Silk Floral Design & Container Gardens, etc...	LANDSCAPE COMPANY Design • Install • Maintain Custom Designed Landscapes, Steep Slope Design, Driveways, Patios, Pathways, Steps, Walls, Water Features, Arbors, Fences, Lighting, Irrigation, etc...
--	--

Destination Garden Center Serving NC, SC, TN & GA

828.650.7300 • bbbarns.com

3377 Sweeten Creek Rd. Arden, NC 28704

All we are saying is give bees a chance

by SARAH K. SCHUETZ

We all know that bees and other pollinators are essential to the vitality of the world's agricultural infrastructure. In recent years we've learned that, for a variety of reasons, they are in trouble.

According to the Natural Resources Defense Council, at least one third of all hive populations are consistently dying each year. Labeled Colony Collapse Disorder, this disturbing trend has led to the lowest numbers of hives in the United States in 50 years.

"The two most destructive factors for bees are overly large single cropped acreages and the use of herbicides that clean fields of weeds," writes Dr. Mark Winston, bee expert and activist. Hailing from British Columbia, Canada, Winston will speak in Asheville as part of Pollination Celebration 2015, a week of events running June 13-21.

Add the related issues of the vanishing of native flowering plants and trucking exhausted colonies around the continent to pollinate for our industrialized agricultural system, and

the stage is set for disaster on a grand scale. Each challenge is devastating enough on its own, but the combined effects might be irreparable if left unchecked.

ACCENTUATING THE POSITIVE IN BEE CITY USA

Asheville resident Phyllis Stiles was tired of hearing only bad news about the bees. "I wanted to know what we were going to do about it!" she says.

Stiles completed Bee School through the Buncombe County-based Center for Honeybee Research in 2009 and became an active member of Buncombe County's Beekeepers chapter. By 2011 she began to rally like-minded collaborators from the club and beyond.

Their proactive approach led to Asheville City Council's 2012 application for Asheville to be certified the first-ever Bee City USA®. Celebrating healthy, sustainable choices that favor pollinators and advocating for others to do the same, Stiles and her crew patterned their entirely volunteer nonprofit organization after a well-known model, Tree City USA®.

Pollination Celebration 2015

June 13-21

Presented by Bee City USA® and
The Ingles Advantage.

A week of events in Asheville for all ages
honoring our hardworking pollinators

Info: beecityusa.org/pollinator-week



Illustration by Stephanie Peterson Jones



“Where do people live? They live in cities,” Stiles says. “That is where we started.”

Bee City USA encourages a wide variety of actions to nourish and sustain the many types of pollinators critical to each American landscape. The program provides aspiring cities with a template, accountability and support. To date, five other cities have applied for the designation and received the honor, with the approval of multiple others on the horizon.

WHAT YOU CAN DO TO HELP

Perhaps the most important piece of the pollinator puzzle right now is people. It's time to take action!

You can painlessly limit or eliminate all types of pesticides around your home and neighborhood and mindfully craft your yard and garden into an inviting habitat for many kinds

of pollinators. In addition to honeybees, it is native bees, butterflies, beetles, moths and hummingbirds that are the pollinators in our region.

The maintenance of a large swath of pristine grass is a major reason herbicide usage is unnecessarily rampant. A manicured turf lawn is an exotic monocrop that would never occur in nature, and it deprives pollinators of much-needed sources of sustenance. Minimize grassy lawn space. Consider letting clover take over for its bounty of nectar-producing blooms.

Perhaps you already try to eat organic food as often as possible. Keep it up! Doing so creates less demand for pesticide use. Good for you, good for the pollinators.

Planting species indigenous to our region is one of the most enjoyable actions you can take to help pollinators. Engage with the landscape around you. What did it used to

Resources



Bee City USA® ~ beecityusa.org

Bee Schools by county ~ ncbeekeepers.org

Buncombe County Beekeepers chapter ~ wncbees.org

Center for Honeybee Research Asheville ~ chbr.org

The Hive research and writings of Dr. Mark Winston ~ winstonhive.com

Monarch Watch; register as a Monarch Way Station ~ monarchwatch.org

Natural Resources Defense Council ~ nrdc.org/wildlife

Wild Mountain Bees, Asheville ~ wildmountainbees.com

look like prior to development? What conditions favor which plants? You will not have to compromise the aesthetic, and there are many qualified experts around to assist you. What is sustainable is always en vogue.

If you plant only one native species this year, a strong candidate should be milkweed for the monarch butterfly, another endangered pollinator. Varieties that grow in the southern Blue Ridge naturally are *Asclepias tuberosa*, *Asclepias incarnata*, *Asclepias exaltata* and *Asclepias syriaca*.

You might wonder which is best, milkweed seeds or plants. “Either will do,” says Nina Veteto, Asheville resident and founder of the nonprofit organization Monarch Rescue, “but untreated plants purchased from reputable nurseries will help provide food and habitat fastest. After planting, be sure to certify your site as an official Monarch Way Station.”

Lastly, remember that most pollinators are not hive-dwelling honeybees. Believe it or not, you can help out that crew by doing a bit less work in your yard. The Xerces Society for Invertebrate Conservation suggests leaving the occasional bit of unkempt growth, a bare patch of ground, or a rotting stump as shelter for another cadre of your neighborhood pollinator squad.



A NEW AWARENESS

Stiles is encouraged some these days. “People are asking a lot more questions when buying plants. They want to know how they can plant to help the pollinators.” Further, she credits schools with pollinator gardens as playing an important role. “Kids are learning to love the pollinators. Fantastic! They are so wide open. It is not so hard to teach them.”

Undeniably, bees and other pollinators are facing challenges of daunting complexity and gravity. We are fortunate to have a wealth of local resources of information, inspiration and support. Organizations such as Bee City USA® serve as beacons of hope, reminders that we can take positive action to effect positive change.

Dr. Winston writes, “Invariably, beekeepers are willing to set aside the too-common things that divide us: race, religion, politics, national origin and economic class, to just talk bees. Perhaps there is a larger message to be learned from beekeepers, the potential for collaboration and collegiality when otherwise distant segments of society come together in fellowship united by common interest. It’s not world peace, but it’s a start.”

Asheville Bee Charmer

It is the can-do attitude in our region that drew Kim Allen and Jillian Kelly to Asheville. Their Asheville Bee Charmer is doing right by the bees in our neck of the woods and elsewhere. With both a West Asheville and a downtown location, Allen and Kelly are purveyors of responsibly harvested honey and other bee-sponsored products from local as well as global sources. They are all-around champions of everything apiary, from field to consumer. Learn more at ashevillebeecharmer.com

WEST ASHEVILLE

707 Haywood Road, Asheville, NC
828.505.8829

DOWNTOWN ASHEVILLE

38 Battery Park Avenue, Asheville, NC
828.424.7274

Where to buy responsible plants for pollinators

CAROLINA NATIVES ~ BURNSVILLE

carolinanativenursery.com
828.682.1471

RED ROOT NURSERIES ~ ASHEVILLE

redrootnatives.com
828.545.0565

SOW TRUE SEEDS (OPEN POLLINATED SEED)

sowtrueseed.com
828.254.0708

SELECT TAILGATE MARKET VENDORS

Comprehensive listing at ashevillebotanicalgardens.org



Beautiful hand picked diamonds & estate jewelry in a casual and friendly shopping experience.

ESTATE
Jewelry LTD.

2 Boston Way in Historic Biltmore Village
Mondays through Saturdays 10:30 - 5
www.EstateJewelryLtd.com
828.274.7007

Items shown are one-of-a-kind and subject to prior sale.

One of a Kind
Art Gallery



Fine, Folk & Funky Local Art
in the nostalgic old Micaville Country Store

MON - SAT 10:00 - 5:30
SUN 12:00 - 5:00

573 Micaville Loop, Burnsville
828.675.0690

oakartgallery.com




Visit Maples for

fresh baked goods
including gluten free
and sugar free items,
fresh roasted coffee, tea,
and gift items!

573 Micaville Loop, Burnsville
828.675.1876

RIGHT IN THE HEART OF DOWNTOWN



TOBACCO PLUS+

Sun-Thurs 8am-midnight + Fri-Sat 8am-1am
6 Eagle Street Asheville + 828-254-0048



Photos by Linda Doll Cluxton



Edible meets medical at Yancey County's Mountain Edible farm

by JOY BOOTHE

“What do you like best about growing up on a farm, Lily?” I ask the eight-year-old daughter of Drs. Kelly Rothe and Jeffrey Polgar. “Riding the zip-line down to collect eggs and playing with bunny,” she answers, dashing off through the forest.

Kelly and Jeff head up Mountain Edible, a homestead farm in the South Toe River Valley of Yancey County. Mountain Edible is a natural extension of the couple's shared integrative family practice, Mountain Medical Arts, located in the former Rush Wray home, adjacent to the Nu Wray Inn just off the town square in Burnsville, North Carolina.

When I showed up to meet them, Jeff was cooking down maple sap and Kelly was plugging hemlocks with Reishi and Oyster mushrooms with daughter Lily.

Jeff and Kelly came to the area under different National Health Service Corp scholarships. He fulfilled his five-year service obligation working for the Spruce Pine Hospital before joining practice with his wife in 2008.

They both loved the fact that tax dollars helped pay their loans off so they could spend time teaching patients about wellness instead of just managing disease.

“Wouldn't it be nice to write a prescription for plants rather than medicine?” Kelly ponders.

The couple was drawn to the local food community and wanted to add to it. They first opened their farm to agriculture students five years ago when they knew it could not become sustainable without help.

Both Kelly and Jeff share the intention to live by Hippocrates' adages “Food Is Medicine” and “First do no harm.” For Jeff, the homesteading lifestyle is an extension of his beliefs about wellness.

“So much of today's illnesses are due to mismatch between our ancestral biology and our current society,” he says. “We were designed to run on wild animals and the plants the earth produces. By domestication, genetic

modification and mechanization, our bodies are exposed to unnatural foods and unexposed to the physical activities that our DNA is designed for.”

Hoping for personal health benefit from the organic, whole foods diet and hard work on the farm, Jeff also sees that this is key to his style of practice. “If in Latin, ‘doctor’ means ‘teacher,’ then what better way to teach than by example?”

When I ask Kelly about her farming experience, she says “After trying to farm like I used to in the rich soils of upstate New York for four years, I asked myself, ‘Why am I fighting my forest?’”

After that she developed beds for nettles, lamb's quarters, sorrel, poke, huckleberries, elderberry and ramps, among other healing plants of the western North Carolina mountain heritage.

“On our hikes I started finding edible medicinal mushrooms: lobster, chicken of the woods, hen of the forest, oyster varieties, lion's mane, shaggy mane, Stropharia. I realized I lived in a rain forest – and why not grow mushrooms?”

~Dr. Kelly Rothe of Mountain Edible

“On our hikes I started finding edible medicinal mushrooms: lobster, chicken of the woods, hen of the forest, oyster varieties, lion's mane, shaggy mane, Stropharia,” she says. “I realized I lived in a rain forest – and why not grow mushrooms? We are eating, drying and fermenting the mushrooms as antibacterial, antivirals, and immune builders for our friends and family. They protect the local

honeybees and rehabilitate the soil.”

The smell of Moroccan stew, a rich sauce of local garlic, sumac and herbs over grass-fed and finished lamb fills the room as Kelly and Jeff invite me to join them for lunch. I savor my first bite looking through the south facing windows at the 6,000-foot peak of Celo Knob.

After the delectable meal and delightful conversation, I'm reluctant to leave my friends and this beautiful farm and look forward to continuing our connection.

Mountain Medical Arts and the Town of Burnsville will host a Health Fair August 22 on the town square. To learn more, visit mtnmedarts.com.



(Top) Looking Glass Creamery; (Bottom) Blue Ridge Mountain Creamery (Photos by John A. Zara)

Nothing could be finer than the **WNC Cheese Trail**

by BETH BEASLEY DE BONA

A day's excursion through scenic western North Carolina, discovering what the area has to offer in the way of fine cheese, makes for an ideal spring adventure: a feast for the eyes and palate.

The WNC Cheese Trail highlights the best of local creameries, some of which manage large herds while others focus on making the best cheese possible – both in traditional styles and in fun, spirited flavors.

NANNY GOATS GRUFF

Set back into the undulating hills south of the town of Black Mountain, Round Mountain Creamery prides itself on being a purveyor of Grade A pasteurized goat milk. That doesn't



stop them from also making fine cheeses, which are used by area restaurants as well as eateries as far south as Georgia and Florida.

Goats roam in pastures along the slopes, where a staff of eight works daily to care for, feed and milk the herd as well as produce cheese and manage the office and open-by-appointment store.

"I love doing the tours," says Linda Seligman, owner of Round Mountain Creamery. "Though I enjoy working with the goats the most."

Twelve soft goat cheeses – all available fresh-frozen – range from Mild & Creamy to Nutty Blueberry and Jalapeño Firebomb flavors. An award-winning aged hard cheese dubbed Amber Moon has a Parmesan-style look and flavor, says cheese maker Dennis



King Daddy's duck and endive salad with Looking Glass Creamery cheese

Davey. He recommends grating the cheese, which reminds him of the traditional hard cheese of Italy, with a similar taste, density, and texture.

The soft cheeses are ready to eat within three days, after a process of draining whey from the mixture of pasteurized milk, vegetable rennet and cultures. Round Mountain sells large quantities of the mild-base soft cheese so people can create personal flavor combinations in their own kitchens.

ALLEGORY OF THE CAVE

The dry stonework exterior of Victor Chiarizia's cheese cave is as artisanal as the cheeses that are produced for his Blue Ridge Mountain Creamery. It's not surprising, as Chiarizia has spent decades as a successful glass artist, and he brings the same artistic dedication to the aged cheeses he produces on his Fairview property.

"We tend to make old styles and tweak them," says Chiarizia, whose Italian heritage and appreciation of traditional cheese making combines with his love of experimentation.

"We just let the cheese naturally do what it wants to do," he says of the influence of the cheese cave, where there's less control over outcome. "It's nice and humid – that way everything can grow."

Chiarizia and assistant Lindsey Menendez pamper the small batches of Gouda, Cheddar, Asiago and traditional Alpine and Italian cheeses like Tomma and Taleggio as they age from six to 12 months in the year-round cool cave. The flat blocks of the traditional washed-rind Taleggio cheese have a moister, "gooier" rind, which is ready to eat after pasteurization or can be aged for increased depth of flavor.

Blue Ridge Mountain Asiago, aged up to a year, has a flavor similar to Parmesan, to which peppercorns are sometimes added. Cheddar cheeses are wrapped in a muslin cloth and lard, in the manner traditional to English cheese makers. The

WNC Cheese Trail members

With twelve members dispersed across the mountains and foothills, cheese lovers can create a "Trail" itinerary based on a particular area and personal preference. Check ahead with creameries to make sure they offer tours or are open for business, as some are open only at certain times or by appointment. Visit wnccheesetrail.com for all the details.

Blue Ridge Mountain Creamery
327 Flat Creek Rd., Fairview, NC
caveagedcheeses.com

Bosky Acres
Waxhaw, NC
boskyacres.com

Dark Cove Pottery & Farm
Cullowhee, NC
darkcove.com

English Farmstead Cheese
19456 US 221 North, Marion, NC
englishfarmsteadcheese.com

Heritage Homestead
960 Roy Goodman Rd., Crumpler, NC
heritagehomestead.net

Looking Glass Creamery
57 Noble Rd., Fairview, NC
ashevillecheese.com

Mountain Farm
3001 Halls Chapel Rd., Burnsville, NC
mountainfarm.net

Oakmoon Farm & Creamery
57A Highway 226 N., Bakersville, NC
freewebs.com/oakmoonfarm

Ripshin Goat Dairy
1865 Hwy 268, Lenoir, NC
ripshingoatdairy.com

Round Mountain Creamery
2203 Old Fort Rd., Black Mountain, NC
roundmountaincreamery.com

Spinning Spider Creamery
4717 East Fork Rd
Marshall, NC
spinningspidercreamery.com

Yellow Branch Cheese and Pottery
1073 Old Yellow Branch Rd., Robbinsville, NC
yellowbranch.com

creamery's various blue cheeses age in a cooler, as the tamer conditions suit those cheeses better.

Both Blue Ridge Mountain Creamery and their Fairview neighbors at Looking Glass Creamery buy milk from the pasture-fed cows of Pack family dairy farm in Polk County.

THROUGH THE LOOKING GLASS

Looking Glass owners Andy and Jennifer Perkins have created a spot on the cheese trail where it's easy to relax and unwind on the patio with a meat and cheese plate and a glass of wine.

"We've developed some real regulars that come and like to hang out," says Jennifer Perkins of the store, which can be used for grab-and-go shopping or spending a little time with family and friends. Children can pet the goats on site, and the patio is open for visiting as long as the cheese shop is open.

Looking Glass produces both fresh and aged cheeses, and though the cheese is made on site, the shop has become the public face of the creamery, so there are no tours. Their semi-soft Connemara goat milk cheese was a winner at the 2015 Good Food Awards in San Francisco, the only cheese from a North Carolina producer to win, says Perkins.

Their Chocolate Lab cheese, a strong-flavored washed-rind cheese, features ground chocolate from the French Broad Chocolate Lounge, while the raw, Alpine-style Bear Wallow cheese is akin to a Gruyere, says Perkins, and travels well.

"If you're going to throw a piece of cheese in your backpack, that's the one to bring," she says.

For their goat cheeses, Looking Glass buys their goat milk from Round Mountain Creamery; the milk is also an ingredient in a delectable caramel sauce called Carmelita.

Soft goat cheeses come in flavors like garlic and dill, chipotle, and coconut – this last one Perkins recommends as a good dessert pairing with fruit. Soft, "bloomed" white-

rind cheeses like Looking Glass's brie-style Pack Square and the pyramid-shaped Ellington have a deep flavor, she says. The Ellington, a French-style Valençay that has a thin layer of ash under its rind, has won a second place award at the American Cheese Society Conference.

ALONG CAME A SPIDER

At Spinning Spider Creamery, a love of goats and cheese is being passed to the next generation of farmers and cheese makers.

Spinning Spider Creamery owners Chris and Jeff Owen's three sons, having grown up with the farm, take an active

part in milking, marketing and the other myriad tasks involved in running a dairy farm.

The herd of dairy goats at the Madison County creamery was the springboard for the business, which started with a small group of goats and chevre-style soft cheese, made "since day one," says Chris Owen.

The health and overall quality of the

herd is a priority at Spinning Spider. "We might have ninety milkers on the farm, but each one is special, like pets," she says.

The Owens have educational backgrounds in science, and Chris Owen says cheese making is gratifying for that reason. "I like making cheese for the creativity of it but also for the analysis – understanding the chemistry of the milk," she says.

Spinning Spider sells at farmers' markets and to restaurants regionally, and is known for its Stackhouse, a bloomed rind cheese which "just seems to rise to the top" in competitions. Their aged cheeses have also had a lot of recognition from chefs.

Open houses at Spinning Spider Creamery might include Border Collie and blacksmithing demonstrations in addition to cheese making demos. Be sure to get on the creamery's newsletter list for open house dates, as they are not open for visiting on a daily basis.



