Highlands Farms was established in 2016 by Don & Tracy McGlothlin. We grow several varieties of Organic Heirloom Tomatoes as well as other fruits and vegetables.

Highlands Farms features our exclusive Organic Heirloom Bloody Mary mix, soups, sauces and delicious Organic Heirloom Tomato Pie.

Shared goals. A can do spirit. That’s community.

At BB&T, we’re dedicated to building strong communities by supporting meaningful causes. It’s a key part of the service-oriented culture that has defined BB&T for more than 145 years. That’s why we’re proud to sponsor the Appalachian Sustainable Development 2019 Local Food Guide.

All we see is you.
Thank you for your interest in the 2019 Local Food Guide. Made possible through advertising sales, Appalachian Sustainable Development (ASD) distributes 10,000-15,000 copies each year. When you use this guide, you’re connecting with local farmers, breweries, businesses, and others that are helping create a strong local food culture.

ASD’s mission is to transition Appalachia to a more resilient economy and a healthier population by supporting local agriculture, exploring new economic opportunities and connecting people with healthy food.

Though twenty four years ago ASD focused exclusively on 15 counties in northeast TN and southwest VA, our work has since expanded to include eastern WV and KY and southeast OH. These partnerships significantly expand the impacts to rural, economic development by leveraging the intersections between agriculture, economic development, community building, and health. ASD is passionate about ensuring that rural communities can become viable once again and feels that agricultural strategies play a key role in that transition. ASD collaborates with partners to simultaneously address workforce development, economic development, and food insecurity in Central Appalachia, where 1 in 5 citizens are at or below the federal poverty line. ASD uses 6 strategies to accomplish its work: education, increasing local food production, developing markets, increasing distribution of local agriculture products, engaging strategic partners, and research and advising.

Cover image by Sarah Laughland
Sarah Laughland is a photographer and actress who has fallen in love with Appalachia and its local farming community. In addition to lifestyle and branding photography, she’s the writer of a blog entitled Abingdon: Meet the Locals, where she interviews local farmers’ market vendors and creates a photographic journey about why community and “keeping it local” is so important to them.

Find Sarah on Instagram @sasslaffy and on her website at sarahlaughlandphotography.com.

We need your feedback!
Please take a moment to complete the survey at the link below to let us know what you think of the 2019 Local Food Guide! Completing the survey by October 31, 2019 will enter you into a drawing for ASD prizes.

W E N E E D Y O U R F E E D B A C K !
ASDEVELOP.ORG/FOOD-GUIDE-LOCATOR
Abingdon Farmers Market, VA
Open: Year Round
Hours: April - October: Saturdays 8am - 1pm
April - September: Tuesdays 3pm - 6pm
November - Thanksgiving: Saturdays 10am - 12pm
January - March: 1st & 3rd Saturdays 10am - 12pm
Location: Corner of Remsburg Dr. & Cummings St., under the Pavilion
Contact: David McLeish - Market Manager
abingdonfarmersmarket@gmail.com / (276) 988-1434
PO Box 526, Abingdon, VA 24212
www.abingdonfarmersmarket.com
A premier market for fresh, locally produced foods in southwest Virginia. Boasting a wide variety of fresh produce, meat, cheese, eggs, honey, fresh and potted herbs, and other plants. Also providing locally produced artisan crafts, foods, and baked goods year-round. Always Fresh, Always Local!

Big Stone Gap Farmers Market, VA
Open: May - October
Hours: Thursdays 4pm - 7pm
Location: Big Stone Gap Visitors Center
Contact: Jillian Bullock
tourismindirector@bigstonegap.org / (276) 298-2780
P.O. Box 483, Big Stone Gap, VA 24219
www.facebook.com/bigstonegapfarmersmarket
Healthy food demonstrations are given by Master Gardeners and local chefs to educate people further on local produce and nutritional benefits. Visit us for a variety of fruits and vegetables in season, eggs, honey, jams/jellies, handcrafted items, baked goods, and more.

Bland Farmers Market, VA
Open: June - October
Hours: Saturdays 9am - 12pm
Location: 591 Main St. Bland, VA 24315
Contact: blandfarmersmarket@gmail.com / (276) 688-4622
http://www.blountcountyva.gov/departments/farmers-market/
www.facebook.com/blountvillefarmersmarket/
A local Farmers Market featuring locally raised fruits and vegetables, farm fresh eggs, baked goods and other seasonal delights!

Bristol State Street Farmers Market, TN
Open: May - October
Hours: Saturday 8am - 12pm
July - September Wednesday 3pm - 7pm
Location: 810 State St., Bristol, TN at the Country Music Mural
Contact: Mike Musick
mmusick@bristoltn.org / (423) 764-4023
www.statetreesfarmersmarket.com
Established April 1999. Today, State Street Farmers Market is a highly anticipated fixture in the Bristol community. Residents and visitors look forward to delicious produce, home made foods, and unique arts and crafts. State Street Farmers Market is subsidized by four local government agencies- City of Bristol, TN, City of Bristol, VA, Sullivan County, TN, and Washington County, VA.

Blountville Farmers Market, TN
Open: April - October
Hours: Thursday 12pm - 3pm
Location: 3411 HWY 126, Blountville, TN
Behind the Sullivan County Courthouse
Contact: Lori Love
blountvillefarmersmarket@gmail.com / (423) 817-1546
www.facebook.com/blountvillefarmersmarket/
A local Farmers Market featuring locally raised fruits and vegetables, farm fresh eggs, baked goods and other seasonal delights!

Boone Street Market, TN
Open: Year-Round
Hours: Monday - Friday 10am - 6pm, Saturday 10am - 5pm
Location: 101 Boone Street, Downtown Jonesborough
Contact: Shelley Crowe
info@jonesboroughlocallygrown.org / (423) 753-4722
www.jonesboroughlocallygrown.org
Follow us on Facebook (Boone Street Market) and Instagram (boonestreetmarket).
Boone Street Market is a not-for-profit, 100% producer-only retail market for local farmers and food artisans to sell directly to consumers year-round. All products come from within 100 miles of Jonesborough, or when availability is limited, from farther west in Tennessee and Central Appalachia. The store also features meals and food products made in-house, along with classes and special events that highlight local, seasonal food. Debit, credit, and EBT accepted.

Bluefield Virginia Farmers Market, VA
Open: May - October
Hours: Friday 8am - 12pm
Location: Corner of Walnut St. and Tazewell Ave.
Contact: Greg Quesenberry
recreation276@gmail.com / (276) 322-4626
112 Huffard Dr., Bluefield, VA 24605
We accept EBT/SNAP cards, Senior Nutrition coupons. We offer locally grown fruits and vegetables, pasture raised meats, jams and jellies, canned goods, eggs, honey, baked goods, plants and shrubs, and crafts. Bands play every Friday, weather permitting.

Chilhowie Farmers Market, VA
Open: May - October
Hours: Thursday 4pm - 7pm
Location: Corner of Walnut St. and Tazewell Ave.
Contact: Mike Musick
mmusick@bristoltn.org / (423) 764-4023
www.statetreesfarmersmarket.com
Established April 1999. Today, State Street Farmers Market is a highly anticipated fixture in the Bristol community. Residents and visitors look forward to delicious produce, home made foods, and unique arts and crafts. State Street Farmers Market is subsidized by four local government agencies- City of Bristol, TN, City of Bristol, VA, Sullivan County, TN, and Washington County, VA.

Church Hill Farmers Market, TN
Open: April - October
Hours: Tuesday, Thursday, and Saturday 8am - sold out
Location: 410 East Main Blvd. in the front half of the Church Hill Library parking lot
Vendors have fresh produce and canned goods. Vendors are set up by 8am and stay until late afternoon. Everyone is welcome. Products must be raised or made by the vendor.

Church Hill Farmers Market is owned and operated by the Town as a service to local farmers and residents. Vendors are welcome and spaces are free of charge. All products must be raised or made by the vendor. No resale of any product is allowed - ever. Crafts are not permitted.

Church Hill Farmers Market, TN
Open: April - October
Hours: Tuesday, Thursday, and Saturday 8am - sold out
Location: 410 East Main Blvd. in the front half of the Church Hill Library parking lot
Vendors have fresh produce and canned goods. Vendors are set up by 8am and stay until late afternoon. Everyone is welcome. Products must be raised or made by the vendor.

Church Hill Farmers Market is owned and operated by the Town as a service to local farmers and residents. Vendors are welcome and spaces are free of charge. All products must be raised or made by the vendor. No resale of any product is allowed - ever. Crafts are not permitted.

Church Hill Farmers Market, TN
Open: April - October
Hours: Tuesday, Thursday, and Saturday 8am - sold out
Location: 410 East Main Blvd. in the front half of the Church Hill Library parking lot
Vendors have fresh produce and canned goods. Vendors are set up by 8am and stay until late afternoon. Everyone is welcome. Products must be raised or made by the vendor.

Church Hill Farmers Market is owned and operated by the Town as a service to local farmers and residents. Vendors are welcome and spaces are free of charge. All products must be raised or made by the vendor. No resale of any product is allowed - ever. Crafts are not permitted.
Farmers Markets

Clinch River Farmers Market, VA
Open: May - October
Hours: Saturday 8am - 12pm
Location: 336 Firehouse Dr., Fries, VA 24340
Contact: (276) 238-3234
www.facebook.com/friesfarmersmarket/
A local grower/producer market, the Fries Farmers Market has local and heirloom vegetables, meats, baked goods, herbs, arts and crafts.
Fries Farmers Market, VA
Open: May - October
Hours: Monday 8am - 12pm
Location: 336 Firehouse Dr., Fries, VA 24340
Contact: (276) 238-3234
www.facebook.com/friesfarmersmarket/

Greeneville Farmers Market, TN
Open: Year Round
Hours: May - October; Saturday 8am - 12pm
Online market open year-round for Sat. pickup
Location: Doak House Museum, 690 Erwin Hwy., Tusculum, TN 37745 and online at www.gf.m.locallygrown.
net
Contact: Judy Shelton
greenevillesfarmersmarket@gmail.com / (423) 552-3023
PO Box 91, Greeneville, TN 37744
www.greenevillefarmersmarket.com
We accept EBT and Fresh Savings. New Vendors Welcome! Dedicated to providing a sustainable outlet for fresh, locally grown, raised, and prepared food, agricultural products, and quality handcrafted items while promoting community interaction through education and entertainment.

Farmers Market at East Tennessee State University, TN
Open: April - May and August - October
Hours: Thursday 10am - 2pm
Location: 800 University Pkwy., Johnson City, TN. On ETSU’s campus in the parking lot between DP Culp Auditorium and Student Health Services
Contact: farmersmarketetsu@gmail.com
www.farmersmarketetsu.wordpress.com
 Held weekly in the heart of the University’s campus. This is a producer-only market. We emphasize education and sharing about local food with the ETSU community. Come visit us for delicious local food and live music.

Greeneville Farmers Market, TN
Open: Year Round
Hours: Monday 8am - 12pm
Location: Doak House Museum, 690 Erwin Hwy., Tusculum, TN 37745 and online at www.gf.m.locallygrown.
net
Contact: Judy Shelton
greenevillesfarmersmarket@gmail.com / (423) 552-3023
PO Box 91, Greeneville, TN 37744
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Floyd Farmers Market, VA
Open: May - November
Hours: Sat 8am - 1pm, Holiday market in Nov.
Location: The Floyd Community Pavilion across from the Floyd Country Store
Contact: Lindsay Newsome
farmersmarketfloyd@gmail.com / (540) 745-7333
info@sustainfloyd.org
203 South Locust St., Suite H, Floyd, VA 24091
www.floydfarmersmarket.org
We offer sustainable and organically produced, locally-grown seasonal fruits, vegetables, and mushrooms. A variety of pasture raised meats, eggs and fresh and aged cheeses are also available. We have fresh bread and baked goods along with plants, herbs, flowers, health and body care products, local Kombucha and fresh roasted coffee. Enjoy our prepared foods, live music and special events.

Fries Farmers Market, VA
Open: May - October
Hours: Sunday 1pm - 4pm
Location: 336 Firehouse Dr., Fries, VA 24340
Contact: (276) 238-3234
www.facebook.com/friesfarmersmarket/
A local grower/producer market, the Fries Farmers Market has local and heirloom vegetables, meats, baked goods, herbs, arts and crafts.

Glade Spring Farmers Market, VA
Open: May - October
Hours: Saturday 8:30am - 12pm
Location: Town Square downtown Glade Spring
Contact: Paul Case
chillys@comcast.net / (276) 429-5038
PO Box 423, Glade Spring, VA 24340
Started in 2006, we offer locally grown fruits, vegetables, baked goods, heritage crafts, live plants, and more. Check our Facebook page to see what kids’ crafts, raffles, music, or town events take place each weekend. Like us on Facebook to stay up to date. We have an indoor market pavilion, so Rain or Shine - we’ll be there!

Galax Farmers Market, VA
Open: May - October
Hours: Friday and Saturday 8am - 12pm
Location: Corner of North Main St. and East Washington St. beside Macado’s
Contact: Jessica Milby & Nancy Savery
(276) 238-8130
www.galaxfarmersmarket.com
The Galax Farmers Market houses local vendors who bring to market their fresh fruits, produce and baked goods. Other local specialties include honey, eggs, crafts, and plants.

Greeneville Farmers Market, TN
Open: Year Round
Hours: May - October; Saturday 8am - 12pm
Online market open year-round for Sat. pickup
Location: Doak House Museum, 690 Erwin Hwy., Tusculum, TN 37745 and online at www.gf.m.locallygrown.
net
Contact: Judy Shelton
greenevillesfarmersmarket@gmail.com / (423) 552-3023
PO Box 91, Greeneville, TN 37744
www.greenevillefarmersmarket.com
We accept EBT and Fresh Savings. New Vendors Welcome! Dedicated to providing a sustainable outlet for fresh, locally grown, raised, and prepared food, agricultural products, and quality handcrafted items while promoting community interaction through education and entertainment.

Farmers Markets

Clinch River Farmers Market, VA
Open: May - October
Hours: Saturday 8am - 12pm
Location: 336 Firehouse Dr., Fries, VA 24340
Contact: (276) 238-3234
www.facebook.com/friesfarmersmarket/
A local grower/producer market, the Fries Farmers Market has local and heirloom vegetables, meats, baked goods, herbs, arts and crafts.
Fries Farmers Market, VA
Open: May - October
Hours: Monday 8am - 12pm
Location: 336 Firehouse Dr., Fries, VA 24340
Contact: (276) 238-3234
www.facebook.com/friesfarmersmarket/

Greeneville Farmers Market, TN
Open: Year Round
Hours: May - October; Saturday 8am - 12pm
Online market open year-round for Sat. pickup
Location: Doak House Museum, 690 Erwin Hwy., Tusculum, TN 37745 and online at www.gf.m.locallygrown.
net
Contact: Judy Shelton
greenevillesfarmersmarket@gmail.com / (423) 552-3023
PO Box 91, Greeneville, TN 37744
www.greenevillefarmersmarket.com
We accept EBT and Fresh Savings. New Vendors Welcome! Dedicated to providing a sustainable outlet for fresh, locally grown, raised, and prepared food, agricultural products, and quality handcrafted items while promoting community interaction through education and entertainment.

Farmers Market at East Tennessee State University, TN
Open: April - May and August - October
Hours: Thursday 10am - 2pm
Location: 800 University Pkwy., Johnson City, TN. On ETSU’s campus in the parking lot between DP Culp Auditorium and Student Health Services
Contact: farmersmarketetsu@gmail.com
www.farmersmarketetsu.wordpress.com
 Held weekly in the heart of the University’s campus. This is a producer-only market. We emphasize education and sharing about local food with the ETSU community. Come visit us for delicious local food and live music.

Greeneville Farmers Market, TN
Open: Year Round
Hours: May - October; Saturday 8am - 12pm
Online market open year-round for Sat. pickup
Location: Doak House Museum, 690 Erwin Hwy., Tusculum, TN 37745 and online at www.gf.m.locallygrown.
net
Contact: Judy Shelton
greenevillesfarmersmarket@gmail.com / (423) 552-3023
PO Box 91, Greeneville, TN 37744
www.greenevillefarmersmarket.com
We accept EBT and Fresh Savings. New Vendors Welcome! Dedicated to providing a sustainable outlet for fresh, locally grown, raised, and prepared food, agricultural products, and quality handcrafted items while promoting community interaction through education and entertainment.

Fries Farmers Market, VA
Open: May - October
Hours: Sunday 1pm - 4pm
Location: 336 Firehouse Dr., Fries, VA 24340
Contact: (276) 238-3234
www.facebook.com/friesfarmersmarket/
A local grower/producer market, the Fries Farmers Market has local and heirloom vegetables, meats, baked goods, herbs, arts and crafts.

Galax Farmers Market, VA
Open: May - October
Hours: Friday and Saturday 8am - 12pm
Location: Corner of North Main St. and East Washington St. beside Macado’s
Contact: Jessica Milby & Nancy Savery
(276) 238-8130
www.galaxfarmersmarket.com
The Galax Farmers Market houses local vendors who bring to market their fresh fruits, produce and baked goods. Other local specialties include honey, eggs, crafts, and plants.

Glade Spring Farmers Market, VA
Open: May - October
Hours: Saturday 8:30am - 12pm
Location: Town Square downtown Glade Spring
Contact: Paul Case
chillys@comcast.net / (276) 429-5038
PO Box 423, Glade Spring, VA 24340
Started in 2006, we offer locally grown fruits, vegetables, baked goods, heritage crafts, live plants, and more. Check our Facebook page to see what kids’ crafts, raffles, music, or town events take place each weekend. Like us on Facebook to stay up to date. We have an indoor market pavilion, so Rain or Shine - we’ll be there!

Greeneville Farmers Market, TN
Open: Year Round
Hours: May - October; Saturday 8am - 12pm
Online market open year-round for Sat. pickup
Location: Doak House Museum, 690 Erwin Hwy., Tusculum, TN 37745 and online at www.gf.m.locallygrown.
net
Contact: Judy Shelton
greenevillesfarmersmarket@gmail.com / (423) 552-3023
PO Box 91, Greeneville, TN 37744
www.greenevillefarmersmarket.com
We accept EBT and Fresh Savings. New Vendors Welcome! Dedicated to providing a sustainable outlet for fresh, locally grown, raised, and prepared food, agricultural products, and quality handcrafted items while promoting community interaction through education and entertainment.

Farmers Markets
Farmers Markets

**Hillsville Farmers Market, VA**
- **Open:** June - October
- **Hours:** Thursday 3pm - 7pm
- **Location:** Near Hillsville Town Hall
- **Contact:** Laura Beth Parrnell
  tohfarmersmarket@townofhillsville.com / (276) 728-2128
- **www.hillsvillefarmersmarket.wixsite.com/mysite**

The Town of Hillsville’s Farmers Market features locally-sourced produce, delicious baked goods, and unique arts and crafts. Located in the heart of downtown, we are open on Thursdays, 3:00 pm to 7:00 pm June - October.

**Independence Farmers Market, VA**
- **Open:** 2nd Friday in May - 2nd Friday in Oct.
- **Hours:** Friday 9am - 2pm
- **Location:** Independence Park, at the intersection of Hwys 21 and 58 in downtown Independence, VA, across from the historic 1908 Courthouse
- **Contact:** (276) 788-0597
  independencefarmersmarket@gmail.com
  2558 Hines Branch Rd., Elk Creek, VA 24362
  www.independencefarmersmarket.org

Locally grown meats, honey, produce, and goods. Come by our market in historic Independence, VA to shop for a variety of fruits, vegetables, meats, eggs, flowers, crafts, canned and baked goods. Our farmers, chefs, and craftsmen are committed to providing the highest quality local products. We accept EBT/SNAP and are proud to be a member of the Wholesome Wave National Nutrition Network.

**Johnson City Farmers Market, TN**
- **Open:** April - November
- **Hours:** Wednesday and Saturday 7am - 2pm
- **Location:** Next to Founders Park downtown
- **Contact:** Heather Shipley
  mailbox@johnsoncityfarmersmarket.com / (423) 367-7627
  www.johnsoncountyfarmersmarket.org

You will find farm produce, canned goods, baked goods, beef, lamb, chicken, fresh eggs, arts & crafts with artists in attendance, live music at Saturday markets only, and a friendly atmosphere for all.