Blue Ridge Mountain Creamery (Photo by John A. Zara)



CUSTOM FRAMING & FINE ART



Luscious chocolate leather frame with deep raspberry linen mat

"Delicious by Design"

Custom Framing by Studio B

Creative Design for Home & Office
Consultation & Hanging | Needlework & Fabric Framing

61 N Merrimon Ave • Suite 109
Asheville in Reynolds Village
828.225.5200 • Tues-Fri 10-5:30 & Sat 10-3
GALLERYATSTUDIOB.COM



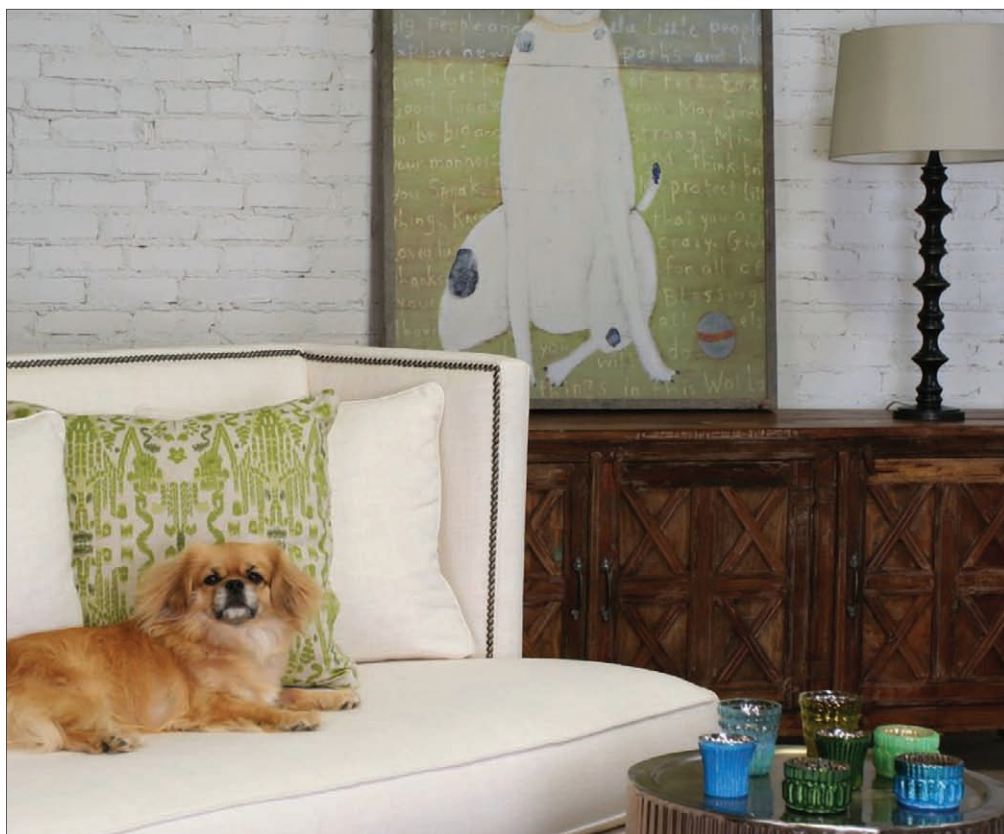
CSA VEGETABLE BOXES

Running 18 weeks • Beginning May 26

Send an email or call to sign up
Calixta.thefarmgarden@gmail.com • 828.575.8586

The Farm
a gathering place

215 Justice Ridge Road
Candler, NC 28715



DWELLINGS

INSPIRED FURNISHINGS

ONE CENTRAL STORE.
FOUR DEALERS.
NO FLUFF. ALL VALUE.

ANTIQUE • RECLAIMED
VINTAGE • MODERN

WED-SAT: 10-5 & SUN: 12-5 • DWELLINGSINSPIRED.COM • 828.350.1333 • 9 REED STREET, SUITE B, ASHEVILLE NC 28803

Southern comfort

Mixing it up with spring drink options

Flavor-infused and aged moonshine, locally brewed craft beer, small-batch bourbons, hard cider, sake and mead, craft bitters and scrubs.

These are the tools of today's innovative mixologists. Thanks to the availability of these ingredients — and a new generation of bartenders who are creating fresh flavor combinations — the spotlight is now on the drink in your hand on a balmy spring evening.

FROM NIGHTBELL ~ THE ASHEVILLE SOUR

Mix to taste Bookers Bourbon, Wicked Weed Black Angel Sour Beer, lemon and sugar. Stir and serve on the rocks. Tastes great with Nightbell's Buffalo Chicken Wings.

FROM BUFFALO NICKEL ~ TRADEWINDS

This cocktail is a fusion of Far East flavors with a mojito twist. Mix Cardamom and Ginger infused Bacardi Rum with Lemon Coriander Cordial and Pineapple Mint Essence. Serve on the rocks with a touch of soda.

Tastes great with any mild flakey fish like Buffalo Nickel's snapper or pork chop.

FROM ISA'S BISTRO ~ THE DEFIANT JULEP

Three strawberries, hulled and halved, three large mint leaves, squeeze of lemon. Muddle ingredients. Add two ounces Defiant Whisky and one ounce fresh strawberry simple syrup*. Shake and serve.

*Fresh strawberry simple syrup – one cup sugar, one cup water, one-half pound fresh strawberries hulled and sliced. Bring ingredients to a boil and steep for 30 minutes.

Tastes great with Spring Burrata Salad made of frisee lettuce, salt roasted marcona almonds and Benton's bacon vinaigrette.

FROM THE LOBSTER TRAP ~ THE LUCKY CATCH BLOODY MARY

Create your own Bloody Mary mix using Horseradish, Dijon or our favorite (Lusty Monk) Mustard, Old Bay seasoning, A-1 sauce, fresh lemon juice, Worcestershire Sauce, V-8 Juice, Clamato juice and Selina Naturally Celtic Sea Salt's crushed black pepper.

Garnish glass with fine ground black Hawaiian sea salt. To the Bloody Mary mix, add vodka to taste. Garnish with a skewer of fresh pickled veggies and a celery stalk. The Lobster Trap adds three large domestic shrimp (steamed, chilled and peeled) and one Jonah Crab Claw (steamed and chilled).

Tastes great any time of day and goes well with (you guessed it)....seafood.



*The Lucky Catch Bloody Mary
(Photo by John Warner)*

MISO MASTER® ORGANIC MISO

...naturally the best!

- An unpasteurized "Live Food", providing antioxidants, isoflavones, and lactobacillus cultures
- Certified Organic, Verified Non-GMO, Certified Gluten-Free, & Certified Kosher
- Made in Western North Carolina since 1979 using ancient traditional Japanese techniques
- Made using domestically grown organic beans and organic grain
- Naturally aged in wood without preservatives or accelerants

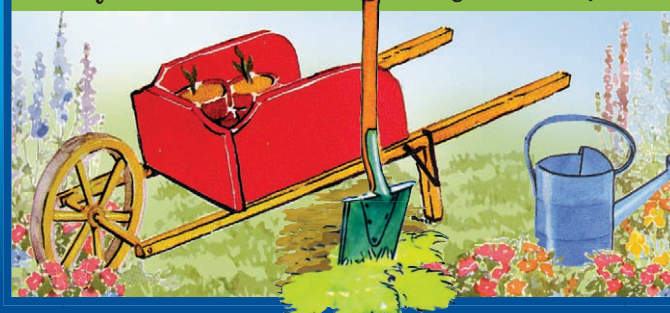


828-665-7790 | Great-Eastern-Sun.com



Sunny Point Café

Breakfast • Lunch • Dinner Daily Garden Specials



626 Haywood Road • West Asheville
828-252-0055 • sunnypointcafe.com



Rock Bottoms

One on One Fitness Coaching & Training

Increase Strength and Bone Mass,
Body Leanness and Cardiovascular Conditioning
Stay Cool ~ No Change of Clothes
In and Out in 30 Minutes

Get Rocked!

ABBY CAIN ~ Certified SuperSlow Instructor
828.348.0343 • rock-bottoms.com
120 Coxe Avenue, Ste. 2C, Asheville

EARTHWORKS ENVIRONMENTAL GALLERIES

Handmade in WNC by Anthony's Stoneware, the sculptural Chicken Cooker has become a true culinary classic.
So often, we hear, "I don't know what I'd do without one!"
Recipes & instructions included • Lead-free glazes



828.452.9500 • 21 North Main Street, Waynesville • earthworksgalleries.com





Rosé's at Divine Wine & Beer (Photo by Megan Authement)

Spirited living

Warm weather wine recommendations

When the weather turns warm, our thoughts turn to outdoor dining. Gone are the robust soups and stews of winter. In their place are grilled meats and fish, asparagus picked fresh from the garden, delicate greens like Swiss chard, sugar snap peas so tender they don't need a bit of cooking to enjoy, and desserts brimming with berries.

Plough to Pantry asked area wine shop owners to share their favorite spring and summer wines that pair well with al fresco dining. The selections range from local Rosés to flavorful wines from France, Italy, Portugal and Spain. All the wines listed are readily available in their stores.

From Kevin Schwartz, Divine Wine & Beer, Asheville
(divinewineandbeer.com)

Kevin Schwartz is a Sommelier, Certified Wine Specialist and a Certified Food & Beverage Executive. In addition to

offering tastings and cooking classes from its Tunnel Road location, Divine Wine & Beer is also the Asheville tasting room for several North Carolina vineyards, including the two below.

Rosé: Mountain Brook Vineyards' Rambunctious Rosé 2012, Tryon, NC (\$16) ~ You'll taste dried cranberry and raspberry with spice notes toward the back palate in this local wine. Its refreshingly smooth, slight sweetness complements grilled salmon, BBQ, grilled pork, pizza and curried chicken. Or, enjoy it all by itself.

Rosé: Burntshirt Vineyards' Villa Rosa 2013, Hendersonville, NC (\$19.95) ~ Featuring ripe black raspberry fruit, this rosé has a little more sweetness to it without being cloying. The ripe black raspberry fruit flavors make it a delightful sipping wine. On the table, it pairs well with BBQ, spicy sweet n'

sour pork and burgers loaded with caramelized onions.

From Shelly Block, La Bouteille wine and beer boutique, Tryon (labouteille.net)

“Just like your wardrobe, Spring/Summer is a transitional season for wines,” says La Bouteille owner Shelly Block. “Beyond just color, a crucial factor is weight of the wine.”

Her favorite wine styles to drink on the deck/porch hail from different regions of the world with price points starting at \$10.

Rosé: A good rosé has the body of a red wine with lightness and fruitiness of a white. It is fresh, crisp and dry, depending on what grapes are in it. There is also a sparkling option. Pair it with the first green food that breaks from the earth in the spring, like peas, asparagus and spring onions.

White: Sauvignon Blanc

This wine has a cool backbone with minerality, flashes of fruit (grapefruit, lychee, lime) and aromas of fresh cut grass and citrus. It is the perfect complement to grilled fish, poached eggs, risotto, asparagus, artichokes, or the superb local chevre cheeses from area creameries.

Red: Montepulciano d’ Abruzzo

Rich but not heavy, this Italian grape has lovely ripe black cherry fruit and a savory earthiness, fruity finish with a slight touch of tannins. Pair with everything from Wednesday night ragù to Saturday grilled meats/pasta/ pizza to Sunday evening pot roast.

From Mary Ann Asbill at Meanwhile: The Wine Shop & Local Market, Saluda (meanwhilewineshop.com)

You’ll find Mary Ann Asbill happily at work in her one-of-a kind well-stocked wine, beer and specialty foods market on East Main Street in historic Saluda. The store also serves as the site of the local farmer’s market. Fine wine

and fresh food all in one location, it doesn’t get much better, making Meanwhile yet another reason to visit this charming Southern town.

White: Bourgogne Cote Chatonnaise Chardonnay, France (\$13.99) ~ This clean, crisp unoaked chardonnay pairs well with summer salads, fish and chicken. It holds up well to spicy foods.

Red: Chateau Recougne Red Blend, France (\$13.99) ~ A bold yet smooth blend with dark and red fruit notes, this wine compliments BBQ, salty meats, hard cheeses and the perennial Southern favorite, pimento cheese.

Sparkling: Tiamo Prosecco, Italy (\$14.99) ~ Fresh with fruity bubbles, this Italian sparkling wine pairs well with appetizers, lighter main dishes, fish, shellfish and soft cheeses.

From Larry Weaver at The Wine Market, Asheville (ashevillewine.com)

The Wine Market has been an institution on Biltmore Avenue since 1993. Larry Weaver is now at the helm following founder Eberhard Heide’s retirement. Larry continues the tradition of discovering lesser known wines of extraordinary quality and value. In addition to tasting events, the Market now has a tasting bar where customers can sample up to 12 wines for a nominal charge.

White: Picpoul de Pinet, France (Co-op and estate releases run from \$9 to \$12) ~ This super clean and crisp white wine from the very south of France is the ultimate picnic wine. It pairs well with just about any food, plus it’s wonderful on its own.

Rueda, Spain (Prices ranges from \$9 to \$20, which means that there is a Rueda for every budget.) ~ This wine maker from north central Spain produces lively white wines made from Verdejo, a grape with a beautiful balance of fruit and minerality. Like

the Picpoul, these wines are great on their own, but also pair amazingly well with all kinds of foods, from sushi and shellfish to tapas and cured hams.

Red: Zweigelt, Austria (There’s one for every budget starting around \$14 for a full liter.) This is a soft, medium-bodied red wine from Austria that features notes of red fruit and pepper spice. One of our favorite red wines all year round, but especially enjoyable as a warmer weather red. Great for BBQ and any foods from the grill, but it’s an especially good complement to spicy foods.

From Hunt Mallett, The Weinhaus, Asheville (Weinhaus.com)

The family-owned Weinhaus is Asheville’s oldest wine store. Located in downtown Asheville across from Pritchard Park for three decades, the store specializes in wine deals and pre-sells. The Weinhaus regularly presents tasting dinners in partnership with top local chefs, as well as “in-haus” events featuring local musicians and, of course, wine and beer.

Rosé: Cuvée des 3 Masses Basses 2014, Rhone Valley, France (\$13.99) ~ This is a delightful rosé from the French AOC Ventoux. It screams summertime and pairs wonderfully with fresh fruit, quiche, chicken and other white dishes.

White: Broadbent Vinho Verde, Portugal (\$9.99) ~ Vinho Verde is a fun, easy drinking wine perfect for sipping out on the deck. This fresh, slightly effervescent wine is great on its own or with seafood and pasta dishes with cream sauce.

Red: Codice Tempranillo 2012, Tierra de Castilla, Spain (\$12.99) ~ A medium-bodied red with a bouquet of warm summer strawberries and a hint of sweet vanilla followed by the flavors of cherry and black currant, this Spanish wine pairs well with meats, cheeses and pastas with red sauce.



Biltmore Estate Vineyards (Photo courtesy of The Biltmore Company)

WNC Wine Trail

Circumnavigating the grape

by BETH BEASLEY DE BONA

It may well translate to a perfect day – or stretch of days – meandering around western North Carolina’s beautiful region sipping wines from the abundance of quality winemakers. The scope and range of wineries is remarkably vast: this area, with its variety of elevations, warm days and cool nights and gently sloping arable land (often possessing the desired rocky soil for growing grapes) is a natural place for many types of handcrafted wine to come to fruition.

Since Bob Bowles launched the WNC Wine Trail website in 2011, the number of wineries listed has increased from about 12 to more than 30. A few meaderies and cideries have added to that number.

“The wine trail extends 165 miles from the South Mountains in Morganton and the Isothermal Belt in Shelby past Asheville into the Upper Hiawassee Highlands of Murphy,” says Bowles, who recommends spring and early summer as the ideal times to visit wineries, as new vintages are released.

This year marks the 30th anniversary of the largest, Biltmore Winery, where French winemaker Bernard Delille and his colleague Sharon Fenchak continue their dedication to handcrafting around 15 varietals and dozens of wines every year in Asheville. Three new releases have been selected partly because they illustrate the history of George Vanderbilt’s family estate and the winery itself, which had its start in a converted dairy barn in 1985.

The Biltmore Estate Chateau Reserve 2010 Blanc de Blancs harkens back to when Vanderbilt, an enthusiast of fine Champagne, would serve guests the iconic sparkling white wine. Produced from North Carolina chardonnay grapes, this brut-style wine is described as crisp and refreshing with great acidity, tropical citrus flavors and lively, delicate bubbles.

The Vanderbilt Reserve 2012 Cabernet Sauvignon and the 2013 Biltmore Estate Riesling highlight the winery’s on-going partnerships with growers producing in premier wine regions.

The Cab is a full-bodied wine with hints of black currant, plum and vanilla, while the Riesling is described as having sweet apricot aromas and honey flavors.

UP INTO THE MOUNTAINS

A half-hour drive northwest of Asheville is another family vineyard, albeit smaller: Addison Farms Vineyard in Leicester, where the 55-acre vineyard's high elevation boasts some incredible mountain views. An acre planting in 2009 got the family-owned vineyard off to a start; it expanded another acre and a half the following year and continues to add about a half acre every year.

One of two new releases from Addison Farms is their 2013 Five Twenty-Nine, their first wine from Barbera — a historic Italian grape in the Alba and Abruzzo regions. "We're very excited about it," says owner Jeff Frisbee. "It's a very food-friendly wine that's medium-bodied with great acidity."

Addison Farms' newest release of their Smokehouse Red is a Sangiovese-Chambourcin blend, according to Frisbee. "There are subtle notes of smoke, cherries and spice on the nose," he says. "It is a food-friendly wine."

Taking the trail south, two vineyards in Henderson County — Burntshirt and St. Paul Mountain, are within a short distance of each other, and make a good afternoon outing or stopover between historic Hendersonville and the Chimney Rock and Lake Lure area. The elevations reach up to over 3,400 feet in places here, like one of Burntshirt's south-facing mountain vineyards, in Gerton, where the slope and rocky soil contribute to a distinctive terroir.

"We're getting some really cool flavors from the varieties we grow there," says assistant winemaker Justin Taylor. "They have more clarity — they are very unique." Burntshirt has added two acres of Austrian Gruner Veltliner grapes to the eight-acre mountain vineyard to increase production of their signature white wine. "It's a crisp, light style of wine," says

Taylor. "Flavors of soft stone fruit, and some apple."

The winery produces two styles of chardonnay, a steel-aged wine with a firm acidity and an oak barrel-fermented and aged chardonnay that has "better body," according to Taylor. While the winery focuses mainly on whites, Taylor adds that they are excited to be offering a reserve red line. A Cabernet Franc will be named sometime this summer, and a Bordeaux style blend will boast a new label for the winery.

Burntshirt's 19-acre Sugarloaf Road vineyard adjacent

to the tasting room and winery was formerly an apple orchard; they create an apple wine using Henderson County fruit.

At St. Paul Mountain Vineyards, nine generations of owner Alan Ward's family have enjoyed 10 acres of scenic mountain land — also once apple orchard but now planted with over a dozen wine grapes, mostly of French origin. This year marks the eighth harvest for the winery, where a 100 percent Petit Verdot and a Meritage-type blend are some of what's new, according to spokesperson Barbara Walker.

"Our area is one of the most unique as far as the plants that grow here," Walker says. "It's like the area around Northern Italy and Germany." Two vineyards, also at varying elevations, impart special characteristics in the grapes grown.

St. Paul Mountain aims for a family-friendly experience in their tasting room and patio. "We're all about the

experience when you come to St. Paul Mountain," says Walker. Their Vin Chocolate Du Barista is a semi-dry wine that can easily be enjoyed with dessert. The winery also produces blackberry wines as well as a hard cider fermented onsite using seven varieties of apples, all grown within the county.

DOWN TO THE FOOTHILLS

Just southeast of Henderson County, a varied cluster of wineries set in the rolling foothills of the Blue Ridge



Burntshirt Vineyards (Photo by Chris Bryant)



South Creek Vineyards & Winery (Photo by Paul Braynard)

Following the trail

What follows is a list of some of the highlights of the WNC Wine Trail. The history of area wineries, including audio interviews, are available for perusing on the WNC Wine Trail website, which strives to keep a current listing of winery hours, so people can plan their journeys. Many wineries give tours in addition to tastings – so be sure to check ahead for availability. For a complete listing, visit wncwinetrail.com.