**Johnson County Farmers Market, TN**
- **Open:** May - October
- **Hours:** Saturday 9am - 1pm
- **Location:** Ralph Stout Park
  Nov. - April: Johnson County Welcome Center lower level
- **Contact:** Bethany Anderson
  johnsoncountyfm@gmail.com / (423) 291-9145
  110 Courthouse St., Johnson City, TN 37683
  www.johnsoncountyfarmersmarket.com

Helping strengthen a sustainable local agricultural and food economy by providing education, promoting market outlets, and engaging in community enhancement. Our market accepts SNAP/EBT and credit/debit cards. Plants, fresh fruits and vegetables, baked goods, jams and jellies, and handmade crafts are offered.

**Jonesborough Farmers Market, TN**
- **Open:** May - October 19, no markets July 6 & Oct 5
- **Hours:** Saturday 8am - 12pm
- **Location:** 100 Courthouse Square, downtown Jonesborough.
- **Contact:** Shelley Crowe
  info@jonesboroughlocallygrown.org / (423) 753-4722
  101 Boone St., Jonesborough, TN 37659
  www.jonesborough.locallygrown.net

Jonesborough Farmers Market is a 100% producer-only market offering seasonal produce, bakery items, locally produced meat products, plants, and select crafts. Live music, kids’ activities, demonstrations and cafe space. Debit, credit and EBT accepted.

**Kingsport Farmers Market, TN**
- **Open:** April - December
- **Hours:** Wednesday and Saturday 6am - 2pm
- **Location:** Corner of Clinchfield St. and Center St. in Downtown Kingsport
- **Contact:** Kristie Leonard
  kristieleonard@kingsporttn.gov / (423) 357-3897
  www.kingsporttn.gov

In downtown Kingsport for over 40 years. Resellers are allowed at the beginning and end of the season. From May 15 through October 31, the KFM is a producer-only market featuring the finest selections from area farmers and producers.

**Lebanon Farmers Market, VA**
- **Open:** May - November
- **Hours:** Saturday 7am - 1pm, Wednesday 10am - 2pm
- **Location:** Market building of Russell County Government Center parking
- **Contact:** Tammy Lasley, Town of Lebanon
  (276) 889-7202
  The Lebanon Farmers Market is owned and maintained by the Town of Lebanon, providing a location for Virginia farmers, gardeners, food producers, and artists to market Virginia-grown products, USDA-approved meats, eggs, plants, honey, homemade products, and artwork.

**Marion Regional Farmers Market, VA**
- **Open:** May - October
- **Hours:** Saturday 8am - 12pm
- **Location:** Historic Downtown Marion at the corner of Cherry & Chestnut Street.
- **Contact:** Leslie Vanover
  nlvfarms06@gmail.com / (276) 620-1300
  138 West Main Street, PO Box 1005
  www.MarionVa.org/Farmers-Market

This is the place to be on Saturday mornings! The Marion Farmers Market offers a variety of seasonal produce, locally-raised meats, farm products, and handcrafted items from across the region. Our market features 26 covered spaces, electricity, restrooms, and event stage – perfect for special events, concerts, and more.

**The Marketplace, VA**
- **Open:** May - September
- **Hours:** Tuesday 4pm - 8pm
- **Location:** 20 South Washington Ave., Pulaski, VA
- **Contact:** Peggy White
  peggywhite@pulaskichamber.info / (540) 674-1991
  4440 Cleburne Blvd., Dublin, VA 24084
  www.pulaskimarketplace.com

Local fresh produce and meats, highlighted artisans, musicians, winery, craft beers, local chefs, and special attractions!

**Norton Friends & Farmers Market, VA**
- **Open:** June - September
- **Hours:** Tuesday 4pm - 6pm
- **Location:** 815 Park Ave. SW, Norton, VA 24273.
Behind the Valero adjacent to the Chamber of Commerce and AT&T Relay Center
- **Contact:** Katie Dunn or Michele Knox
  mikedcole@yahoo.com / (423) 772-3010
  www.cartercountyparksandrec.com/home/roan-mountain-farmers-market/

An all-local produce market with vendors selling locally made jams and jellies. We also offer local handcrafted items.

**Pearsburg Community Market, VA**
- **Open:** May - October
- **Hours:** Saturday 9am - 2pm
- **Location:** Front lawn of Community Center on Wenonah Ave.
- **Contact:** Haley Warner
  marketmgr@pearsburg.org / (540) 921-0340
  www.pearsburgfarmtofork.com

Fresh local produce, events, activities, demos, music, and crafts. Meet local producers, artisans, and more. Check out the events, demos, activities, and kids craft projects scheduled each week. Prepared food can be purchased at the market. SNAP/EBT cards accepted!

**Pennington Gap Farmers Market, VA**
- **Open:** June - October
- **Hours:** Saturday 9am - 1pm
- **Location:** Leeman Field, Pennington Gap, VA
- **Contact:** Phil Hensley
  philhensley@hotmail.com / (276) 546-1177
  www.townofpennington.com

**Roan Mountain Farmers Market, TN**
- **Open:** May - November
- **Hours:** Saturday 9am - 1pm
- **Location:** Roan Mountain Community Park
- **Contact:** Erik Anderson
  erikusafa73@hotmail.com / (423) 772-3010
  www.cartercountyparksandrec.com/home/roan-mountain-farmers-market/

An all-local produce market with vendors selling locally made jams and jellies. We also offer local handcrafted items.

**Rural Retreat Farmers Market at the Depot, VA**
- **Open:** July - October
- **Hours:** Saturdays 2pm - 6pm
- **Location:** At the historic Rural Retreat Depot in the heart of Rural Retreat. Minutes from exit 60 on Interstate 81
- **Contact:** Mike Cole
  mikedcole@yahoo.com
  105 West Railroad Ave., Rural Retreat, VA 24368
  www.depotfarmersmarket.org

Locally grown produce and handmade crafts available at our indoor/outdoor market.
Southwest Virginia Farmers Market, VA
Open: January - December
Hours: Monday - Sunday 8am - 5pm (extended to 6pm during the summer)
Location: Located at I-77 at Exit 14 on Farmers Market Dr.
Contact: Kevin Semones
farmersmarket@carrollcountyva.org / (276) 728-5540
497 Farmers Market Dr., Hillsville, VA 24343
www.swvafarmersmarket.org
Our market consists of retail & wholesale operations! Feel at home when you shop in our retail market of local growers! The wholesale market distributes local produce to grocery stores. Cooling, packing, and grading add value to our locally grown fruits and vegetables.

Sugar Grove Farmers Market, VA
Open: Year-Round Online
Contact: Sarah Combs
sarahcombs@gmail.com / (276) 677-0111
550 Sugar Grove Hwy., Sugar Grove, VA 24375
www.sugargroveva.com
First opened in 2012 at Sugar Grove School designed to meet our community needs. Presently, the market features several returning local vendors offering baked goods, crafts, Avon, produce, and more. No vendor fees. Check our website for schedule and location changes.

Tazewell Farmers Market, VA
Open: May - October
Hours: Tuesday 3pm - 6pm, Saturday 8am - 12pm
Location: Farm Bureau parking lot under Wingo Automotive
Contact: Alexis Ball
alexisball@gmail.com / (276) 220-5922
www.facebook.com/TazewellFarmersMarket
Fresh fruits and vegetables, eggs, baked and canned goods.

Wytheville Farmers Market, VA
Open: May - October
Hours: Saturday 8am - 12pm
Location: 210 West Spring St. in the historic downtown area
Contact: Greg Smith
wythevillefarmersmarket@live.com / (276) 620-0303
www.wythevillefarmersmarket.com
Wytheville’s premier place to purchase fresh and locally-grown goods! Locally-grown vegetables, fruits, potted and dried plants, cut flowers, meats, eggs, honey, artisan crafts, and baked goods. With free weekly events and live music, the farmers market is as much an experience as it is a marketplace!

Williamson Farmers Market, WV
Open: May - September
Hours: Saturdays 9am - 2pm
Location: Corner of 3rd Ave and Harvey St in Williamson, WV
Contact: Kristin DeBoard
kdeboard@williamsonhealthwellness.com / (304) 235-3400
3rd Ave and Harvey St., Williamson, WV 25661
www.healthynivethehills.com
Williamson Farmers Market is an outdoor market space and fresh food destination. We are a producer friendly market featuring local produce, fresh meats, homemade breads and artisans. With tons of kids activities and live music monthly we are a destination marketplace for the weekends. Accepts cash, credit, SNAP, WIV and Senior Vouchers.

Wise Farmers Market, VA
Open: June - September
Hours: Thursday 5pm - 7pm
Location: Big Glades Community Square
309 East Main St., Wise, VA 24293
Across from Payless Shopping Center parking lot
Contact: Anna Maness
amaness@townofwise.org / (276) 328-6013 ext. 230
PO Box 1100, Wise, VA 24293
www.townofwise.net
The Wise Farmers Market located at Big Glades on East Main Street in Downtown Wise offers locally grown produce, flowers and herbs, locally handmade arts and crafts from our locally found resources, and delicious homemade breads, jellies, and jams.

Appalachian Harvest
Address: 280 Boone Trail Rd., Duffield, VA 24244
Mailing: PO Box 475, Duffield, VA 24244
Phone: (276) 431-3385
A wholesale distributor for locally grown certified organic and conventionally grown produce. By working with a wide network of growers, Appalachian Harvest helps growers throughout northeast Tennessee and southwest Virginia access wholesale markets.

Appalachian Resource Conservation & Development Council
Address: 3211 N. Roan St. Johnson City, TN 37601
Phone: (423) 979-2581
The ARC&D has supported improving rural economy while conserving natural resources in northeast Tennessee since 1994.

Appalachian Sustainable Development (ASD)
Address: 1096 Ole Berry Dr., Suite 100, Abingdon, VA 24210
Phone: (276) 623-1121
Since 1995, this nationally-known non-profit has focused on using sustainable agriculture as an economic engine by supporting gardeners and farmers while increasing food access for all people in our communities.

Good Food - Good People
Address: 320 Fork Dr., Floyd VA, 24291
Phone: (540) 745-4347
Provides local food throughout the year, all sourced within a 100-mile radius of Floyd VA, to retail and wholesale buyers in Southwest Virginia. Check our website for CSA Farm Share options, market table locations and our pre-order “Virtual Market.”