Addison Farms Vineyard
addisonfarms.net • 828.581.9463
 4005 New Leicester Hwy., Leicester

Biltmore Estate
biltmorewines.com • 800.411.3812
 One Lodge St., Asheville

Burntshirt Vineyard
burntshirtvineyards.com • 828.685.2402
 2695 Sugarloaf Rd., Hendersonville

Overmountain Winery
overmountainvineyards.com • 828.863.0523
 2012 Sandy Plains Rd., Tryon

Parker-Binns Vineyards
parker.binnsvineyards.com • 828.894.0154
 7382 NC Hwy. 108, Mill Spring

Russian Chapel Hills Winery
russianchapelhill.com • 828.817.7260
 2662 Green Creek Dr., Columbus

Saint Paul Mountain Vineyard
saintpaulmountainvineyards.com • 828.685.4002
 588 Chestnut Gap Rd., Hendersonville

South Creek Vineyard
southcreekwinery.com • 828.652.5729
 2240 South Creek Rd., Nebo

in Polk County continue to produce fine wines. One of these, Overmountain Vineyards (OMV), is on the historic Overmountain Victory Trail.

The fifteen acres planted at OMV include grapes for red wines as well as two acres in blueberry and three in Petit Manseng. The latter is an estate white that assistant winemaker Sofia Lilly describes as “an incredible grape,” and produces a wine that has a crisp, lasting acidity, with aromas of pineapple and citrus. “We make it in a dry style, in stainless steel,” says Lilly, daughter of Frank Lilly, OMV founder and owner. Like many wineries on the trail, OMV hosts both public and private events, and views from the tasting room patio are bucolic and inviting.

OMV’s focus on producing high quality reds has yielded wines like their Patriot Red, a blend of Cabernet Sauvignon, Cabernet Franc and Petit Verdot. Aged 18 months in new French Oak barrels, this Bordeaux blend is described as

having an “intense dark berry nose entwined with caramel with subtle smoky undertones.”

An improved barrel room is now in use, and upgrades in equipment will help ensure only the best fruit is used for the wine. “We’ve been making some big leaps,” says Sofia Lilly. OMV also produces blackberry and Muscadine wines, and plans are in the works to create a blueberry wine.

Not far away, Andrey Medvedev



Justin Taylor of Burntshirt Vineyards
 (Photo by Chris Bryant)

has been transforming his Green Creek property in Columbus since 2011 with a recent addition of four acres of grapes, as well as an authentic 17th century-style Russian Chapel. The namesake of the Russian native’s winery, the onion dome and spire of the St. Anna Chapel stands tall amid the vines of Russian Chapel Hills Winery, on a slope not far below the tasting room and event building. Designated as part of the Eastern Diocese of the Russian Church Outside of Russia, the chapel is open to the public when the winery is open.

Medvedev grows Sauvignon Blanc, Chardonnay, Merlot, and Cabernet Sauvignon, along with Muscadine. “Our Merlot is already our signature wine,” he says. A new bottling of Cabernet Sauvignon might upset that designation, though



Overmountain Vineyards (Photo by Shannon Carney)

Medvedev says that Russian Chapel Hills' Muscadine is their best wine. Fields of Gold Farm in Hendersonville makes a goat milk gelato with Medvedev's Muscadine – the artisanal gelato is only available at the winery.

A short drive north of OMV and Russian Chapel Hills wineries is Parker-Binns Vineyard, where their 40-acre property is set back from busy Highway 108, just east of Mill Spring. Owners Karen and Bob Binns just added 600 vines to the 7.5 acres already planted, a vineyard they started after clearing the land when they moved to the area in 2008. "It's an ongoing process; as we grow we will be planting more," says Bob Binns.

Formerly in the restaurant industry, Binns is a natural entertainer: "you come in a stranger and come out as a friend" is the mantra at Parker-Binns, where guests enjoy the chickens, llamas and goats on the property.

The vineyard sustains Chardonnay, Cabernet Sauvignon, Cabernet Franc, Merlot, Chambourcin, Petit Manseng and Muscat grapes, from which the winemakers Karen Binns and daughter Kelly produce an array of wines. The winery's Moscato is described as

having "accents of orange and peach blossom, laced with rose petals and honey," while the Pea Ridge White has "aromas of delicate ripe peaches with underlying Red Delicious apple notes."

Between Morganton and Marion in Nebo is South Creek Vineyards & Winery, where the specialty is Bordeaux style wines. "We work extremely hard on quality here," says owner Mary Rowley.

Horses graze around the winery's historic Italian Renaissance Farmhouse, offering commanding views of the estate. Though their wine style might be Old World, it is "served with a friendly, Southern attitude."

Wines to sample at South Creek include a 2011 Cabernet Franc, a 2013 Chardonnay Reserve and "Diva," a dry Rosé Rowley describes as "very rich, balanced, drinkable, and yummy." Also at South Creek are a Cabernet Sauvignon and Cabernet Franc blend, Petit Verdot and Merlot.

Their signature wine, "Maestro," is a classic Bordeaux wine they describe as having a nose of dark cherry fruit and toasted oak, up front fruit and ripe tannins on the palate and a polished and lingering finish.



AIR is Food in Asheville

Asheville is a city overflowing with culinary adventures. Some are steeped in the past; others are breaking new ground.

In this spirited city, our food is as authentic as the people who grow it, prepare and serve it. They all contribute to AIR – the Asheville Independent Restaurant Association. When you dine at an AIR-member restaurant (there are more than 100 to choose from), you are supporting the farm-to-table culture that makes this region a culinary destination.

So eat up. Drink well.
Play hard. Relax, explore...
and breathe.

airasheville.org

A-B Tech's all-female culinary team set to compete for national title



Photo by Stewart O'Shields

by MARIE BARTLETT

In the study of culinary arts, it takes a strong woman to enter a national contest against the large number of male students who typically go on to rule professional kitchens. But what if you were part of an all-female team not only determined to win the top title, but also committed to watch each other's backs as you help pave the way for other women?

That's what you'll find at Asheville-Buncombe Technical College in the Culinary Arts Department, where an all-female group of students is preparing to compete for the national title of best student team this July in Orlando, Florida, at the American Culinary Federation (ACF) Championship event. This same group won the 2015 ACF Southeast Region Student Team Championship in January in Atlanta, Georgia, scoring the highest overall marks, earning a silver medal, and helping cement the school's enviable reputation for having a top-notch culinary department.

This is the ninth time A-B Tech has reached the level of national competition, but the first time it will compete with an all-female team.

Ranging in age from 18 to 54, the six teammates hail from varied backgrounds: a military kid who moved around and loves "high endurance competition, coupled with art;" a Haywood County resident who has been creating innovative dishes from the time she was a child; a 20-year-old pastry arts student highly influenced by her Mexican heritage; a Portland, Oregon, native who says "eating and cooking was the center of everything we did as a family;" and a seasoned chef who simply loves to cook and entertain, yet says, "I appreciate the hard work it takes to get food from the ground, or ocean, to the table."

All are driven second-year students, all perfectionists in the kitchen, all say they love cooking because it makes people happy, and all are passionate about being part of the team to beat when the competition rolls around in July. The experiences of competing nationally — win or lose — will be the chance of a lifetime, they agree.

"We're in the prep stage right now," says Madelyn Stroud, Haywood County native and, at 18, youngest member of the team. "We're building the menu, getting recipes and our timing down. I do the salad course so we'll be using as

much local produce as we can. I love seeing it come in, bursting with flavor and color. Local food has incredible quality. Though we can't disclose our menu (due to competitive reasons) every dish in our portfolio will have a local connection."

Among the suppliers used in past competitions and currently in the Culinary Arts department are: Sunburst Trout Farm in Canton, offering only the healthiest, farm-fresh fish; Rise Up Rooted Farms in Black Mountain, where Tom Brody has developed a model for sustainable living with his high-quality produce; Joyce Farms in Winston-Salem, which raises healthy animals for healthier meat on their sustainable farm; Looking Glass Creamery in Fairview, a small, award-winning family farm specializing in cheese-making; and Wild Mountain Apiaries Honey in Asheville, featuring free range, GMO-free products.



Photo by Jennifer Moran

"Women are wonderful cooks, but they have been the minority on the professional level. I see them setting the stage for little girls in kindergarten today who want to be executive chefs tomorrow."

~ Sheila Tillman, Associate Dean in Hospitality Education, A-B Tech

showcase their talents. Across the board, women are wonderful cooks, but they have been the minority on the professional level. I see them setting the stage for little girls in kindergarten today who want to be executive chefs tomorrow."

In a \$683 billion industry in which the most visible executive chefs are men, it's only a matter of time before women burst — not the glass ceiling — but the kitchen door.

Natalie Britton, an Asheville native who started working in restaurants at 16, says winning the nationals competition as a female team will mean "everything" to the team and to the school. But more important, "it will put girls at the top of the food chain in culinary arts." She adds that someday, she'd like to run her own catering company. "Maybe then I can get these ladies to come work for me."

"At this point," says Sheila Tillman, who leads the team as Associate Dean in Hospitality Education, "we can't yet identify any local foods that will be used, but do know we are going local." The competition's theme changes each year, with the 2015 focus on sustainability.

Besides flavor, texture and quality of food, judging criteria at the contest includes organization, sanitation, culinary and cooking techniques, creativity, work flow and teamwork.

Tillman is extraordinarily proud of her first all-girl team. "From a female perspective, it's an incredible opportunity for these women to

This is A-B Tech

ACCLAIMED Culinary Program

WINNER

AMERICAN CULINARY FEDERATION

2015 Southeast Regionals

2015 NC State

A Record Nine National Finals



Founded on the fundamentals

Influenced by the region

Driven by passion

For information, call
(828) 398-7900 or
visit abtech.edu/culinary

ABTech
Community College

The on-site gardens of West Asheville's Sunny Point and Flora



Photos courtesy of Sunny Pointe Café

by BETH BEASLEY DE BONA

When it comes to sustainability, the only thing more local than “local” for vegetables, herbs, and flowers is the harvesting and immediate use of what’s directly outside.

For two West Asheville businesses, back door gardening is an approach to providing quality products for their customers that is more than just a labor of love; it’s a statement of values.

SUNNY AND FRESH

Cheerful hand painted signs guide visitors through the big garden directly behind Sunny Point Café, where a healthy percentage of the popular eatery’s “upscale comfort food” benefits from its seasonal crops.

“We’re so proud of our garden, it’s our baby,” says Belinda

Raab, co-owner and manager. “If it didn’t do anything else, it provides us with big smiles.” Everything harvested from the quarter-acre-plus-size plot is brought directly to the kitchen door.

“Customers really love that we make special dishes from items harvested immediately outside the restaurant,” says garden staff member Alice Oglesby. “Along with producing super fresh ingredients and growing unique produce that would be difficult to source, we are able to provide customers and neighbors with a beautiful garden to enjoy, and staff to talk with and learn from.”

On weekends Oglesby encounters lots of locals dropping by to see what’s new. The resident bouncy-spring playground animals entice kids to explore the plant beds; some have never seen food growing before. “This is a big reason we do this,” adds co-owner and manager April Harper.

Over the last several years, earthen beds have been upgraded to raised beds that feature irrigation, and trellising allows the Sunny Point garden to grow more vertically as a space-saver. Keeping track of this little Eden keeps full-time garden manager Melissa Metz busy most of the year.

“Because we have such limited space we try and focus on unusual items,” says Metz, who strives to grow vegetables that are in danger of being lost among the relative monoculture of new varieties.

Dragon’s Egg cucumbers, Islander Lilac bell peppers, Benning’s Green Tint Scallop squash, and the Nancy Hall sweet potato are among the harvests. Fava bean celeriac hummus; a pesto of dandelion greens and bacon; ramp butter; goat cheese stuffed daylilies and tomato, and basil and garlic concasse for omelettes are a few of the seasonal offerings reliant on the garden’s bounty. The small patch of blackberries and blueberries contributes to dessert menu items like Sunny Point’s fruit tart.

Metz plans what will grow way before seeds are started on-site, either in the small greenhouse or the office outbuilding.

Heirloom tomatoes are the “star of the summer,” and the abundance of heirloom beans – like Rattlesnake pole beans and Pencil Pod bush beans – keeps the kitchen staff on their toes. Metz gives chef Michelle Alexander a list of what’s due to harvest so he can plan specials accordingly. Even cocktails benefit.

“We’re definitely including okra and sour gherkins into Bloody Marys,” says Metz.

FARM TO VASE

When searching for an Asheville retail space for her specialty floral boutique, the potential growing areas around a Haywood Road building cinched the deal for Melissa Thomas.

“I thought, how interesting if I have an urban space to

grow,” says Thomas, owner of Flora. “How great to come outside and pick fresh things for what we use. When we moved in we just started loving it up.”

Flowers and decorative herbs and plants were soon flourishing on site. Gorgeous perennials such as peonies, hydrangeas, trailing clematis, passionflower and roses boost the supplies for Flora, which specializes in floral design for weddings and events.

A “fairy garden” of tiny plants and mosses has been nurtured into existence around a telephone pole. A birdbath out back stands tall over sedums and other succulents, creating a focal point in the willy-nilly garden. Flora also grows fragrant and visually interesting herbs like mint,

feverfew, dill, oregano, chamomile and lemon balm for the bouquets they create.

“Most of our customers know that they’ll be getting local blooms, whether it’s from us or local farmers. I think there’s a big movement in the industry toward ‘farm to vase,’” Thomas says, adding that Flora is a “little more ‘urban farm to vase.’”

Flora has taken over the median across Haywood Road at Westwood Place, which, in a state of relative neglect, was choked with Lamb’s Ear and other plants. “They were thrilled for us to take it over,” says Thomas, who sees the space’s beautification as a way to give back to the neighborhood. Lavender, rosemary, cotton, blue castor bean and a

ground cover of vividly colorful muscari flowers add low-maintenance pizzazz to the mini-garden.

Flora has received a Seed Money grant from the West Asheville Garden Stroll to keep improving the triangular median that is directly outside Harvest Records.

Thomas says they try to grow perennials as rule, because then they can support the local farmers that concentrate mainly on annuals. “We hope to grow more and more as Flora grows,” she says.

Sunny Point Café
626 Haywood Rd., Asheville
828.252.0055 • sunnypointcafe.com
Blog: sunnypointcafe.com/in-the-garden

Flora
428 B Haywood Rd., Asheville
828.252.8888 • floraevents.com



Breaking bread in and around Asheville

story and photos by ASHLEY RUZICH

Several bakeries and chefs in Asheville and surrounding counties go to great lengths to provide superior bread with local and organic ingredients. Whether it's a wholesaler or a small neighborhood bakery, truly satisfying bread is easily found around the region.

West End Bakery's "Five Whole Grains" bread contains flour from Carolina Ground, a local miller who uses Carolina grown and locally milled stone-ground organic flour.

"We have always focused on using local ingredients," says Cathy Cleary, co-owner of the West Asheville fixture. "If we purchase from our local farmers we are using less energy, supporting the local economy, and we have the added benefit of knowing where our food comes from."

Another bread maker passionate about local and organic ingredients is Annie's Bakery. As an Asheville wholesaler, Annie's provides organic and high-quality loaves to grocers, caterers, restaurants and local consumers.

"Our top priority is making the highest quality baked goods using the best ingredients possible. We do give preference to local vendors, such as milled flours from Carolina Ground, and organic products including seeds, spices and fruit," says Joey Terry of Annie's.

Annie's New York Jewish Rye, Marbled Rye, and Honey Wheat (made exclusively for Tupelo Honey) all contain Carolina Ground flour, bringing customers a wide variety of quality organic and local choices.

If you haven't tried Isa's Bistro's Griddled Pastrami

Rueben, make it a priority. Chef Duane Fernandes uses Annie's Organic Marbled Rye, making this Rueben irresistible. "The main reason we use local ingredients at Isa's is because of the superior quality and freshness," he says.



Vegan spicy smoked portabella "cream cheese" and jalapeno with Annie's sourdough and Brussels Sprouts at Plant.

Jason Sellers, head chef and co-owner of Plant, is rolling out Saturday lunches again and experimenting with all kinds of exciting plant-based sandwiches using locally baked bread. Plant Sous Chef Nathan Burrows explains that you need not be vegan to appreciate the craftsmanship that goes into Plant's menu.

Take, for example, "The Who Done It" smoked portabella sandwich on Annie's Sourdough. From the smoked mushrooms, to the non-dairy cream cheese, spicy pickled jalapenos and Annie's bread, this sandwich is a true local hero. Sellers explains that the mutual relationship from grower to chef is important and Plant tends to "turn to local products first" to provide the menu with plenty of sustainable options.

In the quaint yet bustling town of Weaverville, long standing eatery Well-Bred Bakery & Café is baking up some delectable breakfast breads and pastries.

"Keeping things local means less of a carbon footprint," says Laura Boquard Taylor, Well-Bred general manager. So dig into that handcrafted scone, muffin or coffeecake, pair it with a cup of coffee and feel great about supporting your

local neighborhood baker. Plus, it's Weaverville. And that's a bonus in itself.

Supporting local bakeries and restaurants just feels right — especially for the appetite.



Racks of bread at Annie's Bakery

Edible flowers add character to any culinary adventure

story and photo by ASHLEY RUZICH

Flowers are a festive way to celebrate warmer weather, brighten up a room, and fill our senses with intoxicating aromas. To add even more delight, edible flowers can be a culinary adventure full of flavor and whimsy.

In Mills River, Sierra Nevada Brewing Company (SNBC) has recently opened their new Taproom. Executive chef Brian Hough and SNBC co-owner Brian Grossman want folks to experience food and beer in a non-traditional way. Hough has created several distinct recipes using whole cone hop “flowers” that pair well with surrounding flavor profiles.

“Hops (used in the brewing process) can just add a small amount of background bitterness and/or aroma or they can steal the show with enamel-peeling bitterness and aroma that dries your eyes out! I know chefs all over America that are playing with this. From the flower to the shoot to the bine,” says Grossman.

To be clear, hops are “more like a pine cone rather than a flower and the technical term is a strobile,” says Bill Manley, SNBC beer ambassador. “The flavor and aroma from hops comes from small glands containing essential oil and bittering properties.”

This bitterness can create challenges for culinary use. “Because it’s so bitter, it needs to be balanced with a sweet flavor profile,” explains Hough, who infuses hops with honey for the wood-fired carrots and folds whole cone hops into the butter for the wood fired clams. As a garnish, the small but mighty hops top the Brioche donut on the SNBC chicken sandwich.

Another interpretation of edible flowers can be seen at Well-Bred Bakery & Café in Weaverville. The pastry case is full of gorgeous purple, gold and white petite pansies and Johnny jump ups. One cake in particular looks especially

ready for spring. Covered in toasted coconut and delicate creamy frosting, The Coconut Crème Cake is garnished with fresh strawberries and beautiful flowers.

A gluten-free chocolate torte is also decorated with dainty flowers, as are several other handcrafted artisan pastries.

General Manager Laura Boquard Taylor explains that the flowers, which come from local grower Evan Chender of The Culinary Gardener, have a delicate peppery flavor. However, “the main reason we use them is to embellish our fabulous desserts with color and texture. The flavor is not the main reason. And, flowers that you can eat? It’s just fun!”

Wild foraged flowers can be eaten and look inimitably cheerful on your dinner plate. A visit with local forager and teacher Alan Muskat of No Taste Like Home is a lesson in backyard floral foraging. Springtime yields many types of flowers so it’s time to look around for some delicious salad embellishments.