Jonesborough Locally Grown
Address: 101 Boone St., Jonesborough, TN
Phone: (423) 753-4722
Jonesborough Locally Grown is the non-profit that operates the Saturday Jonesborough Farmers Market, the online market, the Farm to Table Dinner (with Main Street Cafe & Catering), and Boone Street Market.
Mountain Harvest Kitchen (MHK at Unicoi)
Address: 105 Unicoi Village Pl., Unicoi, TN 37692
Phone: (423) 743-7162
A certified commercial kitchen to support development and growth of local and regional food businesses. A food business incubator will also include various services.
Website: www.unicoitn.net
Email: mountainharvestkitchen@gmail.com

Round the Mountain: Southwest Virginia’s Artisan Network
Address: 1 Heartwood Cir., Abingdon, VA 24210
Phone: (276) 492-2408
A non-profit organization whose mission is to promote sustainable economic development of the region’s communities by assisting local artisans with marketing, educational, and entrepreneurial opportunities.
Website: www.roundthemountain.org
Email: info@roundthemountain.org

Rural Resources Farm & Food Education Center
Address: 2870 Holly Creek Road Greeneville, TN 37745
Phone: (423) 636-8171
Rural Resources Farm & Food Education Center works to connect farms, food, and our community through a variety of programs focused on education, entrepreneurship, and sustainability. Check our website for upcoming local food events and workshops on the farm and in the kitchen.
Website: www.ruralresources.net
Email: info@ruralresources.net

Southwest Virginia Fresh (SO Fresh)
Address: PO Box 156, Hiwassee, VA 24347
Phone: (540) 980-3094, ask for ‘SO Fresh’
A non-profit community service organization serving southwestern VA, dedicated to enhancing the availability of locally produced, locally sold foods and elevating a local foods economy in SWVA.
Website: www.swvafresh.org
Email: mtn2mtn@psknet.com

Sprouting Hope Community Garden
Address: 772 East Hungry Mother Dr., Marion, Virginia 24354
Phone: Robert Kell (276) 782-2809
Sprouting Hope Community Garden provides garden spaces and education for people who lack resources to garden on their own.
Website: www.sproutinghope.org
Email: contact@sproutinghope.org

Washington County Seed Savers Library
Address: 205 Oak Hill St. NE, Abingdon, VA 24210
Phone: (276) 676-6298
Our Seed Savers Library is a special program of the Abingdon library to promote community food grown from heirloom plants.
Website: www.wcpl.net/locations-hours/main-library-abingdon.html
Email: edesk@wcpl.net

Virginia Cooperative Extension - SWVA Food Safety
Address: 2110 N 4th Street Wytheville, VA 24382
Phone: (276) 223-6040
Bland, Carroll, Grayson, Smyth, Washington & Wythe counties. ServSafe training & certification, Cooking for Crowds training, hands-on home canning classes, HACCP planning, food service audits, GAP consulting, food service plan review, starting a new food business consulting, and more!
Website: www.facebook.com/SWVAFood-Safety
Email: sandyst@vt.edu

Restaurants

128 Pecan
Hours: Tuesday - Saturday 11:00am - 9:00pm
(276) 698-3159
128 Pecan St., Abingdon, VA 24210
www.128pecan.com
Simple, good food at a reasonable price.

Bonefire Smokehouse
Hours: Daily 11:00am - late night
bhh14305@yahoo.com / (276) 623-0037
260 W. Main St., Abingdon, VA 24210
www.bonefiresmokehousebbq.com
Great barbecue and music in Abingdon, VA. Regional winner for “Best BBQ” in Virginia Living Magazine. Live music Thursday - Sunday.

Brumley’s Restaurant & Lounge in the General Morgan Inn
calexander@generalmorganinn.com / (423) 787-1000
111 N. Main St., Greeneville, TN 37743
www.generalmorganinn.com
Brumley’s Restaurant celebrates signature service and a seasonal menu selection featuring Southern American cuisine with a creative flair. Brumley’s Bar offers Greeneville’s best selection of quality cocktails, as well as a premier international wine menu.

Bonefire Smokehouse
Hours: Daily 11:00am - late night
bhh14305@yahoo.com / (276) 623-0037
260 W. Main St., Abingdon, VA 24210
www.bonefiresmokehousebbq.com
Great barbecue and music in Abingdon, VA. Regional winner for “Best BBQ” in Virginia Living Magazine. Live music Thursday - Sunday.

128 Pecan
Hours: Tuesday - Saturday 11:00am - 9:00pm
(276) 698-3159
128 Pecan St., Abingdon, VA 24210
www.128pecan.com
Simple, good food at a reasonable price.

Brumley’s Restaurant & Lounge in the General Morgan Inn
calexander@generalmorganinn.com / (423) 787-1000
111 N. Main St., Greeneville, TN 37743
www.generalmorganinn.com
Brumley’s Restaurant celebrates signature service and a seasonal menu selection featuring Southern American cuisine with a creative flair. Brumley’s Bar offers Greeneville’s best selection of quality cocktails, as well as a premier international wine menu.

Burger Bar
Hours: Monday - Thursday 10:30am - 7:00pm, Friday 10:30am – 8:00pm, Saturday 8:00am - 8:00pm
(276) 466-6200
8 Piedmont Ave., Bristol, VA 24201
www.burgerbarbristol.com
Welcome to Bristol’s famous Burger Bar! We’ve been serving up the best burgers in town since 1942. Try one of our burgers and you’ll see why!

Damascus Old Mill Inn
info@damascusinn.com / (276) 475-3745
215 Imboden St., Damascus, VA 24236
www.damascusinn.com
On the banks of Laurel Creek overlooking the mill waterfall in the friendliest town on the Appalachian trail and near the Virginia Creeper Trail. Call ahead for restaurant and pub hours. We offer casual fine dining in a classy dining room with outdoor decks. Music events and catering also offered.

Damascus Old Mill Inn
info@damascusinn.com / (276) 475-3745
215 Imboden St., Damascus, VA 24236
www.damascusinn.com
On the banks of Laurel Creek overlooking the mill waterfall in the friendliest town on the Appalachian trail and near the Virginia Creeper Trail. Call ahead for restaurant and pub hours. We offer casual fine dining in a classy dining room with outdoor decks. Music events and catering also offered.
Chef Charles Parker is focusing his attention on celebrating and promoting all things culinary in Southwest Virginia. Reach out to him about farmers’ markets, culinary ideas, sourcing local product, cooking demonstrations, or anything that describes a taste of Southwest Virginia.

Storytelling is Chef Charles’ focus. We look forward to featuring farms, farmers, wineries, breweries, distilleries, family recipes and more in our weekly blog series. See you at the SWVA Cultural Center & Marketplace soon!

Chef Charles Parker
SWVA Chef & Culinary Ambassador
cparker@friendsofswva.org
m: 276.608.2401
o: 276.492.2400 ext. 2414

Cultural Center & MARKETPLACE

MONDAY - SATURDAY
11:00AM - 7:00PM

SUNDAY
11:00AM - 3:00PM

One Heartwood Circle | Abingdon, VA 24210

SWVAculturalcenter.com

Virginia is for Lovers

Charles Parker
SWVA Chef & Culinary Ambassador
cparker@friendsofswva.org
m: 276.608.2401
o: 276.492.2400 ext. 2414

Eatz on Moore Street
eatzonmoorstreet@gmail.com / (276) 591-4755
17 Moore St., Bristol, VA 24201
www.facebook.com/eatzonmoorestreet/
Proprietors Mark and Lisa Canty serve up from scratch cooking. Entrees include Mr Mac’s Famous BBQ & ribs, meatloaf, Miss Lisa’s fried chicken, golden catfish, jerk chicken, collard greens, black beans & rice, slaw, soup beans, corn, mac & cheese, cornbread & an assortment of homemade desserts. The area’s best catering for weddings, company picnics, businesses & private parties.

Gourmet and Company
Hours:
Monday - Saturday 11am - 3pm (lunch)
Tuesday - Saturday 5pm - 9pm (dinner)
gourmet@gourmetandcompany.com / (423) 929-9007
214 East Mountcastle Dr. Johnson City, TN 37604
gourmetandcompany.com
Seasonal American fine cuisine expertly prepared from fresh and whenever possible, organic, locally grown or raised, and artisan crafted ingredients. Our retail shop is open Monday-Saturday from 10am-6pm.

Fort Chiswell Mansion / Key Ingredients Restaurant
(276) 637-1832
325 Factory Outlet Dr., Max Meadows, VA 24360
fortchiswellmansion.com
Educational and conference center providing and promoting distribution, farmers markets, restaurants, motivational speakers, and events pertaining to establishing economically successful business models for community through locally produced whole foods.

Graze on Main
Hours: Monday - Saturday 11am - 2pm and 5pm - 10pm
(276) 223-2334
170 E. Main St., Wytheville, VA 24382
grazemain.com
www.bollingwilsonhotel.com/dining/graze-on-main.htm
A casual yet elegant restaurant located in the Bolling Wilson Hotel that specializes in southern cuisine. Graze on Main is known for their extensive variety of delicious burgers. They also serve seafood and steaks and offer locally sourced donuts and gelato.

Harvest Table Restaurant

Hours:
Lunch: 11:00am - 2:00pm
Tuesday - Saturday
Dinner: 5:00pm - 9:00pm
Wednesday - Saturday
Sunday Brunch: 11:30am - 2:30pm

Events:
13180 Meadowview Square, Meadowview, VA 24361
www.harvesttablerestaurant.com

We are dedicated to offering the freshest local produce from local growers and our own farm. Our local meats are always pasture based and finished.

Harvest Table Restaurant

Hours:
Lunch: 11:00am - 2:00pm
Tuesday - Saturday
Dinner: 5:00pm - 9:00pm
Wednesday - Saturday
Sunday Brunch: 11:30am - 2:30pm

Events:
13180 Meadowview Square, Meadowview, VA 24361
www.harvesttablerestaurant.com

We are dedicated to offering the freshest local produce from local growers and our own farm. Our local meats are always pasture based and finished.

Five Seasons Restaurant and Bakery Deli
rhonda@fourseasonsswva.com / (276) 781-1411
123 S. Chestnut St., Ste. 110, Marion, VA 24354
fourseasonsswva.com
Full service on and off site caterer using locally sourced ingredients when available. We also have assorted bakery products and carry a full menu of items.

Four Seasons Restaurant and Bakery Deli
rhonda@fourseasonsswva.com / (276) 781-1411
123 S. Chestnut St., Ste. 110, Marion, VA 24354
fourseasonsswva.com
Full service on and off site caterer using locally sourced ingredients when available. We also have assorted bakery products and carry a full menu of items.

Fort Chiswell Mansion / Key Ingredients Restaurant
(276) 637-1832
325 Factory Outlet Dr., Max Meadows, VA 24360
fortchiswellmansion.com
Educational and conference center providing and promoting distribution, farmers markets, restaurants, motivational speakers, and events pertaining to establishing economically successful business models for community through locally produced whole foods.

Graze on Main
Hours: Monday - Saturday 11am - 2pm and 5pm - 10pm
(276) 223-2334
170 E. Main St., Wytheville, VA 24382
grazemain.com
www.bollingwilsonhotel.com/dining/graze-on-main.htm
A casual yet elegant restaurant located in the Bolling Wilson Hotel that specializes in southern cuisine. Graze on Main is known for their extensive variety of delicious burgers. They also serve seafood and steaks and offer locally sourced donuts and gelato.

Hale Springs Inn (McKinney’s Restaurant & Tavern)
Hours:
Lunch Tuesday - Friday 11am- 2pm
Dinner Tuesday - Wednesday 5pm - 8pm and Friday - Saturday 5pm - 9pm
info@halespringsinn.com / (423) 272-5171
110 West Main St., Rogersville, TN 37857
www.halespringsinn.com
Built in 1824 by John A. McKinney in the heart of downtown Rogersville, Tennessee. Step back into history with the Inn’s rich heritage offering convenience and service to the sophisticated traveler.

Hale Springs Inn (McKinney’s Restaurant & Tavern)
Hours:
Lunch Tuesday - Friday 11am- 2pm
Dinner Tuesday - Wednesday 5pm - 8pm and Friday - Saturday 5pm - 9pm
info@halespringsinn.com / (423) 272-5171
110 West Main St., Rogersville, TN 37857
www.halespringsinn.com
Built in 1824 by John A. McKinney in the heart of downtown Rogersville, Tennessee. Step back into history with the Inn’s rich heritage offering convenience and service to the sophisticated traveler.

Harvest Table Restaurant

Hours:
Lunch: 11:00am - 2:00pm
Tuesday - Saturday
Dinner: 5:00pm - 9:00pm
Wednesday - Saturday
Sunday Brunch: 11:30am - 2:30pm

Events:
13180 Meadowview Square, Meadowview, VA 24361
www.harvesttablerestaurant.com

We are dedicated to offering the freshest local produce from local growers and our own farm. Our local meats are always pasture based and finished.

Harvest Table Restaurant

Hours:
Lunch: 11:00am - 2:00pm
Tuesday - Saturday
Dinner: 5:00pm - 9:00pm
Wednesday - Saturday
Sunday Brunch: 11:30am - 2:30pm

Events:
13180 Meadowview Square, Meadowview, VA 24361
www.harvesttablerestaurant.com

We are dedicated to offering the freshest local produce from local growers and our own farm. Our local meats are always pasture based and finished.
Chicken City Country Club
(423) 975-5520
190 E. Unaka Ave., Johnson City, TN 37611
jccslee@gmail.com
Our culinary team services many tastes, from your favorite sandwich in a relaxing atmosphere to a formal multi-course dinner. The clubhouse is a place to meet your old friends or to make new ones. Our stately clubhouse is rich in architectural character and is set on 200 acres of a beautiful championship golf course situated in the scenic beauty of rural Johnson City.

LA CUCINA Italian Kitchen
tori.matteo@gmail.com / (423) 527-0205
8811 Hwy. 67 W, Mountain City, TN 37683
A real Italian kitchen offering 28 seats inside the kitchen. We make our bread every morning with unbleached flours and cook with Italian olive oil. We also grind our own meats and prepare our sauces with plenty of local vegetables and herbs. Enjoy these recipes from our Italian timeless tradition.

The Main Street Pizza Company
info@themainstreetpizzacompany.com / (423) 631-0180
300 E. Main St., Suite 101, Johnson City, TN 37601
Kingsport, TN
info@themainstreetpizzacompany.com / (423) 530-7010
242 E. Main St., Kingsport, TN 37660
www.themainstreetpizzacompany.com
Award winning gourmet pizzas and subs. A focus on quality ingredients prepared in house with Appalachian and New York-Italian inspiration. Late night dining, large parties accommodated easily, catering services available. Convenient pick-up point for your River Creek Farm CSA share!

Mellow Mushroom
Bristol, VA
bristol@mellowmushroominfo.com / (276) 644-3663
3500 Lee Hwy., Bristol, VA 24202
www.mellowmushroom.com
Mellow Mushroom is a casual dining restaurant featuring craft food and craft beverages. We source only high quality ingredients, featuring local offerings and artisan pizzas, salads, hoagies, appetizers, and more. Our 48 beers on tap showcase several local brewers and many more regional.

LA CUCINA Italian Kitchen
(423) 928-6356
2929 N Roan St., Johnson City, TN 37601
www.mellowmushroom.com
Mellow Mushroom is a casual dining restaurant featuring craft food and craft beverages. We source only high quality ingredients, featuring local offerings and artisan pizzas, salads, hoagies, appetizers, and more. Our 48 beers on tap showcase several local brewers and many more regional.

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300 E. Main St., Suite 101, Johnson City, TN 37601
www.themainstreetpizzacompany.com
Award winning gourmet pizzas and subs. A focus on quality ingredients prepared in house with Appalachian and New York-Italian inspiration. Late night dining, large parties accommodated easily, catering services available. Convenient pick-up point for your River Creek Farm CSA share!

Mellow Mushroom
Bristol, VA
bristol@mellowmushroominfo.com / (276) 644-3663
3500 Lee Hwy., Bristol, VA 24202
www.mellowmushroom.com
Mellow Mushroom is a casual dining restaurant featuring craft food and craft beverages. We source only high quality ingredients, featuring local offerings and artisan pizzas, salads, hoagies, appetizers, and more. Our 48 beers on tap showcase several local brewers and many more regional.

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bristol@mellowmushroominfo.com / (276) 644-3663
3500 Lee Hwy., Bristol, VA 24202
www.mellowmushroom.com
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Mellow Mushroom
Bristol, VA
bristol@mellowmushroominfo.com / (276) 644-3663
3500 Lee Hwy., Bristol, VA 24202
www.mellowmushroom.com
Mellow Mushroom is a casual dining restaurant featuring craft food and craft beverages. We source only high quality ingredients, featuring local offerings and artisan pizzas, salads, hoagies, appetizers, and more. Our 48 beers on tap showcase several local brewers and many more regional.
White Birch Cafe, Food, & Juice
Hours: Monday - Thursday 8:00pm - 5:00pm, Friday & Saturday 8:00pm - 9:00pm, Sunday 10:00am - 3:00pm
whitebirchjuice@gmail.com / (276) 688-0541
170 Main St., Abingdon, VA 24210
www.whitebirchjuice.com
We offer fresh, unique cold-pressed juice, made-to-order breakfast, lunch, and brunch, hand-crafted cocktails, beer, and wine. We use as many local ingredients as possible and 100% local sustainably-sourced meats, eggs, and cheeses.

Rain
Hours: Tuesday - Saturday 11:00am - 2:00pm and 5:00pm - 9:00pm
(276) 739-2331
283 East Main St., Abingdon, VA 24210
www.rainabingdon.com
Owned and operated by chef Ben Carroll, Rain offers a unique and delicious dining experience!

Sisters American Grill at The Martha
Hours: Daily 5:00pm - 9:00pm
info@themartha.com / (276) 628-3161
150 West Main St., Abingdon, VA 24210
www.themartha.com
Featuring an intimate, cozy atmosphere and bar. A local favorite with a menu that adapts frequently to seasonal favorites and freshness. Relax, come casual and enjoy some of the best food served in the region.

Zazzy’s Coffee House
Hours: Monday - Friday 7:30am - 6:00pm, Saturday 8:00am - 6:00pm, Sunday 9:00am - 3:00pm
zazzyz@gmail.com / (276) 698-3333
380 East Main St., Abingdon, VA 24210
www.zazzyz.com
Great coffee freshly roasted onsite: espresso drinks, brewed coffee, homemade muffins, sandwiches, soups, quiche, and lasagna.

Southern Sweets
lindahale@gmail.com / (276) 274-5887
1060 West Main St., Abingdon, VA 24210
southernsweetsbakery.net
Southern Sweets offers gourmet cupcakes and extended bakery items. We frequently feature fresh produce and fruits from the Abingdon Farmers Market. Catering is also available.

The Bristol Health Food Store
bristolhealthfood@gmail.com / (423) 968-1241
1600 Edmond Ave., Bristol, TN 37620
www.bristolhealthstore.com
The Bristol Health Food Store carries a wide array of healthy vitamins and supplements. Open 10:00-6:00 Monday through Friday, 11:00-3:00 Saturday.

Good Food Grocery
williamgfgrocery@gmail.com / (423) 246-3663
1456 East Center St., Kingsport, TN 37664
Opened in 1989. A comprehensive selection of supplements, essential oils, local honey, organic food, and more. Located inside Mac’s Medicine Mart Pharmacy. A drop off point for Highlands Bioproduce CSA. Open Sunday 1-5pm, Monday-Friday 8am-7pm, and Saturday 8am-6pm.

Big M Farm Services
bigmfarmservices@centurylink.com / (276) 944-5431
13217 Lindell Rd., Meadowview, VA 24361
We carry most home hardware supplies and farm supply needs: fertilizer, seed, chemicals, feed, minerals, fencing, vet supplies etc. We offer delivery service. Many other services are available. Giving personal service to everyone that comes in.

Free Reign Farm, LLC
soap@freereignfarm.com / (423) 781-0075
208 W Elk Ave, Elizabethton, TN 37643
https://www.freereignfarm.com
Pasture raised meats and goat milk skincare products.

Garden Spot Produce
goodfoodtn@yahoo.com / (423) 989-3218
227 Bluff City Hwy., Bristol, TN 37620
Providing locally-grown produce, plants, and other foods like cheese and more. We also prepare fresh soups and sandwiches every day. Stop by and see what seasonal goodies we have in stock.

Rain
Hours: Tuesday - Saturday 11:00am - 2:00pm and 5:00pm - 9:00pm
(276) 739-2331
283 East Main St., Abingdon, VA 24210
www.rainabingdon.com
Owned and operated by chef Ben Carroll, Rain offers a unique and delicious dining experience!

Sisters American Grill at The Martha
Hours: Daily 5:00pm - 9:00pm
info@themartha.com / (276) 628-3161
150 West Main St., Abingdon, VA 24210
www.themartha.com
Featuring an intimate, cozy atmosphere and bar. A local favorite with a menu that adapts frequently to seasonal favorites and freshness. Relax, come casual and enjoy some of the best food served in the region.