“The obvious appeal of wildflowers is in their color, shape and aroma. But there’s a deeper allure in how they open with such willing tenderness to the world. One wonders how anything so delicate can survive, but they do, teaching a valuable lesson,” says Muskat. “Flowers are the premier wild food of spring just as mushrooms are the supreme edible in

autumn. Flowers are also (in general) the most ephemeral of the wild edibles. Many of them are ‘here today, gone tomorrow.’”

Wild redbud flowers from Muskat’s tree adorn a wild edible salad. The flavor is sweet and similar to lettuce with a hint of berry. Wild violets

and dandelion flowers

and leaves are also abundant through spring and summer and can be eaten. The purple blossoms of the “money plant” and wild mustard with its yellow petals are bright and festive and add a blast of color as well as delicate-to-intense flavor to your mix.



Gluten-free chocolate torte with petite pansies and Johnny jump ups at Well-Bred Bakery & Café



Get out into the
al fresco dining
scene this spring

story and photos by ASHLEY RUZICH

Cafes and restaurants all over town are dusting off patio chairs and sweeping what's left of winter off their sidewalks. Beautiful bistros with their tables, chairs and pretty umbrellas bask in the sunlight and encourage us to dine al fresco. It's time to enjoy the warm sun, great food, friends and family.

OUTDOOR DINING AT ISA'S BISTRO DOWNTOWN

Downtown Asheville is the perfect setting for a spring evening al fresco. It's easy to find music, art and restaurants to suit any palate. Isa's Bistro is a great example of an enticing outdoor dining experience with corner sidewalk seating perfectly situated for people watching.

"Mother Nature is the main source of inspiration when it comes to food and drink at Isa's," says Chef Duane Fernandes. "We let the seasons tell us what to start with and then we go from there. Often it's a collaboration of chefs and bartenders."

Friends and family will enjoy beautifully handcrafted small plates and entrées paired with exquisite artisan beverages outside on the patio. With spring's abundance of color and texture, simple cocktails are jazzed up with fresh fruit and a variety of local ingredients.

Mixologists Eric Ragan and Amber Hott get creative by combining Isa's house-made Bloody Mary mix with Asheville's own Firewalker Hot Sauce, while their Moscow Mule is made with local Ginger Beer by Good Bros.

A true southern delight, "PeCAN I have another" is a cocktail comprised of house-made pecan simple syrup, whiskey and lovely pecans on top. In addition to a full cocktail menu, Isa's offers house-made red or white sangria, a cocktail with handcrafted jalapeno simple syrup with cucumber, and a simple syrup and whiskey cocktail with fresh strawberries.

All drinks aside, Chef Fernandes steals the show with his beautiful artistic plates. The Artisanal Charcuterie & Cheese plate (with local cheese by The Goat Lady) is over-the-top gorgeous and tastes even better than it looks. Order a side of olives and you may never leave. Isa's lovely Louisiana "lobster" and crayfish roll is served with a yeasty bun made in-house. The cheese puffs, called "gougeres," have east Tennessee's Benton's Bacon inside.

"For our space in particular, people-watching is a big draw,"



(Top) Artisanal charcuterie and cheese plate with local Goat Lady cheese. (Above) Louisiana lobster roll at Isa's Bistro



(Lefthand page) Pink dogwoods in Lexington Glassworks' green vase enliven the patio at Isa's Bistro. Hand-hewn wooden bowls by Lawrence Kearson are perfect for finger foods. Olives nestle perfectly in Hank Goodman's handmade ceramic tray.

says Fernandes. “You can truly capture Asheville and all its quirkiness from our patio.”

ON THE PATIO AT ISIS RESTAURANT & MUSIC HALL

A sharp contrast to the downtown experience, Isis Restaurant & Music Hall in West Asheville’s village atmosphere offers another exciting al fresco dining adventure, complete with free music on the patio (separate from the indoor concerts where a paid ticket is required).

The new menu from Kitchen 743 at Isis includes a charming picnic option for dining out on the garden lawn. Couples and families are invited to reserve a picnic basket, spread a blanket on the garden lawn and choose from a special picnic menu.

“The beauty of our clean air, blue sky and the magic of our mountains is an inspiration,” says Lilliana Woody, co-owner of Isis, who encourages guests to “slow down and enjoy the simple pleasures around us. Our goal is to reflect and showcase what Asheville is about: fresh, healthy food to be enjoyed with talented musicians for the soul.”



(Clockwise from top left) Locally sourced mushroom, red pepper, and egg small plates at Isis Restaurant & Music Hall; Free weekly Bluegrass on the patio; At Isis, kids love the house-made ice cream

Some of the picnic menu items include delicate local artisanal mushrooms, locally sourced eggs for the egg salad, and sautéed local red and yellow peppers, complemented by artisan bread made in-house. Growlers can be filled with any of the local beers on tap and brought to the lawn to enjoy an evening of bluegrass outside.



Woody and her husband, sons and daughter (who all run Isis together!) are excited about the new menu items and outdoor seating area. In addition to the picnic baskets, “the covered patio is always available and is adjacent to the garden area,” she says.

Seasonal choices for the picnic basket include peanut butter surprise, cheese plates, a variety of wraps and homemade ice cream. Isis will serve fresh squeezed juice, lemonade and summer cocktails, and of

course beer and bottles of wine.

Try one of these options for your next al fresco night out. Enjoy the people-watching, fresh outdoor air, music, art, local artisanal food carefully crafted by amazingly talented chefs, and delicious beverages made to order with the finest local ingredients – and make your outdoor experience as memorable as the beautiful mountains. See you on the patio!

Take it outside ... at home

Sometimes staying at home can be as much fun as going out... especially when you design your own al fresco setting.

Try some lovely stemless wine glasses, a pitcher, tumblers or whiskey snifters hand-blown by local glassmakers at Lexington Glassworks of Asheville. Geoffrey Koslow is passionate about the tableware he and his partner Billy Guilford create daily while customers and passersby observe.

“The way a table is set contributes to the ambiance of the meal as much as the food and wine,” Koslow says. “Our drink-ware is individually crafted one at a time by

hand in our downtown Asheville studio. Our forms and color patterns add a touch of sophistication to any table setting. They can be dressed up for a formal wedding or enjoyed lounging with friends.”

Olives look festive on a handmade ceramic tray by Hank Goodman of Arden. Local artisan Lawrence Kearson crafts hand-hewn wooden bowls, and earthy ceramic plates are made by John Denis Ransmeier

These artisans are members of The Southern Highland Craft Guild whose treasures are featured at the Allenstand Craft Shop at the Folk Art Center at milepost 382 on The Blue Ridge Parkway.



Southeast
Wise Women

HERBAL CONFERENCE

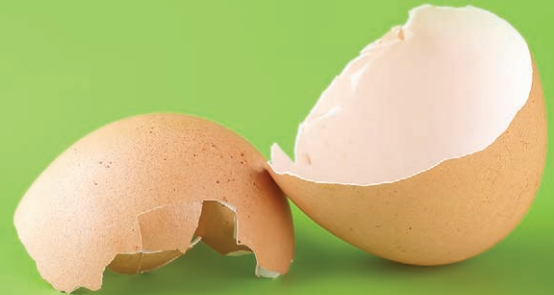


October 2-4, 2015
Black Mountain, NC

www.sewisewomen.com
877-SEWOMEN

When the unexpected happens,
Madison Health is there to
put you back together.

It's what we do.



Rehabilitation Therapies at Madison Health

828.689.5200 *Madison*
Mars Hill, North Carolina HEALTH &
REHABILITATION



Art on Depot Studio & Gallery

*Custom Designed Dinnerware &
Gifts Just as Unique as You Are!*

Pottery • Sculpture • Fiber Art
Paintings • Bridal Registry

828.246.0218 • artondepot.com
250 Depot Street, Waynesville



Copper Pot and Wooden Spoon
(Photo by Rachael McIntosh Photography)

Jammin' It!

by CAROLE HOWELL

It's strawberry season, and not far behind the blackberries, raspberries, and blueberries. In western North Carolina, we're blessed with access to a delicious, wide variety of fresh fruits and vegetables as well as the talents of local farmers and entrepreneurs who specialize in natural jams, jellies and preserves.

"I think people are a lot more conscious of what they're eating now, and when they really think about it, they realize that they're not interested in things in their foods they can't pronounce," says Wendy Harrill of Imladris Farm in Fairview. "We get a lot of questions about our ingredients because our list is so short — fruit, sugar, pectin."

Imladris Farm jams are widely available around Asheville at Earth Fair, Greenlife, some regional Whole Foods markets,

co-ops and specialty shops. It's also served on the table at Early Girl Eatery in Asheville.

THINKING OUTSIDE THE JAR

Of course, jams don't have to be limited to fruit. At Copper Pot and Wooden Spoon in Waynesville, they're experimenting with combinations you may not think of when you consider traditional jam on toast.

"There are a lot of flavor combinations that include hot peppers and tomatoes, sometimes mixed with fruit, that go pretty well together," says Jessica DeMarco, who creates the recipes for her savory spreads.

"Our spreads go well with cheeses and wine," says DeMarco, "but we've also got a strawberry and jalapeno jam

that's very tasty on bagels. Others are very good as a side to meats, and the tomato jam is pretty good on a grilled cheese sandwich."

DeMarco's Roasted Pepper and Peach Jam, made with local red bell peppers, was featured in *Food and Wine* in 2013 as an editor's top pick. The jams are readily available at specialty stores around western North Carolina. You can find a full list of retailers at copperpottraditions.com or order online.

PICKED FOR PERFECTION

"One secret of fresh jam is to get your fruit in season and freeze it until you're ready to make a batch," says Linda Justice, who has been selling her sweet jars of specialties and pickled vegetables in her booth, The Sugar Shack, at the Curb Market in Hendersonville, for more than 30 years. "I guess I know the location of every berry patch around here."

To make sure that you get the ripest, sweetest fruit available, pack



Raspberries at Imladris Farm

a sunhat and a picking basket for a trip to the field.

Anythingnorthcarolina.com lists U-pick farms by county, and there you can find strawberries, apples, grapes, peaches and just about anything else you crave.

"We see entire families returning year after year," says David Nielsen, farm manager of Dogwood Hills Farm on Ox Creek Road in Weaverville. Dogwood Farm has been a U-pick operation for 12 years and specializes in blueberries,

blackberries and Concord grapes. His season begins in early June with blueberries and continues into the fall with the grapes.

Of course, if you aren't the type to brave the summer sun, take a stroll through the WNC Farmer's Market on Brevard Road south of Asheville or stock up at any local curb market. See the list of markets on page 61.

JAMMIN' TO YOUR OWN BEAT

You'll never really experience the full sweetness of jam until you have been able to say, "I made this," and shared a jar of your own fresh creation with a friend.

Harrill has two pieces of advice she gives to everyone who asks about making their own jams and jellies.

"First, make sure that if you're using pectin to follow the directions to the letter," she says. "Second, even if it doesn't set up, don't look on it as a failure. I tell people to simply think of other ways to use it." She suggests using that failed batch as pancake or waffle syrup, a cake glaze or flavor stirred into a fruit salad.

Whether you purchase local ready-made jams or make your own, you can be sure you're enjoying some of the freshest and best the summer has to offer.



Peach Jam

Makes about 8 half-pint jars

2 quarts peeled, crushed ripe peaches

1/2 cup water

6 cups sugar

Wash canning jars in hot soapy water, rinse, and sterilize them by simmering them in a water bath. Leave them in the hot water until you're ready to fill them. Heat lids and rings on simmer until ready to use.

Combine peaches and water and cook for 10 minutes. Add sugar; slowly bring to boiling, stirring occasionally until sugar dissolves. Cook rapidly until thick, about 15 minutes; stir frequently to prevent sticking.

Lift one hot jar at a time from the water bath and fill with jam, leaving 1/4 inch headspace. Wipe jar rims and adjust lids and rings.

Return filled jars to the water bath. When the water reaches a consistent simmer, process for 5 minutes and lift from the bath.

Allow to cool until lids seal. Any jars that fail to seal should be kept in the refrigerator and used first.

“Find dining:” Foraging for spring greens

by BANTA WHITNER

If you’ve never tasted wild dandelion or chickweed, or picked creasy greens in the mountains, you are in for a treat.

“What is a weed?” asked Ralph Waldo Emerson, “but a plant whose virtues have not yet been discovered.” So before you root out those pesky interlopers, take a plant walk with a local forager and learn to identify the delicious edible treasures underneath your feet.

Wild foods educator and philosophorager Alan Muskat of Asheville’s No Taste Like Home has led local wild food adventures in western North Carolina since 1995. He views foraging as living from land to mouth, trusting nature to provide everything we need.

Muskat advises first time foragers to spend time with someone who knows the plants in your area. “It can be frustrating and scary to decide on your own if a plant is edible, and if it’s the same plant pictured in your guidebook.”

He is quick to dispel the common myths about foraging: that it’s too much work or too dangerous. On the contrary, people of all ages and abilities can forage, and the best foragers are children because they live closer to the Earth.

Muskat believes that feeding oneself from nature is as much a basic life skill as math and literacy. No Taste Like Home teaches children to forage through the Afikomen Project in the public schools. This project is funded in part by the Asheville Wild Foods Market, which sells foraged

seasonal edibles at the River Arts District farmers market from April to October.

The Wild Foods Market also offers a free “accidentification” prevention service. Show them your foraged greens and they will help make a positive identification. For more information, visit their website at notastelikehome.org.



EAT THE WEEDS

Corinna Wood, founder-director of Southeast Wise Women and co-founder of Red Moon Herbs in Asheville, is passionate about foraging. “Eat the weeds!” she urges. “They’re common, local, abundant and free.”

According to Wood, the easiest greens for the novice forager to identify are chickweed, wild onion,

dandelion and nettles. To learn about these and other widely available edibles in the wild, you can register for the weeklong Herbal Immersion June 1-6 at Bend of Ivy Lodge near Marshall, North Carolina. See sewisewomen.com for details.

With gathering basket and guidebooks in hand, you are ready for a foraging walk. Botanist and herbalist Abby



Top: Foraging dandelions (Photo by Scott Dean); Bottom: Philosophorager Alan Muskat (Photo by Alex Minkin)

Artemisia of Celo, North Carolina, emphasizes the ground rules. “Get the property owner’s permission first. Always harvest safely and ethically. Take only what you need, so the plants can continue to reproduce, and avoid foraging where pesticides or chemicals may have been applied.”

If you want the best tool for the job, Natalie Pollard, herbalist and creator of Villagers garden shop in Asheville, recommends the hori hori, which in Japanese means



Corinna Wood harvesting nettles (Photo courtesy of notastelikehome.org)

“mountain vegetable knife.” Its multipurpose serrated steel blade is prized for gardening and foraging. On June 16 Villagers will host a free book-signing event with author Chris Bennett, on tour with his newly released book *Southeast Foraging*.

Integrative family physician Kelly Rothe, D.O., of Burnsville, North Carolina, stresses the nutritional value of edible foraged greens. “Wild food is natural food. It’s tailor-made for our human diet.” An avid forager herself, she relishes the culinary diversity that wild spring greens like lamb’s quarters and wild onions bring to her table.

The best time to forage for wild edible greens is right now, when they are at their tender best. Your eyes will never look at a weed in the same way again. “Find dining” is all the rage, so get outside and forage ahead.

Eat your weeds

Five edible wild spring greens

1. **Chickweed**, the ultimate sweet taste of spring, thrives in lawns, pastures and fields. Rich in antioxidants, vitamin C, and other essential nutrients, raw chickweed adds diversity to a salad, pesto, or juicing mix.
2. **Creasy greens** is an Appalachian favorite with a slight bite, and refers to several wild species in the mustard family. Eat them raw or sauté the greens and toss them in a soup or quiche.
3. **Dandelion**, the most common broadleaf weed, grows in every habitat from urban lawns to rocky hillsides, pastures and woods. Eat the early greens raw, chop them into a pesto, or add them to a smoothie. The lowly dandelion has everything we humans need to survive. Leaves, flowers, roots, taken together, constitute a complete protein, rich in vitamins, minerals and antioxidants.
4. **Lamb’s quarters**, with leaves coated in a powdery dust, grows in gardens and forest clearings, near streams, and in depleted soils. Use the leaves just like spinach, fresh in a salad, juiced, or added to any recipe that calls for greens.
5. **Nettles**, an herbaceous and nutrition-rich perennial, are well worth the effort of a savvy forager. Covered with tiny stinging hairs that sting when handled, nettles demand that you wear gloves for the harvest. For this reason, you won’t eat your nettles raw, but they lose their sting as soon as you expose them to heat during cooking. Sauté them with other veggies like onions and carrots, add them to a soup or stew, or steep the leaves for a healthy tea.

For specific recipes, try *Foraged Flavor* by Tama Matsuoka Wong with Eddy Leroux (Clarkson Potter Publishers, 2012).

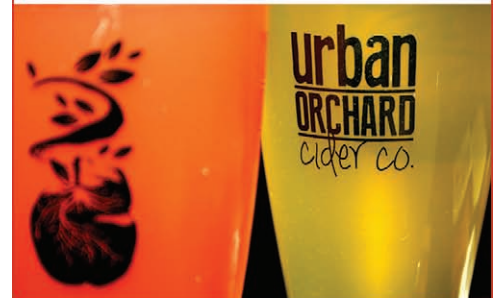
North Carolina's First Cider Pub!



urban ORCHARD

cider co.

Family Owned
Cider from Local Apples
Small Plates & Appetizers
Local Craft Beer & Wine
Tasting Room
Ample Outdoor Seating
Green Space with Games



828.774.5151

210 Haywood Rd, Asheville
urbanorchardcider.com

Open Daily
Check Website for Hours

Sharing the harvest: CSAs, an old concept with modern appeal

by TINA MASCIARELLI

The seasonal box of organic greens including spinach, kale, collards, Swiss chard, bok choy and salad mixes, broccoli and radishes that Christine Basulto has picked up each week, since 2008, from Mountain Harvest Organics has revolutionized their family diet and shopping habits. Nestled in the Spring Creek community of Madison County, Mountain Harvest Organics is a small family farm whose thirteen acres have been dedicated to agricultural production for more than 150 years.

"I initially saw it in terms of supporting a local farm and gaining weekly, easy access to quality organic produce," says Basulto of Waynesville. "To my children it represented a wonderful introduction to the connection between the food we eat and the people who grow it. To this day there isn't a vegetable that my sons won't try!"

The Basulto family is riding a trend that is rapidly gaining momentum — owning a 'share' in the harvest from a local farm.

Since the first Community Supported Agriculture (CSA) program was established in western Massachusetts in the 1980s, the concept of buying food directly from local farms

has taken off. But the model itself is decades old. While the exact origins of CSAs are widely disputed in the media, the first CSA farms in the U.S. report being influenced by the biodynamic agricultural movement in post WW II Europe.

Fast forward to 2015. As the desire to leave a smaller footprint, eat healthier foods and be more connected in our communities rises, CSA programs are gaining in both popularity and availability.

"When my boys were in preschool, and we had people over to dinner, my sons would proudly proclaim that the vegetables on the table were from 'our farm.' They didn't mean a plot out back, they meant our CSA."

~ Christine Basulto, Waynesville mom

WHAT'S IN A SHARE?

A CSA membership is a way for consumers to buy local, seasonal produce directly from a farmer (or group of farmers) in their community. It is basically a farm "share" purchased prior to each growing season. The arrangement allows farmers to buy seeds, transplants and other inputs needed for the growing season without waiting until harvest to generate revenue.

"Our CSA guarantees that a portion of our farm products are already sold, acting as a bit of insurance," says Jamie Davis, co-owner of A Way of Life Farm located in Rutherford County. In exchange, each

week during the growing season, members receive a box of local, fresh, seasonal produce directly from the farm.

"Many CSAs feature add-on options such as eggs and fresh-cut flowers, or pork, chicken, or beef shares,"



First Blossom Farm (Photo courtesy of ASAP)

says Robin Lenner, events coordinator at Appalachian Sustainable Agricultural Project (ASAP). “Today, there are a growing number of CSAs that are moving beyond the traditional model with varied subscription sizes and flexible sign-up options.”

Courtney Filiss, co-owner of Long Valley Eco-Biotic Farm in Marshall, says she “offers the option to pre-pack the box from what is fresh and in season. Or, subscribers can choose the ‘market basket’ option. Members visit us at the farmers market, pick out what they want, and fill their own box with only the seasonal items they like.”

At Full Sun Farm in Leicester, Vanessa Campbell and Alex Brown are collaborating with a neighboring farm to offer their CSA members add-on eggs and meat. “We thought it would help increase access to local food by making our CSA a ‘one stop shop,’” says Campbell. “It also gives us the opportunity to support another small farm venture.”

Ivy Creek Family Farm in Barnardsville has dedicated a lot of thought to tailoring their CSA options to fit a diverse consumer palate. “In addition to our regular season CSA membership, we offer a Fall share, Flower and Thanksgiving share – packed with ingredients perfect for that one special meal,” says co-owner Anna Littman.

Ivy Creek also hosts an annual farm dinner for CSA members to visit the farm and feast on homegrown ingredients. “It gives them a chance to see the farm and connect with other members,” says Littman, “reinforcing the ‘C’ in community supported agriculture.”

Many CSAs offer recipes and suggestions on how to cook the unique variety of fruits and vegetables provided each week. Says Littman, “Recipes reinvigorate experienced cooks – and help take the pressure off less experienced cooks.”

WHY CSAS?

Cutting out the middle man and buying directly from the farm fosters a shift in perspective. “When my boys were in preschool, and we had people over to dinner, my sons would proudly proclaim that the vegetables on the table were from ‘our farm,’” says Basulto. “By ‘our farm’ they didn’t mean a plot out back, they meant our CSA. I always loved that they felt a

CSAs across the region



Buncombe

The Farm, Candler
Calixta.thefarmgarden@gmail.com
828.575.8586

Full Sun Farm, Leicester
fullsunfarm.com
828.683.1607

Ivy Creek Family Farm,
Barnardsville
ivycreekfamilyfarm.com
828.626.2447

Second Spring, Alexander
secondspringfarm.com
info@secondspringfarm.com

Whiskey Pigs Meats, Leicester
whiskeypigs.com
828.231.2390

Haywood

Ten Acre Garden, Bethel
828.235.9667

Walnut Cove Farms, Waynesville
walnutcovefarms.com
828.400.0115

Henderson

Blue Meadow Farms,
Hendersonville
bluemeadowfarms.com
828.712.9166

Edmundson Produce Farm,
Market & Bakery, Hendersonville
828.891.3230

Madison

Long Valley Eco-Biotic Farm,
Marshall
828.689.3606

Mountain Harvest Organic
Hot Springs
mountainharvestorganic.com
828.622.3654

Rutherford

A Way of Life Farm, Bostic
awayoflifefarm.com
828.287.1253

Edgerton Farms, Rutherfordton
828.429.3330

Transylvania

Morningside Farm, Brevard
morningsidefarm.net
828.403.9743

Pitch Pine Farm, Penrose
pitchpineorganicfarm.com
828.384.2300

Yancey

Aardvark Farm, Burnsville
828.713.5986

MiLo Acres, Burnsville
miloacres.com
milo.acres@gmail.com

The Mushroom Hut
@ Fox Farms, Burnsville
828.682.1405

SHOPPING AROUND

Okay, so you've decided that CSA is the way to go and you want to subscribe to one. What should you consider when "shopping" for a CSA?

SIZE & PRICE

How big is a share? Will it feed two? Four? How much produce will you get for the cost? Some CSAs offer a "full share" or "half share," some offer weekly or bi-weekly boxes. Shop around to find the size and price that fits your household. Keep in mind that week one will look very different from week twelve. The box gets bigger as the growing season progresses.

LENGTH OF SEASON

How many weeks is the growing season where you live? Is there a CSA that does early spring greens or late fall/ winter squashes? That might be something you want to look for.

ADD-ONS

Some CSA operations offer farm fresh eggs, fresh-cut flowers, local meats and value-added products such as jams, jellies, savory spreads and honey.

GET STARTED

Ready to join a CSA? Now is the perfect time. Many local farms are accepting new members for the 2015 harvest season.

Visit Appalachian Sustainable Agriculture Project's (ASAP) online directory at asapconnections.org to locate CSAs in your neck of the woods.



Chef William Dissen of The Market Place Restaurant (Photo courtesy of ASAP)

kinship to the source of our weekly vegetable box."

Being a CSA stakeholder means turning the faceless transactions of traditional shopping into interdependent relationships. "Having a direct connection with CSA members, folks who are enjoying the food that we grow and feeding their children throughout the year is thrilling and a great motivator," says Davis from Way of Life Farm.

CSA programs go beyond the "know your farmer" ethos of the local food movement. By becoming a stakeholder in a particular farm's future, consumers can choose to support farms that operate with a specific philosophy.

"We are dedicated to growing practices that are as complimentary to natural ecology of an ecosystem as possible," says Calixta Killander, produce manager at The Garden at the Farm in Candler.

Long Valley Eco-Biotic Farm is a certified bee friendly farm. "Our practices support bees and other important pollinators," says Filiss. "To us, eco-biotic means a holistic approach that

not only ensures a safe, nutritious, tastier food source, but protects and fosters the natural cycles in the environment allowing them to flourish."



Rainbow Swiss chard from Blue Ribbon Farm (Photo courtesy of ASAP)

In turn, local farmers are small business owners. Investing in a local business instead of a big box retailer or chain keeps more of those dollars in your own community. It is a way of living mindfully, supporting sustainable businesses, voting with your dollars, and being an active participant in creating a strong more resilient local food system.

FIND
YOUR

A dventure!



BUY HAYWOOD
2015 AGRITOURISM GUIDE
BuyHaywood.com

Jesse Israel & Sons Garden Center



We've Got All Your
Organic Gardening
Needs!

in the
WNC Farmers' Market
570 Brevard Road, Asheville ▶ 828-254-2671



Maggie Valley
wellness center
where nature meets nurture

Offering personalized, effective treatments
in a beautiful & relaxing setting

Massage • Yoga • Skin and Nail Care
Acupuncture • Wellness Programs

828.944.0288 | MaggieValleyWellness.com
461 Moody Farm Road, Maggie Valley
Monday-Friday 10-6 | Saturday 10-5



LOCALLY SOURCED • SIMPLY PREPARED
REASONABLY PRICED

LOCATED IN DOWNTOWN WEAVERVILLE
18 N MAIN STREET • 828.645.8866 • GLASSONIONASHEVILLE.COM

Where we find our food: Buying fresh and local close to home



Flying Cloud Farm (Photo courtesy of ASAP)

by TINA MASCIARELLI

In communities across the nation, dollar menus and “super-sized” options co-exist within a few blocks of seasonal farm-fresh products. When it comes to eating, we are a country of extremes.

On average, Americans spend \$117 billion on fast food each year. The typical mouthful of American food travels 1,500 miles from farm field to dinner plate. Yet, community-supported agriculture (CSA) memberships, farmers markets, tailgates, co-ops, on-farm markets and “farm to table” eateries are also reportedly on the rise, signaling a shift from an industrial to a more sustainable local food system.

GROWING THE LOCAL MOVEMENT

The local food movement began in the United States in the 1960s in response to growing concern about the industrialized food system. Twenty years later, farmer, poet and activist Wendell Berry wrote, “a significant part of the pleasure of eating is in one’s accurate consciousness of the lives and the world from which food comes.” More recently,

“buying local” has become a permanent fixture in our modern-day vernacular, symbolizing the power of demand to drive the supply chain.

“Our farm has grown both in its physical size as well as in the quality and variety of crops we produce,” says Rett Murphy of Aardvark Farm in Burnsville. “Growth in consumer demand has allowed us, and other young farmers, to pursue farming as a viable way to make a living.”

Reconnecting food consumers with local farms and producers reflects current efforts to restore the ecological, social, and economic integrity of community-based food systems. It begins with small farms working with natural cycles and ends with fresh food and stronger communities.

“We grow to organic standards, irrigate our crops with captured, gravity-fed rainwater, power our home and farm utilizing solar energy and maintain a flock of guineas, which patrol our rows consuming insects,” says Claudine Cremer of Meadow Cove Farm in Weaverville.

The prevailing philosophy is one of sustainability, of permanence — a permanent system for a permanent society. Buying fresh and close to home builds on the inherent

organic connections between healthy soils, healthy foods and healthy communities.

DEFINING THE LOCAL LANDSCAPE

Who is driving the local food movement? A growing army of consumers who recognize the connection between their food choices and the impact they have on communities, the environment and their own health.

“Really what it’s about is moving into a kind of food system where you’re connected to the source of your food,” says Heidi Dunkelberg, co-owner of Coffee Cup Cafe, a farm-to-table eatery in Clyde, and H & K Farms Hop Yard in Canton. “You’re buying from people that you know or can meet and you’re buying food grown in a place that you can easily drive to and see.”

People who make a conscious effort to eat food grown locally commonly strive to maintain a diet harvested within 100-150 miles of their kitchen, but there is no designated boundary on what constitutes “local.” It is up to the individual consumer to consider “food miles” and set personal goals.

“Consumers are very interested in knowing where their food comes from,” says Hannah Jeske, marketing manager for Eden Out, an Asheville-

This new agri-preneur is involved in agricultural based pursuits that extend beyond the traditional farming paradigm, including community supported agriculture (CSAs), value-added food production, agritourism, growing specialty crops and farm-to-table chefs interpreting local ingredients in new and innovative ways.

crisp green beans, richly colored peppers, microbrews from local hops and an array of other products.

“Local farmers have the opportunity to grow more than the standard tomato or corn varieties,” says Leslie Logemann, manager of the Transylvania Farmers Market. “Because the journey from ‘plant to plate’ is so much shorter, local farmers can grow heirloom varieties and specialty crops that are unique to their region and can’t be grown in other places – that diversity really distinguishes the palate of an individual community.”

HOMEGROWN APPETITE

As local farm products have become more accessible, consumer appetites have responded with enthusiasm. A vibrant and diverse number of small farms, farmers markets and specialty food makers are popping up and thriving across the nation.

“We have a very diverse and community-oriented local food and agricultural economy,” says Dawn Jordan, agricultural economic development director for Polk County. “From families encouraging and

based business that delivers meals made from fresh, locally sourced ingredients right to consumer’s doorstep. “They also want it farm fresh, healthy and full of delicious flavor. You can only get that from local in-season ingredients.”

From May through October, farmers produce a bounty of juicy heirloom tomatoes, ripe berries, farm-raised meats, colorful free-range eggs, gourmet artisanal jams, floral honey,



Summer Fruit Salsa

Makes about 3 cups

- 2 cups fresh blueberries
- 1 cup peeled and diced fresh peaches
- 1 small cucumber, peeled and diced
- 1/2 cup finely diced red onion
- 1 jalapeno, seeded and finely diced
- 2 TBSP chopped flat-leaf Italian parsley
- 1 TBSP chopped chives or tarragon
- Zest of 1/2 lime
- 3 TBSP lime juice
- 1-2 TBSP olive or grape seed oil
- Salt & pepper, to taste

Place blueberries, peaches and cucumber in bowl of a food processor and pulse 4-5 times. Add remaining ingredients and pulse once or twice, just to combine. Do not puree mixture.

Pour into serving bowl and chill for several hours. Serve over grilled meat or fish – or as a dip with corn chips.

Recipe courtesy of Jackie Blevins of Perfectly Seasoned, local chef, cookbook author and master gardener.

supporting their teenagers to start a trout farm business, to farmers renting small acreage to a beginning farmer, to 'free rent and experience' in exchange for farm labor approaches."

A recent USDA report reveals that farmers markets are experiencing a 16 percent growth – translating into an average of 850 new markets annually. The local food movement across the southern Appalachian region is pushing out on the forefront of this national trend.

Data collected by Appalachian Sustainable Agriculture Project (ASAP) indicates that North Carolina spent more than \$170 million on local farm products in 2013, a 42 percent increase from the previous year.

"Our region is ahead of a lot of other places in the country in terms of buying local food," says Charlie Jackson, director of ASAP. "Western North Carolina consumers buy nearly three times as many goods directly from farmers than do the rest of North Carolinians."

THE MODERN DAY AGRIPRENEUR

The southern Appalachian region is home to one of the most diverse foodsheds in the United States. Historically food was raised, grazed, foraged and preserved by settlers

who recognized their very survival depended on it. Generational dedication to preserving agriculture as a way of life has strengthened rural economies and fueled innovation, giving birth to the modern-day agriprenuer.

This new breed of entrepreneur is involved in agricultural pursuits extending beyond the traditional farming paradigm, including community supported agriculture (CSAs), value-added food production, agritourism, specialty crops

and farm-to-table chefs interpreting local ingredients in innovative ways.

In the last decade, a veritable cornucopia of direct-sales opportunities have increased access to farm fresh products throughout the region. Polk County, for example, has expanded to four farmers markets, winter indoor markets, a year round farm store and an agricultural center for education and community resourcing.



Produce at Haywood's Historic Farmers Market (Photo courtesy of Buy Haywood)

"The ability to form a personal connection with the farmer who grew your food is simply invaluable," says David Smiley, manager for Haywood's Historic Farmers Market in Waynesville. "Our vendors range from some of Haywood's oldest growers to young families dedicated to permaculture and homesteading."

Defining the terms

COMMUNITY SUPPORTED AGRICULTURE (CSAS)

CSAs are cooperative agreements between farmers and consumers. Consumers buy shares in the farm's output in advance to cover costs of the upcoming growing season. When the crops come in, they are divided among shareholders according to the volume of their shares.

FARMER AND TAILGATE MARKETS

Farmers markets are generally cooperative efforts to market local farm products in a central location where consumers can select and purchase food from multiple farm enterprises.

CO-OPS

Food cooperatives are worker or customer-owned

businesses that provide grocery items and other products to their members. Coops operate through a commitment to consumer education, product quality and member control, and often support their local communities by selling produce grown locally by small farms.

ON-FARM MARKETS

On-farm marketing involves bringing consumers onto the farm to buy products. This strategy includes farm stands and stores, U-pick and agritourism.

FROM FARM TO YOUR DOOR DELIVERY

Flavorful meals made with farm-fresh ingredients delivered right to your doorstep.

Get local around the region

Here are some of the many markets, tailgates and co-ops you can patronize in Western North Carolina:

BUNCOMBE

Asheville City Market

Sat: 8:30 a.m.-1 p.m.
asapconnections.org/citymarket
828.348.0340

Black Mountain Tailgate Market

Sat: 9 a.m.-12 p.m.
blackmountaintailgatemarket.org
828.669.8772

French Broad Co-Op & Wednesday Tailgate Market

(Store) Mon-Sat: 8 a.m.-9 p.m. &
Sun: 11 a.m.-7 p.m.
(Tailgate Mkt) Wed: 2-6 p.m.
frenchbroadfood.coop
828.255.7650

Leicester Farmers Market

Sat: 9 a.m.-2 p.m.
leicesterfarmersmarket.com

North Asheville Tailgate Market

Sat: 8 a.m.-12 p.m.
northashevilletailgatemarket.org

Weaverville Tailgate Market

Wed: 2:30-6:30 p.m.
Weavervilletailgate.org

HAYWOOD

Haywood's Historic Farmers Market

Wed & Sat: 8 a.m.-12 p.m.
waynesvillefarmersmarket.com
828.550.4774

Ten Acre Garden On-farm Market

Mid-April to Mid-October, 7 days:
10 a.m.-6 p.m.
828.235.9667

Waynesville's Original Tailgate Market

Wed & Sat: 8 a.m.-12 p.m.

HENDERSON

Hendersonville Community Co-op

Mon-Sat: 7 a.m.-9 p.m. & Sun: 8 a.m.-8 p.m.
hendersonville.coop/Home
828-693-0505

Henderson County Curb Market

Tue, Thur & Sat: 8 a.m.-2 p.m.
curbmarket.com
828.692.8012

Henderson County Tailgate Market

Sat: 7 a.m.-12 p.m.
828.697.1153

Mills River Farmers Market

Sat: 8 a.m.-12 p.m.
828.891.3332

MADISON

Madison County Farmers & Artisans Market

Sat: 9 a.m.-1 p.m.
marshillmarket.org

Marshall Farmers Market

Sun: 12-4 p.m.

Upper Laurel Farmers Market

Tues: 3-6 p.m.
828.712.6225

MITCHELL

Spruce Pine Farmers Market

Wed: 2-5 p.m.
828.688.3538

Bakersville Farmers Market

Sat: 8 a.m.-12 p.m.

POLK

Columbus Tailgate Market

Sat: 8 a.m.-12 p.m.
polkcountyfarms.org
828.894.2281

Saluda Tailgate Market

Fri: 4:30-6:30 p.m.
saludatailgate.com
828.749.9365

Tryon Tailgate Market

Thurs: 4-6 p.m.
polkcountyfarms.org
828.894.2281

TRANSYLVANIA

Transylvania Farmers Market

Sat: 8 a.m.-12 p.m.
transylvaniafarmersmarket.com
828.548.0660

YANCEY

Yancy County Farmers Market

Sat: 8:30 a.m.-12:30 p.m.
828.682.0601

Many markets, tailgates, co-ops and CSAs operate seasonally, be sure to visit their website or call for availability.

For an expanded directory of regional Appalachian Grown farms, markets, tailgates, co-ops, CSAs and other partners, pick up Appalachian Sustainable Agriculture Project's (ASAP) free 2015 Local Food Guide or visit asapconnections.org



OVER 50 VENDORS
with Local Food & Products!



SATURDAYS, 8am-12pm
APRIL 18-DECEMBER 19
(Winter Market Dec-April, 10am-12pm)
with live music & special events

**Located at corner of Johnson & Jordan,
off Main Street behind Comporium
in beautiful Brevard, NC**

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

TRANSYLVANIAFARMERSMARKET.COM

 Find us on Facebook

Spring is a time of discovery in the North Pacolet River Valley



Photos by Justin Costner

by FRANCES FIGART

The North Pacolet River Valley is located within the Southern Blue Ridge Escarpment, an area where the Blue Ridge Mountains rise from the rolling piedmont nearly 4,000 feet above sea level. According to the Nature Conservancy this area “contains some of the highest natural diversity of rare plants and animals found anywhere in the world.”

“Like a lot of beautiful places, this area has experienced increased development and population growth in recent years, which threatens to alter the biological balance and makeup of this important natural resource,” said Pam Torlina, director of stewardship and land protection for the Pacolet Area Conservancy (PAC).

PAC works to increase permanent protection of lands in this area so that the headwaters of the North Pacolet River watershed will continue to be of high water quality and so that the numerous rare, threatened, endangered (and even common) flora and fauna will have the necessary habitat to continue to flourish.

A FOREST GETS A NAME

In 1999 PAC purchased 46 acres located in the Upper

North Pacolet River Valley from the Polk County Community Foundation. At the same time, The Nature Conservancy donated approximately 139 acres that adjoined the land. In early 1999 these land holdings were named the Norman Wilder Forest. Work was soon started to construct trails and footbridges, create a parking area and install signs for this newly protected wilderness.