Zazzy’s Coffee House
Hours: Monday - Friday 7:30am - 6:00pm, Saturday 8:00am - 6:00pm, Sunday 9:00am - 3:00pm
zazzyz@gmail.com / (276) 698-3333
380 East Main St., Abingdon, VA 24210
www.zazzyz.com
Great coffee freshly roasted onsite: espresso drinks, brewed coffee, homemade muffins, sandwiches, soups, quiche, and lasagna.

Southern Sweets
lindahale@gmail.com / (276) 274-5887
1060 West Main St., Abingdon, VA 24210
southernsweetsbakery.net
Southern Sweets offers gourmet cupcakes and extended bakery items. We frequently feature fresh produce and fruits from the Abingdon Farmers Market. Catering is also available.

The Bristol Health Food Store
bristolhealthfood@gmail.com / (423) 968-1241
1600 Edmond Ave., Bristol, TN 37620
www.bristolhealthstore.com
The Bristol Health Food Store carries a wide array of healthy vitamins and supplements. Open 10:00-6:00 Monday through Friday, 11:00-3:00 Saturday.

Free Reign Farm, LLC
soap@freereignfarm.com / (423) 781-0075
208 W Elk Ave, Elizabethton, TN 37643
https://www.freereignfarm.com
Pasture raised meats and goat milk skincare products.

Garden Spot Produce
goodfoodtn@yahoo.com / (423) 989-3218
227 Bluff City Hwy., Bristol, TN 37620
Providing locally-grown produce, plants, and other foods like cheese and more. We also prepare fresh soups and sandwiches every day. Stop by and see what seasonal goodies we have in stock.

Big M Farm Services
bigmfarmservices@centurylink.com / (276) 944-5431
13217 Lindell Rd., Meadowview, VA 24361
We carry most home hardware supplies and farm supply needs: fertilizer, seed, chemicals, feed, minerals, fencing, vet supplies etc. We offer delivery service. Many other services are available. Giving personal service to everyone that comes in.

Abingdon Olive Oil Company
info@AbingdonOliveOilCo.com / (276) 525-1524 or (423) 530-7676
152 E. Main St., Suite 2W, Abingdon, VA 24210
102 E. Main St., Kingsport, TN 37660
AbingdonOliveOilCo.com
Two tasting galleries, one in Abingdon and one in Kingsport, featuring over 86 varieties of the freshest organic, extra virgin, and naturally fused and infused olive oil from around the world. Pair olive oils with balsamic vinegars, or our 18-year aged balsamic condimento from Italy. We also offer gifts of the mountains by local artists.

Blue Hills Natural Foods Market
shop@bluehillsmarket.com / (276) 628-3170
150 West Main St., Abingdon, VA 24210
www.BlueHillsMarket.com
Natural food grocery store featuring over 40 local food vendors, organic food, supplements, vitamins and minerals, and much more. Visit our apothecary with over 150 essential oils and hundreds of bulk herbs, spices, and herbal extracts. Serving southwest Virginia since 1985.

Abingdon Olive Oil Company
info@AbingdonOliveOilCo.com / (276) 525-1524 or (423) 530-7676
152 E. Main St., Suite 2W, Abingdon, VA 24210
102 E. Main St., Kingsport, TN 37660
AbingdonOliveOilCo.com
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Blue Hills Natural Foods Market
shop@bluehillsmarket.com / (276) 628-3170
150 west Pecan St., SE, Abingdon, VA 24210
www.BlueHillsMarket.com
Natural food grocery store featuring over 40 local food vendors, organic food, supplements, vitamins and minerals, and much more. Visit our apothecary with over 150 essential oils and hundreds of bulk herbs, spices, and herbal extracts. Serving southwest Virginia since 1985.
Indoor Farms
Rebecca Kelly
(276) 944-2665
28356 Hawthorn Dr., Meadowview, VA 24361
www.indoorfarmsgreenhouses.com
We grow our own bedding plants, perennials, herbs, vegetables, and seasonal potted flowers. See us for your spring transplant needs, summer flowers, fall mums, and poinsettias. We have something for every season.

Main Street Sweets
mainstreetsweets@gmail.com / (423) 781-1180
118 W. Main St., Johnson City, TN 37604
A cute little bakery located across from the Johnson City Farmers Market on Main Street. We offer a wide variety of seasonal baked goods, delicious ice cream, breakfast items, and coffee.

Natural Foods Market
nfmonline@yahoo.com / (423) 610-1000
3211 Peoples St., Suite 74, Johnson City, TN 37604
www.nfmonline.com
Quality products, wholesome nutritious foods and dietary supplements. Our well-informed staff assists in finding solutions to best suit your needs. We also offer online shopping. Other items we sell include: honey, bee pollen, essential acids, pet care products, soaps, bath salts, lotions, pottery, and cheese.

No Holds Barred Sauces, LLC
Deirdre Deel
noholdsbarredsaucies@gmail.com / 276-865-0359
609 Lazarus BR., Haysi, VA 24256
noholdsbarredsaucies.com
Small batch, handcrafted, unique sauces and jams.

Petals and Lace
Shane Stallard & Emily Depew
petalsandlace@embarqmail.com / (276) 676-3998
813 West Main St., Abingdon, VA 24210
Petals and Lace is an ever-evolving garden center. We offer a wide variety of vegetable and herb plants, bedding plants, annual and perennial flowers, shrubs, and trees. Inside the shop, you’ll find unique and useful gift and garden items.

Southwest Virginia Cultural Center & Marketplace
marketing@friendsofswva.org / 276-492-2400
One Heartwood Circle, Abingdon, VA 24210
SWVAculturalcenter.com
Experience a taste of Southwest Virginia at the SWVA Cultural Center & Marketplace. A regional showcase of the unique craft, music, food and stories of Southwest Virginia. Join us for Thursday Night Jams with The Crooked Road and extended hours. Food featuring SWVA farms is available from the SWVA Café daily, plus enjoy a showcase of regional restaurants, breweries and wineries. Open Monday - Saturday 11:00am - 7:00pm, Sunday 11:00am - 3:00pm.

The Sunshine Jelly Company
(276) 496-3389
608 Still House Hollow Rd., Saltville, VA 24370
www.thesunshinejellyco.com
Jams, jellies, pickles, relish, salsa, chow chow, and local infused honeys - honey, cinnamon, rosemary, mint, sage, thyme, lemon balm, and lavender. Fresh produce and farm fresh eggs. Available in local retail locations, weekly vendor at Abingdon & Chilhowie Farmers Markets. The Sunshine Jelly Company specializes in unusual flavor combination to create a unique and delicious finished product. We operate from a Virginia State Certified kitchen in Saltville, VA.

Wolf Farm Natural Elements
wfne2015@gmail.com / (276) 739-2200
25245 Lee Hwy., Abingdon, VA 24211
wolffarmnaturalelements.com
An organic and natural, farm and garden supply store. Offering organic and non-GMO feeds, animal supplements, cover crops, vegetable seeds, fertilizers, pesticide, row covers, plastic mulch, worm casting, compost, tools, and much more.

Virginia Fresh Food Loan Fund
Increasing access to fresh food by lending to food-based businesses and projects.
Loan Sizes: range from $50,000 to $5M.
Eligible Uses: include food hub operators, distributors, processors and producers, and food business incubators.
For more information about the VA Fresh Food Loan Fund: food@vccva.org / www.vacommunitycapital.org
We are Marion, Virginia's Hometown Nano-Brewery. Named after the northern coordinates of Marion, we strive to keep the southwest Virginia tradition of handcrafted libations alive through brewing quality beer for our community and beyond.

Abingdon Vineyards
ciyvines.com
533 Rogers Oakdale Dr., Blountville, TN 37617
alex@civyvines.com / (423) 323-1241
Corey Ippolito Winery & Wedding Venue
cipivines.com
533 Rogers Oakland Dr., Blountville, TN 37617
A little taste of Tuscany, Italy tucked away in the beautiful rolling hills of northeast Tennessee. Whether you’re planning a big event or just want to do a little wine tasting, we have what you’re looking for.

Chateau Morrisette Winery & Restaurant
info@thedogs.com / (540) 593-2865
291 Winery Road SW, Floyd, VA 24091
www.thedogs.com
Chateau Morrisette is one of Virginia’s oldest and largest wineries. Tours and tastings are offered daily. Free and paid events are offered throughout the year. A full service restaurant is open on the estate, offering terrace dining in the warmer months and fireside dining when it’s cooler. Open Table names Chateau Morrisette as one of the top 100 restaurant views in America. The vineyard is adjacent to the winery with 15 acres of grapes. An ideal location for celebrations, Chateau Morrisette is a must see when visiting Floyd, Patrick or Carroll counties.

Iron Heart Winery
ironheartwinery@farissfarms.com / (540) 320-0203
3742 Boone Furnace Rd., Allisoina, VA 24547
www.ironheartwinery.com
Iron Heart Winery stands on mineral-rich, and historical, ground in Allisoina, VA. A family owned farm nestled in the Appalachian Mountains of southwest Virginia, offers a charming retreat where all can comfortably enjoy each other’s company and excellent wine. Railroading and Iron-mining envelop the farm’s audacious history dating back to 1882, a tale that reveals resilient men but even stronger women. Open Saturday 12:00pm - 4:00pm, Sunday 1:00pm - 4:00pm

Damascus Brewery
adamthefirecracker@gmail.com / (276) 469-1069
32173 Government Rd., Damascus, VA 24256
www.thedamascusbrewery.com
A Nano-brewery focusing on extremely high quality small batch brews. Currently making 80 kinds of beer that they sell in their tasting room and to restaurants throughout SW VA and NE TN.

Depot Street Brewing
admin@depotstreetbrewing.com / (423) 788-4630
904 Depot St., Jonesborough, TN 37659
www.depottstreetbrewing.com
We offer beer that will transport you to destinations across the world. Brewed in historic Jonesborough in small batched for the freshest taste and hand crafted with the finest ingredients.

Gypsy Circus Cider
2635 Ft. Henry Dr., Kingsport, TN 37664
gypsycircuscider.com
Tennessee’s First Craft Cider combines local flavor with bohemian flair. From its home production facility in Kingsport, Gypsy Circus pours from its OutCider and InCider Taproom. In addition, you can find Gypsy Circus on tap at a growing number of bars and restaurants in Tennessee.