By September 2001, the public could begin to enjoy these 185 protected acres of mature third-growth mixed-hardwood forest located on the steep slopes of Little Warrior Mountain. Today trails wind through beautiful vistas and provide Norman Wilder Forest hikers with a showy display of spring ephemerals, a leafy canopy of shade trees and stunning views of sheer rock walls.

But into every Garden of Eden, some non-native invasive species must creep. Kudzu has been an issue since the opening of PAC’s little paradise.

Enter the Kudzu Warriors, a small group of dedicated volunteers that go to the site to remove invasive plants on a regular basis.

“Kudzu, Chinese privet, English ivy and Tree-of-heaven are the major invasives we face at Wilder Forest,” says Kudzu Warrior Greg Miner. “Our first year (we are now beginning

year five) the stranglehold of Kudzu vines had distorted the growth of Yellow poplar and Eastern hemlock; today they stand straight and tall.”

A HOMESTEAD AND A HOLLY

Earlier this spring, while Miner and his crew were clearing Kudzu from a large open hillside to reintroduce (hopefully) blight-resistant American chestnut trees, they literally uncovered an old homestead area with Daffodils, Vinca, Daylilies and the remains of stone terracing.

“Now we are excited to see Daylilies peek out above the surface thanking us for our efforts,” he says. “When you give nature the opportunity to do what she’s been doing for millions of years you can’t help but feel that backache was worth it.”

Two springs ago, there was another fascinating discovery at nearby Pearson’s Falls, a wildlife and bird sanctuary in the North Pacolet River Valley between Tryon and Saluda. During a native plant rescue by PAC and the Tryon Garden Club, which owns and maintains Pearson’s Falls, Torlina discovered a new species of plant for Polk County!

“Georgia Holly (*Ilex longipes*) was found growing at Pearson’s Falls and prior to this sighting no one had ever identified (or vouchered) this specimen in the county before,” says Torlina, still excited at the memory. “I

took a couple of cuttings and preserved them to voucher the specimens.” Soon after, botanist David Campbell verified the specimens.

A small shrub-like tree, Georgia Holly is native to the Carolinas and Georgia but uncommon, even rare in the Carolinas. Now specimens from Polk County have been

filed in the database of the University of North Carolina at Charlotte Herbarium housed at the Dr. James F. Matthews Center for Biodiversity Studies.

Another of PAC’s protected lands within the North Pacolet River Valley contains what Torlina says may be the largest population of *Trillium simile* in the state. “There is still so much to learn about this overlooked county and river valley,” she says.

While PAC has already permanently protected more than 500 acres of this amazingly diverse river valley, much work remains in order to strike a balance between the natural resources and those who are moving to the area to enjoy them.

“In the larger sense, it is critical that land along rivers and streams be protected,” says Mary Walter, PAC executive director. “Riparian buffers are essential in holding up and

stabilizing the banks, preventing sediments and pollutants from reaching the water, and improving water quality. This is a huge goal for PAC and other land trusts.”



Hiking and birding in Norman Wilder Forest

Bridges, steps and trails make the terrain of Norman Wilder Forest a most enjoyable, but moderate, hike of approximately two to three miles. Parking is available at the trailhead off of Highway 176.

Norman Wilder Forest is listed on the NC Birding Trail (ncbirdingtrail.org). Among the breeding birds you can see and hear during spring are American Redstart, Hooded Warbler, Red-eyed Vireo, Wood Thrush, Scarlet Tanager, Eastern Wood Pewee and Black-

throated Green Warbler.

For information about guided hikes, contact Pacolet Area Conservancy in Tryon, North Carolina, at 828.859.5060 and learn more at pacolet.org

Directions: From Hendersonville, take I-26 East, Exit at Saluda 176 (exit 59). Turn right on Ozone Drive. Go approximately 1 mile. Turn left on Hwy. 176. Continue on 176 to parking area/trail head on the left side of the road, near Valhalla, just past Tau Rock Vineyard Road.



World Health Organization

GLYPHOSATE = PROBABLE CARCINOGEN

TEST YOURSELF



FEED THE WORLD
www.feedtheworld.info



French Broad Food Co-op
Food For People, Not for Profit
Community Owned Cooperative Since 1975

Remember
5% off for owners on the 5th of every month!

Become an owner today!

100% Organic Produce • Over 300 Local Vendors
Wednesday Tailgate Market • Asheville's only community owned grocer

Living Wage Certified
2014
Co-op deals

FBFC Wednesday Tailgate Market
Wednesday Tailgate Market
Starts in April. Every Wednesday 2-6pm
76 Biltmore Ave, next to the Co-op

90 Biltmore Ave. Asheville, NC 28801 • www.frenchbroadfood.coop • 828.255.7650 • Extra parking available across the street at Aloft Hotel - 1st hour free

FENCE: A Jewel in the Southern Blue Ridge

story and photo by SIMON THOMPSON

Tucked away in the Southern Foothills of the Blue Ridge lies the Foothills Equestrian Nature Center (FENCE). This 400 acre property in Tryon's historic Hunting Country straddles the North Carolina/South Carolina state line and has a bucolic feel to its rolling fields and woodlands.

Home to the annual Steeplechase equestrian event, FENCE offers all things equestrian a home here in Polk County, North Carolina, but there's more to this lovely property than meets the eye. Nature trails meander through the rich woodland and a wildlife pond is home to Beaver, Wood Duck and a myriad of other animals.

FENCE was started in 1985 with a gift of 112 acres donated

by the Mahler family in Polk County. The FENCE Center main building was originally the Kimberly Estate where now workshops, wildlife programs and cultural events mix together to form a blend of programming that's sure to interest most people. And the small towns of Landrum, South Carolina, and Tryon, North Carolina, are but a 10-minute drive from the front gate.

Pick up a map at the FENCE Center, a list of birds or wildflowers, grab a pair of binoculars and go exploring. You may meet dog-walkers, horse-riders, birdwatchers or folks just out enjoying a walk in the country.

More information on the many activities going on at

FENCE is available at fence.org or check out their very active Facebook page.



74 Taps!
That's the most beer on draft in Asheville!

TUESDAYS
Local Discount
25% Off All Food
with Local ID
Exclusive offer

MELLOW MUSHROOM
pizza bakers

Bring in this ad to save 15%

828.236.9800 | 50 Broadway Street, Asheville

Leadership Development • Women's Programs
Enhancing Recovery from Addictions

EQUINECTION

Know yourself
and realize joy

Equinection.org • 828-682-9157

The advent of locally inspired birding picnics

story and photo by SIMON THOMPSON

“Have you tasted the black bean hummus?” asked my friend and fellow birding guide, Emilie Travis. I shook my head and had to admit that I had mistakenly assumed all of the somewhat earthly delights labeled “hummus” looked and tasted much the same.

She continued extolling the virtues of a local Asheville company that had recently started producing a wide range of deliciously flavored hummus designed to pique the most jaded of our palates.

“I bet they would even donate some for our picnics.”

A light bulb went off in my head. What if we redesigned all of our birding tour picnics with local food from local merchants?

These birding trips are run by Ventures Birding Tours, which specializes in taking interested folks out into nature to explore some of the best birding spots in Western North Carolina. We look for Bald Eagles, Brown-headed Nuthatches and Barn Owls in the open field country of Cleveland County and a wide range of colorful spring warblers on our Blue Ridge day-trips. Our aim is to open people’s eyes to the incredible and fascinating world of birding!

So how does hummus fit in with, ahem ... hummingbirds?

An addition to our “delicious gourmet” picnics of course, but that was just the start. A quick phone call to the nice folks at Roots Hummus down in the River Arts District in Asheville, and I was off. One down and who knows how many more to go.

Tracking down our WNC local food vendors was definitely uncharted territory for someone more used to eating rice and beans in Costa Rica or throwing a bag of chips in the car en route to a birding location.

Yes, chips; no picnic is perfect without them. I called the Gourmet Chip Company and they were on board. I did know some local foods and knew that I had to have Kelly’s wonderful Lusty Monk Mustard and Walt and Wendy’s

delicious jams from Imladris Farms.

I was getting somewhere now.

I called Emilie Travis again. More suggestions, more phone calls and more wanderings around the back streets and byways of Buncombe County. This was taking a lot of time and in less than I week I was due to lead a birding tour around Southern Ecuador. It’s amazing how much one can get done with a looming deadline.

“Have you tried Jack’s Nut Butters?” she asked.

I hadn’t, so I called Jack. I went online and found Green River Picklers just up the road in Weaverville. I was learning a lot about the wonderful world of locally crafted foods in WNC.

City Bakery and the French Broad Chocolate Company were next on the list. I grinned as I made the second phone call, recalling an evening spent downtown eating chocolate dessert washed down with a little red wine.

Two days before flying to South America we had our first Blue Ridge

Bites picnic. I nervously spread the picnic supplies on a table overlooking Moss Lake near Shelby, North Carolina. Menus were passed around and the feast began. I looked at plates laden with pickles and beets from our local farms, with bread baked in our neighborhoods and crackers smeared with hummus.

The result: Smiles, second helpings and lots of enthusiastic questions. This experiment had been a huge success.

There are plenty of phone calls still to make. More local artisans to contact and, when the growing season begins, we will certainly feel proud to offer locally grown fruits and veggies as part of our Blue Ridge Bites picnics on all of our local birding tours here in Western North Carolina. Come along on one of our tours to enjoy the food and you might even see a bird or two ... and then you may get hooked.

A full menu of all the foods and vendors used to date on our Ventures Birding Tours picnics can be found at birdventures.com.



Birders at Stecoah Gap



"When one tugs at a single thing in nature, he finds it attached to the rest of the world." ~ John Muir
Natural Fibers • Fine Linens • Sleepwear Specialists



PORTER & PRINCE

LUXURIES AND LINENS

6 Brook St. | Historic Biltmore Village | Asheville

In the cottage left of Chico's

828.277.2337 | Monday-Saturday, 10-5

porterandprince.com

The Compleat Naturalist



Telescopes
for All Ages,
from Beginner
to Advanced

Now Offering
CELESTRON

828.274.5430

2 Brook Street

Biltmore Village

compleatnaturalist.com

Fresh. Local. Delicious.



THE LAUREL OF
ASHEVILLE
[THELAURELOFASHEVILLE.COM](http://thelaurelofasheville.com)



Fun in the Valley

- May 1-3 Thunder in the Smokies Spring Motorcycle Rally.
- May 22-24 Maggie Valley Spring Rally. Mopar & Haws!
- June 5-7 Oasis Shriners. Parade, Clowns, Classic Cars and lots more. Benefitting patients at Shriners Hospitals for Children.
- June 20-21 Plottfest! Celebrating the NC State Dog, the Plott Hound.
- June 26-28 Maggie Valley Spring Swap Meet & Car Show. \$5 admission.
- July 4 Red, White & BOOM 2015! A dazzling fireworks display.
- July 11-12 Maggie Valley Summer Arts & Crafts Festival
- July 17-18 Southeastern Gas & Petroleum Expo & Hillbilly Rods Car Show \$5 admission. Gas Pumps, Vintage Tags, Gas Signs.
- July 24-25 Smokin' in the Valley. WNC BBQ Festival 2015

For more information visit MaggieValley.org



Garden tour: Explore, learn, grow

by MARY KOPPENHEFFER



If a picture is worth a thousand words, an entire story can unfold on a walk through a garden. A story of dreams, hard work, successes and setbacks.

On Saturday, June 13, the Buncombe County Extension Master Gardener volunteers invite the public into some of their personal gardens. The tour, themed 'Explore, Learn, Grow,' has been held bi-annually since 2007. It will run from 9 a.m. to 4 p.m.

Seven gardens will be included in the self-guided tour: six residences in Biltmore Lake and the surrounding Candler area, plus the Enka High School garden, which is supported by the master gardeners. Docents will be on hand in each of the gardens to answer questions and point out interesting features.

As expected, there will be beautiful trees, shrubs, roses, perennials and annuals to enjoy, but 'education' is the key word for this tour. Here is a chance for local gardeners and garden lovers to get answers to their questions. Organized around the garden owners' experiences working their own space, the tour will be full of practical information. Topics like plant selection and maintenance, working in harmony with the environment, dealing with pests and diseases, gardening on a slope and adding edibles to the landscape will be explored, along with other areas of gardening interest.

A HISTORIC GARDEN AND APIARY

One of the oldest properties on the tour, Oakhurst Gardens and Apiary belongs to Anita and Roger Metcalf. This is a well-established space with many stories to tell. In 1912, Anita Metcalf's grandparents began raising crops and cattle in Candler. "Five generations of my family have worked at being good stewards to the land as we continue the agricultural tradition through gardening, beekeeping and hobby farming," Metcalf says.

Their gardens include some interesting trees and plants, including a Sir Harry Lauder's Walking Stick tree and Cherokee Braves dogwood trees, recently transplanted to replace aging Bradford pears. Metcalf used their pool as the focal point and created gardens all around. There is a garden house, vines and an herb garden interspersed with perennials that serve as a 'front yard' for the bee house.

"As many as five bee colonies have shared the farm with us," Metcalf says. The apiary and vegetable gardens nearby feature zinnias and marigolds to entice the honeybees to the garden, and an electric fence to discourage wildlife dining. Anita says, "these gardens are more than plants and flowers. They are more than a place. They are a state of mind, a solace for the soul."

OVERCOMING LANDSCAPE CHALLENGES

The tour also explores challenges that the gardeners faced and some of their more successful tactics. Nancy and Tom Good purchased their Candler home in 2012. They faced two challenges from the start: gardening on a slope, and a lot of

overgrowth. "Picture not only six-foot weeds in this space," Nancy Good says, "but a battalion of small critters – moles, voles, rabbits, mice and groundhogs – seeking rent-free living."

Good embraced Ralph Waldo Emerson's definition of a weed as, "a plant whose virtues have not yet been discovered." Even so, she and Tom spent the past three years transforming their 'virtuous' garden space into a lovely and enjoyable garden home.

On one weeding adventure, Good worked on a stubborn root and was shocked to pull up not just soil and roots, but a car door with the mirror, handle and part of the padding. A front fender followed shortly after. She discovered that a local family had lived in the farmhouse near their entrance for almost 60 years, raising corn, beans, tobacco and tomatoes. And apparently discarding a few car parts.

Today's visitors will see gardens bearing little resemblance to those first years. "It is such a beautiful, natural, setting," she says, "surrounded with Autumn Joy sedum and Russian sage. The birds, bees and the butterflies enjoy it with us."

WORKING IN YOUNG GARDENS

The newer gardens in Biltmore Lake offered homeowners challenges and benefits different from those experienced in more mature properties. Visitors on the tour will see examples of working with new hardscape and plant materials, installing features to protect the environment, and learning how gardens can evolve over a relatively short time period.

One of the Biltmore Lake gardens on tour is the home of Ann and Larry Ammons. They moved from the midwest to Biltmore Lake in 2007 in the middle of a multi-year drought in western North Carolina. "When the soil was occasionally moist enough to push a shovel into the ground, we planted junipers, forsythias, viburnums, yucca and other plants with low water requirements," Ann Ammons says.

As drought conditions disappeared and the rains returned, Ammons began to plant hostas and ferns and to discover new hellebore cultivars with unusual leaves and upward-facing flowers. She continues to acquire interesting plants, often without a plan for where they will go. "You may see plants sitting around in pots awaiting their 'forever' homes."

Several discrete environmental features have been added to their yard, including dry ponds. "We designed them to intercept stormwater runoff from the roof and allow it to soak into the ground," Ammons says.

For more information about the master gardeners' garden tour, call the Buncombe County Cooperative Extension offices at 828.255.5522, or visit their website, buncombemastergardener.org. Tickets, limited to 500, are available at the Extension office located at 94 Coxe Avenue, or online through their website. Unless sold out, tickets will also be available the day of the event at Enka High School, starting point for the tour. Ticket prices are \$15 in advance and \$20 day of the event.

Grants that Grow: Foundations' focus on food reaps benefits through the region

by SARAH MYERS

Wallace Souther's deep connection to the land he farms in Fletcher, North Carolina, took root while visiting family as a young boy. "I always found myself wandering the property, kicking around in the woods, on the creek, petting the cows, dreaming," recalls Souther.

His background as an agricultural specialist and viticulturist and his passion for farmland preservation inspired a dedication to growing native medicinal botanicals on his family's serene north-facing forest cove, in addition to herbs, flowers, grapes, hops and vegetables he grows on a half-acre of bottomland.

"As I began to inventory the plants on the property, I found there to be an immense wealth of endangered native species: Ginseng, Black Cohosh, Solomon's Seal, and others," he says. "There is such a profusion of native species, it is almost unbelievable."

In 2008, thanks to the generosity of Souther's aunt and uncle, Hoopers Creek Botanicals was born on the land Souther's family has been farming for four generations.

In order to make a profit for his farm business, and maintain the farm as his great-grandfather intended, Souther needs to grow and sell more crops, and a recent \$6,000 grant from Western North Carolina AgOptions will help support his growing enterprise. WNC AgOptions awards annual grants to farmers who are diversifying or expanding their operations. With this grant, Souther has planned an upgrade in production.

"I always wanted to grow medicinal herbs," he says, "I have been able to sell or process everything I've grown. My buyers want more and now is time to ramp up production."

Funds from the AgOptions Grant will purchase seed, a well and a pump for more efficient, consistent irrigation.

"We have seen over and over how farmers can take a small amount of cost-share funding and turn an idea into a profitable enterprise," says Bill Teague, Chairman of the N.C. Tobacco Trust Fund Commission, which funds WNC AgOptions and has invested nearly \$2 million in the region's food system since 2004.

While direct-to-farmer funding plays a significant role in strengthening farms and community food systems, it is not the only avenue. This is evident in The Community Foundation of Western North Carolina's (CFWNC) funding of Toe River Aggregation Center Training Organization Regional (TRACTOR), an aggregation and distribution facility, or "food hub" located in Yancey County.

Born out of a partnership between Mitchell and Yancey Counties to drive economic development and preserve farmland, TRACTOR, now an independent nonprofit,

connects local member farmers with 40 markets, and provides critical equipment, infrastructure, training and support. CFWNC recently awarded TRACTOR \$20,000 to fund production expansion and grow marketing capacity.

"Regional collaboration and co-investment from fund holders has enabled [us] to support a local food system, save farms and provide jobs," says Elizabeth Brazas, president of



Wallace Souther digs for hop root (Photos by Justin Costner)

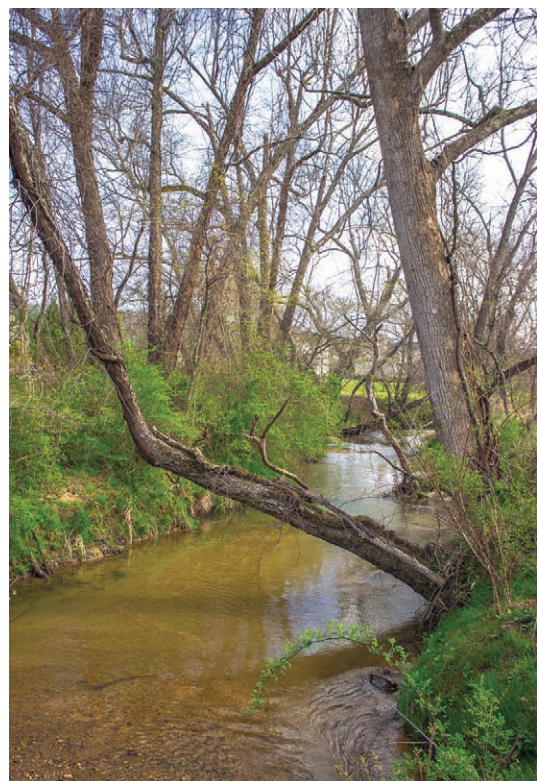
CFWNC. “This effort is regionally relevant and improves lives and communities across our service area.”