Holston River Brewing Company
(423) 946-2380 or (423) 361-1572
2623 Volunteer Pkwy., Bristol, TN 37620
hrbrewing.weebly.com
Bristol’s first brewery includes taproom, outdoor area, and stage. They have 138 acres for outdoor concerts and camping. The taproom boasts a wall with a selection of 12 different taps.

Iron Heart Winery
ironheartwinery@farissfarms.com / (540) 320-0203
3742 Boone Furnace Rd., Allisoina, VA 24547
www.ironheartwinery.com
Iron Heart Winery stands on mineral-rich, and historical, ground in Allisoina, VA. A family owned farm nestled in the Appalachian Mountains of southwest Virginia, offers a charming retreat where all can comfortably enjoy each other’s company and excellent wine. Railroading and Iron-mining envelop the farm’s audacious history dating back to 1882, a tale that reveals resilient men but even stronger women. Open Saturday 12:00pm - 4:00pm, Sunday 1:00pm - 4:00pm

Lost State Distilling, LLC
joe@loststatedistilling.com / (423) 329-3768
200 State St., Bristol, TN 37720
www.loststatedistilling.com
Producer of fine craft spirits; Rum, Gin and Tennessee Whiskey

MountainRose Vineyards
opie@mountainrosevineyard.com / (276) 328-2013
10439 N. Reservoir Rd., Wise, VA 24293
www.mountainrosevineyard.com
Offering award-winning wines, MountainRose Vineyards invites you to visit their vineyard and winery. Free tastings available daily, Monday through Saturday from 10-6, on 10 acres of beautiful mountain land. Special events and dinners held monthly.

Painted Peak Brewing
aaron@paintedpeakbrewing.com / (276) 988-7325
386 Main St., Tazewell VA. 24651
www.paintedpeakbrewing.com
The natives of these beautiful mountains that we call home used the peaks of the ranges as a canvas. They left their story to future generations by painting on these peaks. Painted Peak Brewing Co is our attempt to pay homage and draw strength from these early ancestors. It’s not just beer! Our restaurant is open Wednesday - Saturday.

Busted Still Brewery
(423) 360-2947
3033 Volunteer Pkwy., Bristol, TN 37620
Busted Still Brewery - 4:00pm, Sunday 1:00pm - 4:00pm
A tale that reveals resilient men but even stronger women. Open Saturday 12:00pm - 4:00pm, Sunday 1:00pm - 4:00pm

Iron Heart Winery
ironheartwinery@farissfarms.com / (540) 320-0203
3742 Boone Furnace Rd., Allisoina, VA 24547
www.ironheartwinery.com
Iron Heart Winery stands on mineral-rich, and historical, ground in Allisoina, VA. A family owned farm nestled in the Appalachian Mountains of southwest Virginia, offers a charming retreat where all can comfortably enjoy each other’s company and excellent wine. Railroading and Iron-mining envelop the farm’s audacious history dating back to 1882, a tale that reveals resilient men but even stronger women. Open Saturday 12:00pm - 4:00pm, Sunday 1:00pm - 4:00pm

Johnson City Brewing Company
info@johnsoncitybrewing.com / (423) 930-4186
257 E Main Street, Johnson City, TN 37604
www.johnsoncitybrewing.com
Founded in 2014 by a group of home brewers and craft beer enthusiasts. Johnson City Brewing Company is located in historic downtown Johnson City, Tennessee.

We're the mountains, without the crowd.
Cultivating communities. Creating bountiful opportunities.

From farm to market, you’ll find Eastman innovation along the entire food chain. In the field, we provide unique crop and soil protection products, improve animal feed, and help make agriculture more sustainable.

In your home and business, our materials help enhance the quality of life, making the products you use every day extraordinary.

At work, we focus on building community through private and public partnerships to advance education, preserve and protect the environment, encourage empowerment, and stimulate economic development.

Eastman is proud to partner with Appalachian Sustainable Development in efforts to champion local agriculture, explore new economic opportunities, and connect people to healthy food and market opportunities.

Responsibility.Eastman.com
Breweries & Wineries

Studio Brew
info@studiotrew.brew / (423) 360-3258
221 Moore St., Bristol, VA 24201
www.studiotrew.brew

Taking simple ingredients and crafting a beer that is flavorful, unique, and memorable in an art form unto itself. We believe your palate is our canvas and our beer is the brush. Enjoy our tap room and craft kitchen creations which utilize a wood fire oven specializing in spent grain pizzas, breads, and sandwiches, for the enjoyment of people from all generations. Studio Brew also offers an event space for large groups and parties. Open Wednesdays and Thursdays 4:00 - 10:00pm, Fridays 4:00 - 11:30pm, Saturdays 12:00 - 11:30, Sundays 2:00 - 8:00pm. Schedule tours by phone or online.

Sugar Hill Brewing Company
speakmaster@hotmail.com / 423-571-6130
3108 5th Ave., St. Paul, VA 24283
sugarhillbrewingcompany.com

Sugar Hill Brewing is the region’s first brewpub, established in 2016. Our eclectic offering of house made food ranges from locally sourced burgers to wings, salads, fish tacos, steaks, and meatloaf. Our famous deep fried Pimento Cheese Balls are made from scratch daily. DJ entertainment and craft beer on tap feature nightly. Sugar Hill Brewing Company is located at 3108 5th Ave., St. Paul, VA 24283.

Sugar Hill Brewing Co.

Villa Nove Vineyards
Linda Gay
Linda@VillaNoveVineyards.com / (423) 768-3633
6952 Big Dry Run Rd., Butler, TN 37640
www.villanovevineyards.com

Villa Nove Vineyards is an estate winery located in the historic Dry Run Schoolhouse in Butler, TN. Enjoy award-winning wines produced from the grapes grown in our vineyard in Butler, TN. Villa Nove Vineyards is within the “Appalachian High Country” American Viticultural Area. Open 12:00pm - 5:00pm.

Whitebarrel Winery
wine@whitebarrel.com / (540) 382-7619
4025 Childress Rd., Christiansburg, VA 24073
www.whitebarrel.com

Whitebarrel creates happiness through our wine. We offer each of our guests an inviting and fun atmosphere where they can relax & reflect, while enjoying our high-quality, affordable, hand-crafted wines, surrounded by the natural beauty of our vineyards and the unsurpassed service of our staff. Whitebarrel is imitated but never duplicated!

Yee-Haw Brewing Company
(423) 328-9192
126 Buffalo St., Johnson City, TN 37604
www.yeehawbrewing.com

Yee-Haw is about fun and balance. We provide a mix of the finest ales and lagers - bold and flavorful, but easy to drink.

Abingdon Bristol CSA
Steve Vencill
AB-CSA@frostedhawkfarm.com / (276) 285-4980
17083 Buffalo Pond Rd., Bristol, VA 24202
Washington County, VA

Abingdon and Bristol CSA is a coalition of farms. Serving the Abingdon and Bristol areas.

Akers Farm
Dale Akers
kkwsknd01@gmail.com
3530 Fancy Gap Hwy., Hillsville, VA 24343
Carroll County, VA

125 acres of mixed vegetables. Retail and wholesale site is located on US 52. Wholesale delivery is available in larger quantities. Pick your own pumpkins available from Sept. 1 thru Oct. 31. Christmas trees and wreaths in Nov. and Dec. We operate our market from late April until late Dec.

Ararat Farm
Matt Watson
localunaticfarmer@hushmail.com / (276) 708-6913
294 Ararat Dr., Jonesville, VA 24263
Lee County, VA

All natural, grass fed and finished beef and pastured pork.

Arnold’s Backwoods Farm
Arnold Barrie
arnoldsbackwoodsfarm@gmail.com / (276) 880-4484
9850 Newgarden Rd., Honaker, VA 24260
Russell County, VA

Natural eggs, molasses, small livestock, and homestead produce.

Bales Farms
Alieson Bales
BalesFarmsTN@gmail.com / (423) 823-1397
2135 Old Kentucky Rd. W, Mosheim, TN 37818
Washington County, TN

Bales Farms is located on US 321, approximately 6 miles east of Abingdon and Bristol areas. Operated by Grammy-winning musician Barry Bales, we are a 6th generation TN Century Farm offering pastured chicken, pork, & eggs, as well as grass-fed beef & lamb. We mix our supplemental swine & chicken feed here on farm from organic and/or non GMO ingredients.

Bates Family Farms
Joe & Shannon Bates
joseph.bates46@yahoo.com / (276) 346-3203
319 Vandeventer Rd., Moneta, VA 24121
Lee County, VA

Focusing on providing everything for the kitchen table. Growing produce for local markets, Lamb, pork, and goat meat- grass fed, no hormones and no antibiotics. Free range chicken eggs. Handmade goat milk soaps and lotions using milk from their dairy goats. Offering whole hogs, goats, and lambs.
Beagle Ridge Herb Farm
Ellen Reynolds
beagleridge@gmail.com / (376) 621-4511
1934 Matney Flats Rd., Wytheville 24382
beagleridge.org
Wythe County, VA
Certified Naturally Grown herb farm with display gardens, a shop with our products, and hiking trails. This is also home of Flying Flowers - 12 species of native butterflies. The Serendipity Event Center is available for events; capacity of 100. We provide classes year-round and herb plants May-Sept.

Bendale Farms
Robert Rutherford
bendalefarmsmall@gmail.com / (423) 797-6501
2656 Hwy. 421, Bristol, TN 37620
Sullivan County, TN
We are a family farm. We raise Black Angus Cattle on the same land that our family has farmed since 1888. Our animals are all pasture-raised right here in Northeast Tennessee. We sell whole, half, and quarter shares of bulk beef as well as retail at farmers markets.

Big H Livestock
Sally Hash
bighlivestock@comcast.net / (276) 782-8422
518 Old Prater Rd., Marion, VA 24354
Smyth County, VA
We raise registered Katahdin sheep and Angus cows that can be purchased directly from the farm.

Blue Door Garden
Deni & Tom Peterson
bluedoor444@gmail.com / (276) 628-3213 / (276) 475-8121 cell
23413 Walden Rd., Abingdon, VA 24210
Washington County, VA
We grow a diversity of seasonal flowers using earth-friendly, organic practices. Harvested at their peak of perfection, we provide personalized service in the design of stunning floral arrangements for all occasions. Find us at Abingdon Farmers’ Market on Saturdays, call/email for information.