In 2011, when the CFWNC board and staff were researching focus areas, there was momentum behind food and farming and important work that met their grant-making goals. “Working strategically with partners, we have filled funding gaps and supported bigger initiatives than we would have had the resources to do on our own,” Brazas says.

The TRACTOR project received the very first grant made in the Food and Farming Focus Area in January 2012. “The project met our objective to support the sustainability and profitability of WNC farms, especially in rural communities outside the Asheville area,” says Tim Richards, a senior program officer at CFWNC. “We were impressed by the effort’s broad engagement with local governments and key community agencies.”

TRACTOR’s director since 2012, Robin Smith, is “very grateful for everything the Community Foundation has done,” and adds that this funding “greatly benefits Yancey and Mitchell Counties because 90 percent of the funds we’ve received have stayed local.”

Smith notes that the influence extends beyond economics, thanks to the initial 2012 CFWNC grant used to purchase shared farming equipment for TRACTOR growers. More than 50 farmers have cultivated more than 50 acres in Yancey, Mitchell and Avery Counties. The marketing support, equipment sharing, and infrastructure TRACTOR provides not only removes an economic hurdle to increasing



Hooper’s Creek borders Souther’s property

production, it enables small farmers to collectively sell to larger markets.

“The biggest direct impact for me is that it’s very hard for a small farm to access big markets or retail outlets like Ingles,” explains TRACTOR member and North Carolina’s 2014 small farmer of the year, Ryan Wiebe of Wiebe Farmin’. “Thanks to TRACTOR opening the door, our produce is being distributed out of the Ingles warehouse in Black Mountain. It would have been near impossible for me to build that relationship myself.”

Find your fund

Looking to fund an agricultural venture?
Here are a few useful resources:

- **Appalachian Sustainable Agriculture Project**
Visit Asapconnections.org for a list of grants and loans for farmers in the Southern Appalachian region.
- **Community Foundation of WNC**
Provides grants to community based projects focused on the development of a resilient local food system by providing economic opportunities for farmers and food entrepreneurs or addressing food insecurity and healthy eating. More information about this and other focus areas at cfwnc.org.
- **National Sustainable Agriculture Coalition**
Visit sustainableagriculture.net for charts on federal farm and food-related programs and grants, organized by issue and eligibility.
- **North Carolina Cooperative Extension Offices**
Help is available for farmers with grant research and grant writing. The Cooperative Extension office in your County will be particularly helpful in locating available funding near you. Visit ces.ncsu.edu to learn more.
- **Southern SARE**
Grants offered annually to farmers, researchers, educators, non-profits, community based organizations and community activists in the agricultural community, and aimed at advancing sustainable farming innovations. Visit southernsare.org for their granting information, as well as databases and resources on federal grant programs.
- **WNC AgOptions**
Provides annual grants to farmers for diversifying or expanding their operations with the goal of protecting mountain farmland by assisting the longevity of farm enterprises. Learn more at wncagoptions.org.

Gardens that give back: The Lord's Acre in Fairview



Photos by Paul Jones

by FRANCES NEVILL

Planting a garden can change things. It can change an unremarkable few acres into rows of rainbow-colored harvests. It can change the gardener's hands from soft and pristine to calloused and scraped from years of digging and weeding and working in the hot sun.

But a garden, as The Lord's Acre is proving, can also change how we look at and deal with hunger. And maybe even transform communities.

In 2009, The Lord's Acre (TLA) set out with a simple mission — stock the Food for Fairview food pantry with fresh produce. Leading the effort to bring this idea to life was Pat Stone, editor of *GreenPrints* magazine and former editor of *The Mother Earth News*. He noticed that the pantry contained a lot of boxed and processed food. He envisioned a pantry full of greens and fruit and healthy options for the

pantry's clients. He gathered up a team of people, including fellow garden writer Susan Sides, who now serves as TLA's executive director, and soon the garden was launched. Though not affiliated with any church, TLA derives its name from the Depression Era when farmer's would reserve a portion of their harvest for those in need.

"A local church let us borrow six acres to grow vegetables," recalls Sides. "Our original harvest yielded a few tons. It's grown each year and in 2014 we harvested nearly 10 tons of fresh produce." The harvest includes a variety of fruits and vegetables including lettuce, carrots, potatoes, corn, watermelon, kale and dozens of other options that change with the growing seasons.

Sides emphasizes that the garden strives to grow a variety of vegetables that are both nourishing and beautiful. "You'll see green peppers, but also purple and red and yellow peppers, too. It's as beautiful to look at as it is to eat.

And in some ways, bringing beauty to our clients is part of what we do."

TLA relies on a small staff and a large corps of volunteers that include individuals and families as well as scouts, churches, sports teams, and corporate groups.

"We had a men's college soccer team spend a morning with us," says Sides, "and their coach said that in the morning on their way out to the garden the guys had all kind of complained about getting up so early and the work that was awaiting them, but after the experience of being out on the land and in the garden, it's all they could talk about the whole way home. They couldn't wait to come back."

She adds, "We strive to make this a safe place where people can speak freely, meet new people and be fed by what volunteering can do for an individual; but also, it's a place that can spur the kind of dialogue and thinking that can change how we think about and address hunger."

Though not affiliated with any church, The Lord's Acre derives its name from the Depression Era when farmers would reserve a portion of their harvest for those in need.

"We like to provide the freshest food possible for our recipients and TLA's fruits and vegetables are essential to our meals." Trombatore uses the produce in salad bars, fruit salads, and main courses. "If we have any overages of something like tomatoes, we'll can it and use it for soup during the winter months."

The garden is also a place where friendships are made. "Volunteers come in and work side-by-side so they form this connection over shared work," says Sides, "Maybe weeks later they cross paths and come to find out they are different in some aspects, but they've formed a bond over what they have

in common, so it's great to see how relationships can be formed in a place like a garden."

The garden houses an educational garden that shows visitors different ways of growing in your own backyard. Another popular feature is the kid's garden where children get to plant seeds and learn the basics of growing.

Where does



PLANTING PARTNERSHIPS

Partnerships are integral to the fabric of TLA. Warren Wilson College regularly sends interns to partake in the vision of the garden.

"They really are a co-educator," says Cathy Kramer, dean of service for Warren Wilson. "TLA helps students see the connection between caring for the land, maintaining sustainable practices and caring for the community."

While TLA primarily stocks the local pantry, portions of the harvest are given to the Fairview Welcome Table, a nonprofit in Fairview that serves weekly meals on a pay-what-you-can-if-you-can basis.

"TLA is a big part of what we do," says Barbara Trombatore, executive director of Fairview Welcome Table.

TLA go from here? Bringing so many people together and yielding such successful harvests has inspired others from around the state and the country to inquire about how to start such a garden in their own community.

"We get about 10-12 visits a year from other groups wanting us to mentor them in how to get a similar garden up-and-running in their communities. This led us to write a manual outlining the beginning steps of getting a garden like ours off the ground."

But the most valuable lesson The Lord's Acre teaches can't be found in any manual. "The work we do here ultimately changes you and challenges you," says Sides. "The gifts of this garden go far beyond the harvest."

For more information visit thelordsacre.org

Take only photographs, leave only footprints: A wildflower walk on the Big Butt Trail

story and photos by SCOTT DEAN

The Blue Ridge Parkway is beautiful at any time of year but if, like me, you love wildflowers, early May is an especially appealing time. At lower elevations, in Asheville for example, many of the spring flowers are pretty much done by early May, but by going higher into the mountains we can extend the season for the spring ephemerals until well into the month.

The Big Butt Trail trailhead is located at the Walker Knob Overlook at an elevation of 5,317 feet. Being roughly 3,000 feet higher than Asheville in terms of the climate, many plants and their bloom times are similar to that found 700 miles north of here.

Walking south and west on the trail, you enter a glade filled with Wake Robin Trillium, *Trillium erectum*. This occurs in two common morphs, white-and-red, and a much more rare cream color. The red is the dominant form found here, but this spot features more of the cream colored flower than I've seen anywhere! Old timers in this area referred to this plant as "Birthwort," having learned from the local Cherokee people to use a tea made from it as an aid in childbirth. I know of no modern studies to support the claim.

This section of the trail is also loaded with False Solomon's Seal, *Maianthemum racemosum*, or Solomon's Plume as many currently prefer to call it. I learned the former name from my Grandmother and still use that name as a remembrance of her. This grows as an arching stem with alternate leaves and a cluster of white flowers at the end of the stalk. The rootstock is edible but, like the blue corns of the southwest, must be processed in a lye bath before it can be eaten.

Just beyond this initial section of the trail, you'll find Rose

Twisted Stalk, *Streptopus racemosus*. Growing in a very similar form to the False Solomon Seal, this species has beautiful, rose-colored flowers hanging at each leaf node beneath the stem. This is a more northern species, which is a relic here from the last ice age. Using elevation to compensate for the warmer climate, some populations remained in the area as

the glaciers, and many of the other northern species, retreated northwards as the conditions warmed.

At this point on the trail, still less than one-fourth mile from the trailhead, you'll start seeing Painted Trillium, *Trillium undulatum*. Like all trillium, this one features three leaves, three sepals, three petals and a three-chambered ovary. The brilliant white flowers with red stripes in the throat make it, in my opinion, the most beautiful of our local trillium. The leaves of this species are edible, but harvesting them results in the death of the plant.

Another northern species you'll see here is the Blue Bead Lily, *Clintonia borealis*. This is found only at higher elevation here in the south. As the species name, *borealis*, indicates, this is

another glacial relic species that is here as a result of the last glaciation some 14,000 years ago. The rather insignificant greenish-yellow flowers are replaced by brilliant blue berries. The *Clintonia* species were named in honor of Dewitt Clinton, an accomplished amateur botanist.

Other plants you'll find here include: Canada Mayflower, *Maianthemum canadense*; Windflower, *Anemone quinquefolia*; Carolina Spring Beauty, *Claytonia caroliniana*, and many others.

As the temperatures increase here in town, I love nothing more than getting up higher in the mountains and enjoying cooler temperatures and a plant community that you will also find in southern Canada. I hope you will do the same.



(Clockwise from top left) Painted Trillium, Bead Lily fruit, Rose Twisted Stalk.



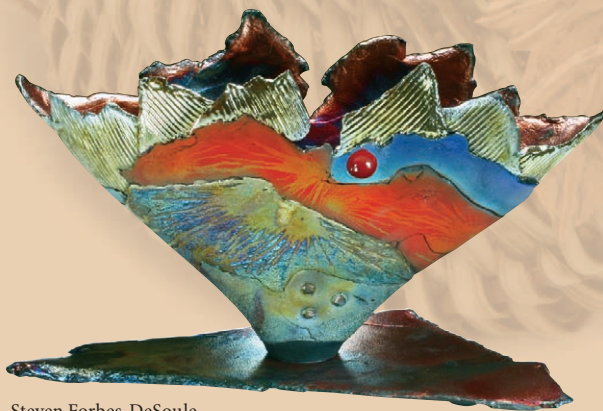
Michael Hatch



Betsy Morrill



Peter Chapman



Steven Forbes-DeSoule

THE SHOPS OF SOUTHERN HIGHLAND CRAFT GUILD

Tradition. Vision. Innovation.

Allanstand Craft Shop

AT THE FOLK ART CENTER

Milepost 382 - BlueRidge Parkway, Asheville, NC
828.298.7928

Guild Crafts

930 Tunnel Road/Hwy 70, Asheville, NC
828.298.7903

Southern Highland Craft GALLERY

BILTMORE VILLAGE

26 Lodge Street, Asheville, NC
828.277.6222

Matt Tommey



Preserving ecological diversity and the grassy balds in the Highlands of Roan



(Main) Southern Appalachian Highlands Conservancy's Grassy Ridge Mowoff; (Inset) Gray's Lily. (Photos by Michelle Pugliese)

by FRANCES FIGART

Roan Mountain is famous for its Catawba rhododendron gardens. Their bloom in mid-June is celebrated with a long running festival.

Soaring to 5,000+ feet, the Roan Massif contains globally significant ecosystems that provide habitat for an amazing number of imperiled species. The well-known grassy balds and rich spruce fir forests are treasured among outdoor enthusiasts.

"Roan Mountain offers many opportunities for low-impact recreation, and I think it's notable that all of these activities stem from and depend upon the conservation of Roan's ecological diversity," says biologist and native east Tennessean Marquette Crockett. "Bird-watching, trout fishing, hiking, camping, photography and botanical studies are a few of the most popular activities."

The section of the Appalachian National Scenic Trail that runs over the Roan is prized by hikers as one of the most scenic parts of the trail. This part of the AT originated in the 1950s when the Appalachian Trail Conference decided to reroute 26 miles of road-walking in Tennessee with 72 miles

of new trails across the mountains.

Carl Silverstein, executive director of Southern Appalachian Highlands Conservancy, says, "This ambitious trail relocation was championed by our founding members, who also created a visionary plan to protect the many-textured treasures of the Roan Highlands and the Southern Appalachians. To fulfill that vision, they formed SAHC in 1974."

CONTINUING A TRADITION

Today, SAHC's stewardship efforts help maintain Roan's grassy balds, restore and manage habitat for rare and endangered species, provide outreach and education and address invasive species issues. Over time, SAHC and its partners have systematically quilted together a protected landscape of more than 19,000 acres.

"The Roan is one of the richest repositories of temperate zone biodiversity on earth and has long been prized by botanists, including Asa Gray, John Fraser and John Muir," says Crockett, who became SAHC's new Roan stewardship director last year. "The Roan boasts 27 rare natural communities, nearly 800 plant species, six federally listed

plants and animals, and more than 80 southern Appalachian endemic or regionally rare species. It is truly a global priority for conservation.”

Appalachian grassy balds were first formed by the frigid climatic conditions of the ice age and then shaped and maintained by grazing animals. At first this role was filled by “mega-herbivores” like woolly mammoths, bison and elk, and later by domestic sheep and cattle.

Since these grazers have disappeared from the landscape of the Roan, woody vegetation (mostly blackberry) has begun to take over the balds. Volunteer efforts organized by SAHC focus on mowing down blackberries to prevent them from taking over.

FAMILIES GROWN ON ROAN

Every year David Smith and his son Otto backpack to Roan Mountain and camp out together in order to participate in the Annual Grassy Ridge Mow-Off, one of several organized volunteer maintenance events that help preserve the balds.

“Otto started going with me at the age of five (he is currently 10) and eagerly anticipates this event every year,” says Smith, who works as the grounds director at Givens Estates in South Asheville. “The Roan is a one-of-a-kind place. You are immediately transported to a place of peace and excitement, new discovery and old knowledge, magnificent long-range views and an appreciation for the close at hand.”

Smith has volunteered for the Mow-off for the past 18 years. That is, until last year, when torrential rain and thunderstorms hit the mountain just as volunteers were hiking in.

“A group of us gathered at a cabin, just off the top of mountain, to discuss whether or not we would backpack in. The group decided it was best not to go. Otto did not want to hear any of that, so he and I decided to go for it. We hiked in rain that blinded you and stung your skin; he never complained once. To the contrary, he had a smile on his face the entire time.”

Retired Knoxville endodontist Carol Coffey also raised his family to appreciate the unique beauty of the Roan.

“I took my sons hiking before they were walking,” he says. “When they were toddlers, they rode in a child carrier between spurts of energy. Now the two little boys – who were about age seven and 12 when they first saw the Roan Highlands – are grown men, age 45 and 50.”

Coffey’s “boys” still visit the Highlands with him every year in April around his birthday. “To begin a hike low down the mountain in deep woods and climb through a virtual wilderness to break out on an open bald with a 360-degree panorama is a thrill unique to few places other than the Roan Highlands,” he says.

A former president of SAHC’s Board of Trustees, Coffey is a dedicated, long-time volunteer of the Roany Boyz, a group of volunteers that dedicate a weekend each summer to manage the grassy balds.

“Between the Grassy Ridge Crew and the Roany Boyz, I would guess less than 200 volunteers have worked for years to keep the balds open,” he says. “A pressing concern is that the volunteers are aging, and enough younger replacements do not seem to stepping into the breach.”

Roughly one-third of the Highlands of Roan remains unprotected. SAHC continues to raise funds to secure high-priority sites near public lands and trails, and in the Yellow Mountain State Natural Area.

Upcoming events in the Roan

June 20 June Jamboree, SAHC’s annual day of guided hikes in the Highlands of Roan. This year’s five guided hikes are: Roll n’ Stroll in the Rhododendron Gardens, Salamander Scavenger Hunt, Challenge Hike, Birding, and Carvers’ Gap to Grassy Ridge Hike. For more info, visit Appalachian.org or contact kana@appalachian.org.

June 20-21 Roan Mountain Rhododendron Festival, held in Roan Mountain State Park at the foot of Roan Mountain featuring handmade crafts, food, and a variety of traditional music, plus an array of old-time folkway demonstrations. roanmountain.com/festival

July 18 The Annual Grassy Ridge Mow-Off and volunteer management weekend organized by the Southern Appalachian Highlands Conservancy. For more info, contact marquette@appalachian.org.

July 24-26 The Roany Boyz work weekend. Some core members of the group will go out on Wednesday, July 22. This group is desperately seeking some younger maintenance volunteers. For more info, contact caroltee@aol.com.

Stewardship partners

Southern Appalachian Highlands Conservancy partners closely with other agencies, organizations, and individuals for the stewardship and management of the Roan. SAHC is the lead partner in a multi-state Roan Stewardship Committee including the U.S. Forest Service, Appalachian Trail Conservancy, Tennessee and North Carolina State Parks, Tennessee Dept. of Environment & Conservation, NC Wildlife Resources Commission, The Nature Conservancy, Friends of Roan Mountain, Audubon Society, US Fish & Wildlife Service, local universities, hiking groups, and individual volunteers.

Attracting the eco-traveler: Agritourism grows from deep roots in Haywood County

by TINA MASCIARELLI

Travelers to Western North Carolina are often seeking an authentic experience that has an element of adventure, ecotourism and sustainability. They're seeking a place where farmers grow hundreds of acres of fresh produce, graze cattle, raise shrubs, trees, hops, herbs and bees – create dozens of award-winning products like Peach-Shine Jam and Rainbow Trout Caviar – while embodying the character of a rural community.

In addition to being hailed as a primary force in our modern economy, agritourism has historic roots dating back to the early 19th century, when the Appalachian region became known as a place where tourists could view picturesque farms and quaint mountain families hard at work plowing the fields or making handicrafts.

With the decline of other industry over recent decades, farming and entrepreneurship has remained an anchor for North Carolina's economic future. In Haywood County alone, agriculture accounts for more than 22 million dollars in annual revenue.

UNITING OLD AND NEW

Nestled in the breathtaking mountains of western North Carolina, Haywood is less than a day's drive from many major urban areas in the southeastern U.S. "It is a place where heritage meets modern convenience," says Anna Smathers, communications manager for the Haywood Tourism Authority.

Here, two-lane roads twist, turn and double back on themselves. Coves are named after generations of settlers whose great-great grandchildren still occupy the property.

"This is a rural place," says local agripreneur Heidi Dunkelberg, co-owner of H&K Farm Hops Yard and Coffee Cup Cafe. "The soil is fertile, seasons are conducive to growing a lot of different crops, and the community of local

farmers will teach you everything they know."

From sprawling acres to small family-owned farmsteads, Haywood's agricultural landscape encompasses more than 56,000 acres. It is a community rich with the cultural memory of heirloom seed saving, multi-generational farms and a tradition of time spent at the dinner table



Wildcat Ridge peony garden (Photo by Ricardo Fernandez)

surrounded by loved ones.

As Smathers puts it, "In the morning you can visit a working farm, stroll any number of our main streets in the afternoon, and in the evening experience farm fresh flavors reinterpreted by innovative chefs."

EMBARK ON AN AGRI-ADVENTURE

Agritourism offers the opportunity for farms to generate additional income and supports greater economic resiliency. Local farms are moving toward diversifying their operations to include on-farm markets, U-Pick opportunities, Community Supported Agriculture CSAs) and sustainable practices in an effort to keep pace with the growing number of community-minded consumers, yet stay connected to their family heritage.

“My grandmother taught me everything,” says Danny Barrett, owner of the Ten Acre Garden. “She was born on this farm,” he says, pointing in the direction of where the family homestead used to stand.

Ten Acre rests comfortably next to the west fork of the Pigeon River, land that Barrett’s family has farmed for more than a century. “My great grandfathers cared for this land and the desire to be a good steward is strong,” says Barrett.

Six months out of the year, Barrett retails seasonal produce grown on the property – local chicken and quail eggs, jams, jellies, savory spreads, fresh cut flowers – and offers a CSA membership. Ten Acre Garden is also Haywood’s largest U-Pick farm, offering visitors the opportunity to roam the property with Barrett’s redbone hounds to pick their own strawberries, raspberries or blueberries when in season.

Across the county, going west on U.S. 276, Walnut Cove Farms is owned

and operated by Joseph and Tara Cathey. The farm is a blend of indigenous wisdom and the latest advances in modern agricultural technology.

“At Walnut Cove, we are committed to providing quality organically grown produce to our community,” says Tara Cathey. “We grow only heirloom, open-pollinated crops and incorporate sustainable practices with great regard for water as a limited resource.”

Visitors can enjoy a richly layered relationship with the farm by subscribing to their CSA membership or making reservations for one of their farm-to-table suppers that includes sustainable living demonstrations such as seed saving and sustainable gardening techniques.

“We make fresh apple cider on an 1800s cider mill that was my great-grandmother’s,” says Joseph Cathey. “It is extraordinary to think of how many times that crank has been turned over the generations.”

Buy Haywood’s free Find your Adventure! 2015 Agritourism Guide is the local agritourism connection, showcasing year-round opportunities to explore a plethora of adventures. Learn more at BuyHaywood.com



(Left) Vegetables and flowers at Walnut Cove. (Right) Ten Acre Garden (Photos by Tina Masciarelli)



Further downstream, Wildcat Ridge Farm overlooks the Pigeon River. Situated at the edge of the Cherokee National Forest, the farm is home to Ricardo and Suzanne Fernandez, hundreds of peonies, figs and an outdoor brick oven hand-built by the award-winning chef himself.

The couple purchased the land in the mid ‘90s; renovating an old tobacco barn perched above the river to make their home. Some of the original rough-sawn beams are still visible, juxtaposing a rustic feel with the refined food and charismatic charm exuded by the owners.

“We quickly figured out that each of us had different abilities,” says Suzanne. “I’m good at this part, and he’s good at that part. We don’t compete in any way; we just allow each other to perform at our best.”

Ricardo, a native of Buenos Aires, Argentina, and his wife Suzanne have been redefining what constitutes ‘local’ cuisine in the mountains of North Carolina for more than two

decades. From their highly popular restaurant, Lomo Grill, to their ongoing Mountain Cooking Club sessions, the couple shines a spotlight on local produce.

“I try to promote using local ingredients,” says Ricardo Fernandez of his Mountain Cooking Club, “while also teaching culinary techniques.”

Wildcat Ridge Farm is open May through September offering peony plants, fresh cut flowers when in bloom, and fig trees sold directly from the farm. The peony garden is in high show around mid-May, depending on seasonal conditions.

There is something about visiting Haywood County that makes you want to roll down the windows, turn the radio off, and ride home in quiet contemplation. The stories draw you in – watching old men turn young again while retelling family traditions about inheriting a farming legacy and caring for the future. It is agritourism with a cherry on top.

Events, fairs and festivals

MAY

Now-May 25 Biltmore Blooms at the Biltmore House, biltmore.com

May 15 & 17 Grandfather Mountain State Park spring wildflower walks with a park ranger, grandfather.com

May 15 Music at the Mills Bluegrass and Arts Festival, Union Mills Learning Center, unionmillslearningcenter.org

May 16 Montford Arts & Music Festival, Asheville, family friendly event, live music, art, food, crafts and nursery plants, montfordfestival.org

May 16 Saluda Arts Festival, Saluda, family friendly event along Main Street in historic Downtown Saluda, saluda.com

May 16 10th Annual Plant Sale, Black Mountain, blackmountainbeautification.org

May 16 Bud Break Party with the Vince Junior Band, Addison Farms Vineyard, Leicester, addisonfarms.net

May 22-23 Swain County Heritage Festival, Bryson City, music festival, arts and crafts, food, log-sawing contest, and family fun, greatsmokies.com

May 22-24 White Squirrel Festival, Brevard, family-friendly with parade, live music, box derby, fun runs, and more, whitesquirrelfestival.com

May 22-30 Asheville Beer Week, avlbeerweek.com

May 23 Just Brew It, Wedge Brewery in Asheville, homebrew competition and tasting, justeconomicswnc.org

May 23 Plum Alley Day, Abingdon, VA, food, music, a dance performance, children's activities, and a massive yard sale, visitingabingdonvirginia.com

May 23-24 Annual Garden Jubilee Festival, Downtown Hendersonville, two-day gardening festival with craft, nursery, and food vendors, historichendersonville.org

May 25 Memorial Day Picnic at The Orchard, Spruce Pine, altapassorchard.org

May 25, Jun 29, Aug 3 Pollinators and the Plants that Need and Feed Them, Highlands Biological Station, explore the garden with an eye for native wildflowers and their pollinators, highlandsbiological.org

May 29 Towns That Are Reducing Their Pesticide Footprint workshop, Lenoir Rhyne University Asheville, beecityusa.org

May 30-31 Blue Ridge Rose Society Annual Exhibition at the NC Arboretum in Asheville, ncarboretum.org

May 31-Aug 16 Unto These Hills, Cherokee, Cherokee Drama performed nightly, except Sundays, at the Mountainside Theatre, cherokeesmokies.com

JUNE

Jun 5-7 Blue Plum Festival, Johnson City, TN, music, arts, food, and family activities, blueplum.org

Jun 12-13 Blue Ridge BBQ & Music Festival, Tryon, food, music, and fun, blueridgebbqfestival.com

Jun 13 Appalachian Lifestyle Celebration, Waynesville, heritage festival featuring Appalachian food, art, crafts, demonstrations, storytelling, mountain music and dance, downtownwaynesville.com

Jun 13 Southwest Virginia Wine Festival, Abingdon, experience distinctive wines, cider, mead and beer of Southwest Virginia, myswva.org

Jun 13 State of Origin Craft Brew Festival, Morganton, fontaflora.com

Jun 13 Buncombe County Master Gardener Garden Tour, explore seven gardens in and around Biltmore Lake, buncombemastergardener.org

Jun 13 Coming Home: A Wild Food Adventure with Alan Muskat, addisonfarms.net

Jun 13-21 Pollination Celebration! 2015, week of events in Asheville for all ages, beecityusa.org/pollinator-week

Jun 15-21 Pollinator Week Walks at Chimney Rock State Park, educational walks through the pollinator garden and programs, chimneyrockpark.com

Jun 18-20 Annual Art in Bloom, gala opening party, gallery show, garden tours, Black Mountain, blackmountainarts.org

Jun 18-21 Taste of Scotland Festival, Downtown Franklin, tasteofscotlandfestival.org

Jun 20 Farm-to-table meal at Addison Vineyards with Chef Corey Marino, addisonfarms.net

Jun 20 Hops and Howlers Craft Brew Fest, Abingdon, music, regional micro-brews, and food, hopsandhowlers.com

Jun 26 Ashe County Farm Tour hosted by Blue Ridge Women in Agriculture, visit 13 farms on this one-day self-guided tour, farmtour.brwia.org

Jun 26 It All Starts At Home: Alternatives to Chemical Pesticides workshop, Lenoir Rhyne University Asheville, beecityusa.org

Jun 26 ESSENCE, a cocktailing competition, Morris Hellenic Cultural Center, ashevillewineandfood.com

Jun 27 2nd Annual Farm 2 Table 5K, Asheville Track Club, fun for whole family, kids can choose from 1 mile farm run or Firefly Dash, kickitevents.com

JULY

Jul 1-4 12th Annual Red, White, and Bluegrass Festival, Morganton, bluegrass, food, jam sessions, family-friendly activities, discoverburkecounty.com

Jul 3-Aug 1 Beats, Burgers, and Brews Friday nights at Chimney Rock State Park, chimneyrockpark.com

Jul 10-12 Carolina West Ribfest, WNC Agriculture Center in , national barbecue teams and three days of music, carolinawestribfest.com

Jul 10-19 South Carolina Peach Festival, Lake Welchel, speacefestival.net

Jul 11 52nd Annual Coon Dog Day Festival, Saluda, celebration for dogs and people with food, live music, parade, crafts, street dance, and more, saluda.com

Jul 11, Aug 8, Sep 5 Root Bottom Farm to Table Dinner Series, Marshall, homegrown farm dinners preceded by a tour of the grounds, rootbottomfarm.com

Jul 12 The Big Crafty, Asheville, a celebration of handmade commerce, featuring local food, beer, music, and wares from indie artists, thebigcrafty.com

Jul 16-19 Craft Fair of the Southern Highlands, Asheville, featuring works of clay, fiber, glass, leather, metal, natural materials, paper, wood and jewelry, southernhighlandguild.org

Jul 17-18 Spruce Pine BBQ Championship & Bluegrass Festival, bbq competition, bluegrass, food vendors, clogging, artists and crafts, sprucepinebbqbluegrass.org

Jul 18 Morning Garden Tour and Afternoon Farm Tour, Watauga County, visit gardens in Boone and then farms across Watauga County, farmtour.brwia.org

Jul 18 Cycle to Farm Black Mountain, organized group bike ride to encourage and promote local food, farms and agritourism, velogirlrides.com

Jul 24-25 Smokin' in the Valley WNC BBQ Festival, Maggie Valley Festival Grounds, Official BBQ festival of western North Carolina sanctioned by the Kansas City BBQ Society with restaurant competition, local farms, crafts and more, wncbbqfestival.org

Jul 29-30 Woodland Steward Series, Brevard, empowering forest landowners to manage their properties to promote environmental and forest health, ncsu-feop.org

Jul 30-Aug 2 NC Mineral and Gem Festival, Spruce Pine, features gem, jewelry and mineral dealers from across the country, ncgemfest.com

Food for thought

Next-door mentors help inspire a way of life

by VICKI LANE

When we moved to our mountain land in Madison County back in 1975, Clifford and Louise Freeman, our nearest neighbors, took it for granted that we would do as they had done all their lives – raise a big garden, keep chickens and a milk cow, raise up a pig or two to butcher in the winter.

It sounded like a good idea to us. We had dabbled in gardening and chickens back in Florida and part of our reason for moving to the mountains was to become more self-sufficient. So we got a cow. And mules to plow the garden. Chickens and two feeder pigs.

We were fortunate to have next-door mentors. Growing a garden in North Carolina is very different than in Florida – different seasons, different problems – and we learned by helping the Freemans in theirs. Clifford was there to help with choosing the cow and the mules; he was there to show us how to milk and how to plow. Louise showed me how to can, how to make butter, how to make kraut, and how to butcher a chicken. My husband learned hog butchering, hands-on, by helping Clifford. And we learned how to make sausage, cure hams, and preserve the wonderful abundance of fresh pork.

Some of what we learned was interesting but not necessarily to our taste: take 'shucky beans,' for example. We still preferred to freeze our beans rather than canning or drying. Liver mush and souse? I was game but my husband isn't a fan of liver and, in all the

work of pig killing, didn't want to have to deal with the pig heads too.

So we absorbed all we could, modifying it over the years to fit our own tastes and abilities.

Forty years later, we still keep chickens for eggs. We have beef cattle and our son and daughter-in-law who live here on the farm have milk cows that provide us all with milk (and butter and cheese and yoghurt.)

We still tend a big garden and I can and freeze the produce. We also raise around 75 broiler chickens every year to keep our freezers full of delicious, humanely raised chicken.

We raised pigs for many years but quit when we could no longer count on freezing overnight temperatures in November or December – necessary for home butchering.

What began as a whimsical adventure has become a way of life. I think it's worked because we've been willing to adapt all along the way. It's provided us with delicious food and healthful exercise, and given us a closer connection with our neighbors, as well as a deep appreciation for the land and the mountain traditions.

Vicki Lane is the author of *The Full Circle Farm Mysteries*. When she's not working on the farm, she's at her computer weaving tales of mystery and wonder set in the western North Carolina mountains. She's currently working on a book based on Madison County's famous 1863 Shelton Laurel Massacre. She serves on the faculty of UNC-A's Great Smokies Writing Program and is a frequent teacher at regional writing workshops. Follow Vicki's work at vickilanemysteries.com.



Illustration by Stephanie Peterson Jones

A feast
for your
eyes

ADVERTISER INDEX

A-B Tech Community College	41
Appalachian Sustainable Agriculture Project (ASAP)	19
Art on Depot	49
Asheville Independent Restaurant Association (AIR)	39
B.B. Barns Garden Center	21
Blue Spiral 1	2
Buy Haywood	57
Downtown Waynesville Association	19
Dwellings	31
Earthworks Environmental Galleries	33
Equinection	65
Estate Jewelry	25
Feed the World	64
Flora	13
French Broad Crossing	4
French Broad Food Co-op	64
Glass Onion	57
Hitched Handmade	15
Ingles Markets	84
Isa's Bistro	7
Isis Restaurant & Music Hall	19
Jesse Israel & Sons Garden Center	57
Jewels that Dance	82
John C. Campbell Folk School	83
Karen Donatelli Cake Designs	11
Madison Health & Rehabilitation	49
Maggie Valley Wellness Center	57
Maggie Valley Chamber of Commerce	67
Mellow Mushroom	65
Miso Master® Organic Miso - Great Eastern Sun	33
Nona Mia	15
One of a Kind Gallery & Studios/Maples	25
Porter & Prince	67
Private Mountain Communities	3
Rock Bottoms Training Studio	33
Southeastern Wise Women	49
Southern Highland Craft Guild	75
Studio B Custom Framing	31
Sunny Point Café	33
Susan Marie Designs	7
The Compleat Naturalist	67
The Farm	31
Tobacco Plus	25
Transylvania Farmers Market	61
Urban Orchard Cider	53
WNC Farmers Market	13

JEWELS THAT DANCE

FINE JEWELRY & DESIGN STUDIO

www.jewelsthatdance.com

Downtown Asheville

828-254-5088

Mon-Sat 10:30 - 6

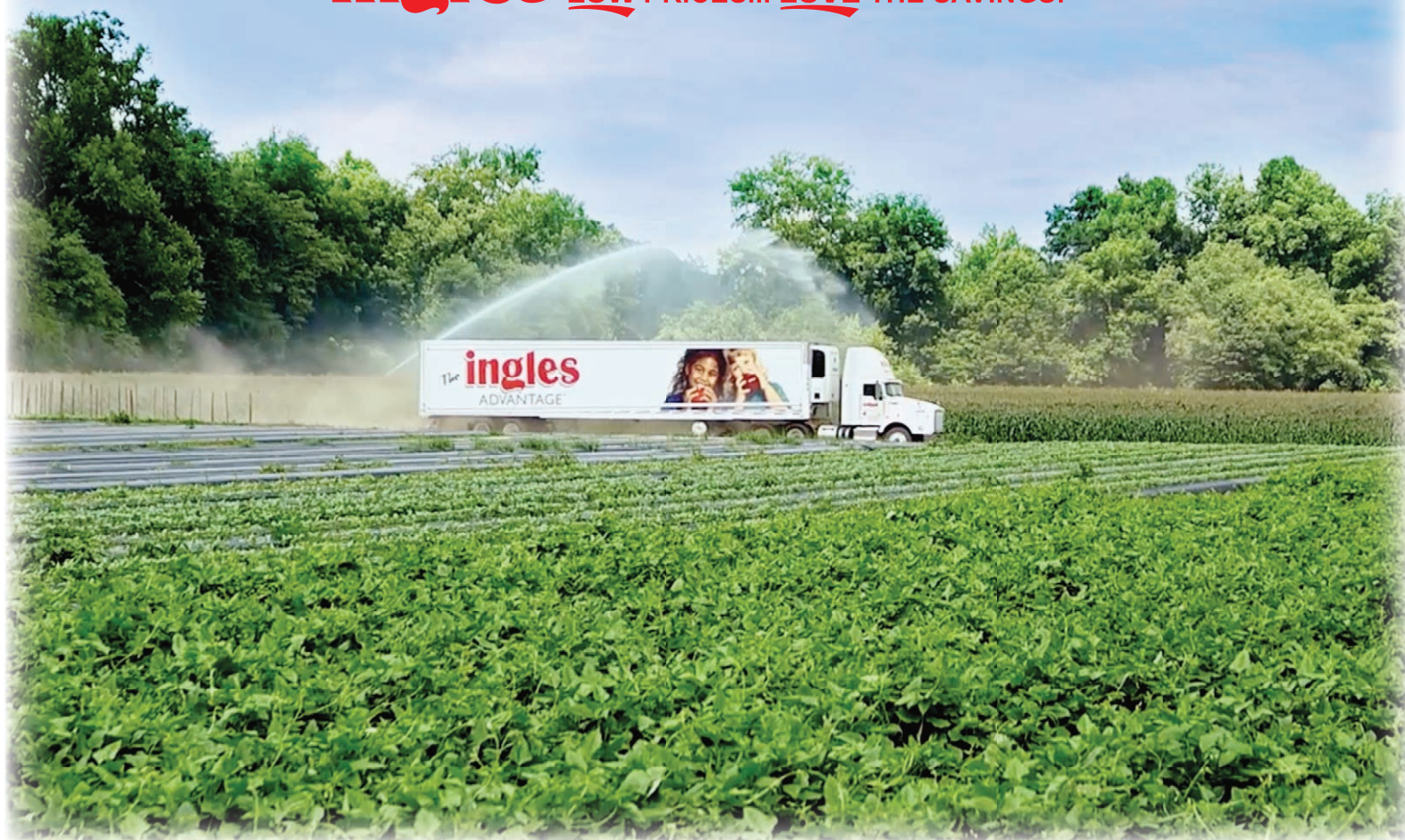


THE FOLK SCHOOL CHANGES YOU.

We still make real bread, music, yarn, poetry, and friends. Since 1925 we have helped to preserve the traditions, tools, and techniques of Southern Appalachia and shared them with the world. Engaging hands and hearts since 1925. Come enjoy making crafts and good friends on 300 natural, scenic acres in western North Carolina.

JOHN C. CAMPBELL FOLK SCHOOL
folkschool.org 1-800-FOLK-SCH
BRASSTOWN  NORTH CAROLINA

ingles LOW PRICES... LOVE THE SAVINGS!™



Ingles is a family of local farmers, vendors, ranchers, bakers and builders...all working together to bring you the highest quality local products. We built our stores around your towns, so at Ingles, local is the basis of our business.

*Ingles Low Prices...
Love the Savings!*