Blue Hills Farm
Dirk Moore
gladespring@yahoo.com / (276) 698-4751
739 Blue Hills Dr., Glade Spring, VA 24340
Washington County, VA
Dirk Moore’s farm has been featured in Southern Living Magazine. Dirk grows produce, including lettuce, onions, radishes, carrots, and Kohlrabi, which resembles a cabbage heart with a milder, sweeter taste. He also has chickens that provide eggs. His produce and eggs are available at the Glade Spring Farmers Market.

Blue Willow Angus
George Keck
cowboy@bluewillowangus.com / (276) 682-3725
5677 W. Blue Grass Trail, Ceres, VA 24318
www.bluewillowangus.com
Bland County, VA
Blue Willow Angus is located in Ceres, Virginia on the south slopes of Brushy Mountain, bordering the Jefferson National Forest. Owners George and Helen Keck oversee the breeding, raising, and marketing of registered Black Angus seedstock and 100% Black Angus beef.

Bolling Farm & Produce
Norris Bolling
(276) 328-9659
7640 Rocky Rd., Wise, VA 24293
Wise County, VA
Bolling Farm & Produce offers a wide range of produce, including potatoes, squash, corn, heirloom tomatoes, green beans, pumpkins, sweet potatoes and peas. We sell at the Wise, Norton, and Clintwood Farmers Markets.

Brown’s Farm
Debbie Brown Snyder
brownfarmsfarm@gmail.com / (423) 213-0534
2107 Forge Creek Rd., Mountain City 37683
Johnson County, TN
We are a Certified Naturally Grown, Small Ruminant Certified, 5th generation family farm. We raise percentage Kiko meat goats for breeding stock & commercial use. We specialize in growing watermelon, winter squash, various pumpkin varieties, and sweet potatoes. Our produce is certified naturally grown. Brown’s Farm is also part of the ARC&D Quilt Trail. Learn more about their history at arcd.org/quilt-trail.

Buffalo Trail Orchard
Philip Ottinger
peottinger@gmail.com / (423) 639-2297
1890 Dodd Branch Rd., Greeneville, TN 37774
www.buffalotrailorchard.com
Greene County, TN
A Century Farm. Fruit available includes blackberries, blueberries, sour cherries, peaches, plums, sweet corn, apples, and pumpkins. Berries, selected apple varieties, and pumpkins are available for Pick Your Own activities. Check our Facebook Page or call to confirm fruit availability.

Brown Hollow Hogs
Linda Bair
bhh14305@yahoo.com / (276) 274-2423
14305 Black Hollow Rd., Abingdon, VA 24210
Washington County, VA
Hormone, steroid, and antibiotic-free pork products: hot/mild sausage, bacon, pork chops, loin, Boston butts, shoulder roasts, ribs, fresh half hams, piglets, and whole hogs. We also raise chickens for eggs. Visit us on the farm and at the Abingdon Farmers Market. Give 2 weeks for large orders.

Brewers Mushrooms
Hugh & Tammy Brewer
info@brewermushrooms.com / (423) 441-2533
850 Hide A Way Rd., Dandridge, TN 37725
Washington County, TN
We grow a diversity of seasonal flowers using earth-friendly, organic practices. Harvested at their peak of perfection, we provide personalized service in the design of stunning floral arrangements for all occasions. Find us at Abingdon Farmers’ Market on Saturdays, call/email for information.

Brr Rabbit Farms
Rick Carter
brrrabbitfarms@gmail.com / (803) 824-9262
252 Bowman Creek Rd., Blountville, TN 37617
Sullivan County, TN
We raise cage free chickens for retail to individuals, grocers, and restaurants. Our chickens do not receive supplements other than a superior feed. Finished in a large pen with access to grass and natural edible critters. Processed by a USDA certified plant that complies with Animal Welfare Standards. Vendors are welcome to visit the farm by appointment.
Cedar Ridge Farm
Paul & Anne Vale
cedarridgefarm@earthlink.net / (423) 234-0186
1190 Carl Doty Rd., Afton, VA 24058
Greene County, VA
Gardens, goats, and honeybees. We continue harvesting through the growing seasons, spring, summer, and fall. Every year we do come across some very unique wildflower honey, so keep your eyes open. You never know what shows up and how much there will be. Our honey is 100% Pure Raw Local Honey.

Cedar Side Farms
Rick & KC Harbin
cedarsidefarm@aol.com
1915 Sinking Springs Rd., Midway, VA 24435
Greene County, VA
A Certified Naturally Grown produce farm on the edge of a cedar slope, Cedar Side offers herbs tomatoes, lettuce, and other seasonal vegetables of the highest quality. They also raise mushrooms and tend a flock of chickens for fresh eggs.

Circle V Farms
Vissier Family
hemivisser@gmail.com / (423) 733-4052
6029 Vardy Blackwater Rd., Sneads, VA 24378
Hancock County, TN
Circle V Farms produces and sells natural pasture-raised: chicken eggs, duck eggs, heritage and broad-breasted turkey and beef. We sell at the Knoxville Farmers Market.

Cloud 9 Ranch
Michelle Hudson
cloud9branch@gmail.com / (423) 972-1283
910 Ottway Rd., Greeneville, TN 37745
cloud9branch-inn.com
Greene County, TN
Located just 5 miles south of I-81 in the community of Ottway. We use natural growing practices and no antibiotics or hormones are used on our animals. Visit our produce stand during the week, or at the Depot Street Farmers Market in Greeneville on Saturday mornings May-Oct.

Clover Creek Farm
Chris Wilson
clovercrk@yahoo.com / (423) 753-2223
529 Harmony Rd., Jonesborough, TN 37659
Washington County, TN
An Animal Welfare Approved, family owned and operated farm. Grass-fed and grass-finished lamb. Free-range eggs. Find our goods at Boone Street Market or call us to pick up at the farm.

Cobb Hill Alpacas, LLC
Torn & Kim Wynn
cobbhillalpacas@yahoo.com / (276) 780-1690
448 Turfey Farm Rd., Wytheville, VA 24382
cobbhillalpacas.com
Wythe County, VA
We are a small family owned and operated alpaca farm conveniently located just minutes from both I-77 & I-81 in beautiful SW Virginia. Visitors to the farm are able to interact with our 16 alpacas as they graze in their rolling mountain pastures. Some lucky visitors may get to collect eggs from our free range chickens or observe our honey bees busy at work (from a distance). Plan to spend a few hours visiting with us and feel free to have a picnic along our peaceful banks of Cove Creek. We offer alpaca sales, boarding, breeding and mentorship. We offer 90 days free boarding with all alpaca purchases. Flexible low interest financing is available to meet your needs. Shop our farm store for all things alpaca. We offer a wide variety of socks and apparel, as well as raw fiber, rovings, spun yarns and unique handmade products from our own herd. We are open to the public - free of charge. Call ahead to schedule a visit.

Dreamland Alpacas
David McLeish
www.DreamlandAlpacas.com
1190 Carl Doty Rd., Afton, VA 24058
Washington County, VA
Family farm that offers farm tours where you can meet and interact with the alpacas. We also have a farm store on the property that offers a variety of items made from alpaca fiber. Open 12:00pm - 7:00pm (Closed Tuesdays).

Emory College Garden
Edward Davis
ehadavis@echc.edu / (276) 944-6203
12485 College Dr., Emory, VA 24327
www.facebook.com/EmoryGarden/
Washington County, VA
We are a student-run garden, supervised by Deni Peterson of Blue Door Gardens. We sell mainly to the college cafeteria (managed by Sodexo), but we also sell to some great local restaurants including the Harvest Table and White Birch Juice Company. On college property just visible from Exit 26 in Emory, the garden lies behind the big historic farm house called the Blakemore-Buchanan House.
The Farm at Green Gables
Anita Smith
anita77@centurylink.net / (423) 727-7676
1833 Dug Hill Rd., Mountain City, TN 37683
Johnson County, TN
We offer fresh farm eggs year round and our hens are free range, with no antibiotics or medicated feed. We continue development of our ADGA registered Nigerian Dwarf Dairy Goat herd for dairying production and have dairy goats for sale. Our 2019 plans include adding organic vegetable production in a hoop house.

The Farmer's Daughter / Ferrell Farm
Christy Asbury
cdasbury719@gmail.com / (276) 701-5702
310 Claypool Hill Mall Rd., Cedar Bluff, VA 24609
www.farmersdaughtermaze.com
Tazewell County, VA
Corn maze, petting zoo, pick-your-own pumpkins, learning programs, and event hosting. Haunted trail and barn in October. A half-acre garden and greenhouse feeds our family and provides excess to give away to friends/sell. We raise pigs/hogs and beef cattle for sale. At times we have eggs and honey for sale.

FarmLIFE
Kirsty Zahnke
farmlifekirsty@gmail.com / (276) 523-0610 or (276) 870-2396 cell
8403 Cave Spring Rd., Big Stone Gap, VA 24219
Lee County, VA
Paradise on earth! Heritage livestock (Milking Devon Cattle, Longwooled Leicester x Barbados Blackbelly Sheep, Black Austrolop Chickens), vegetables, small fruits and nuts raised with love, conservation, and sustainability in mind. Homesteading and self-reliance classes. Internships of 3+ months and vacation farmstays available.

Fern Valley Farm
Lynn & Larry Bauer
lynnbauer0413@gmail.com / (540) 273-9137
19310 Rollins Dr., Bristol, VA 24202
Washington County, VA
Premier kid-friendly farm offering monthly Kids Farm Days, School tours, Kids Day Camps, and birthday parties. We also offer adult cooking and canning classes and farm to table dinners. We are a working farm that raises pasture fed sheep, free range eggs, and a garden full of produce year round.

Fleener Livestock Co.
Keith and Sabrina Fleener
punkin8277@aol.com / (276) 608-3579
6463 Rich Valley Rd., Bristol, VA 24202
Washington County, VA
The Fleeners operate a 400 acre, generational farm off Exit 1 in Washington County, Va. They sell their beef, pork, lamb and eggs at the State Street Farmer’s Market in Bristol.

Forge Creek Farms
Vicki Price & Paul Head
rosebud07182000@yahoo.com / (423) 727-9301
415 Old Forge Creek Cir., Mountain City, TN 37683
Johnson County, TN
Forge Creek Farm, located in Mountain City, is a regular vendor of State Street Farmers Market. They produce a wide variety of vegetables and flowers.

Flaccavento Farms
Anthony & Laurel Flaccavento
flaccavento@ruralscale.com / (276) 628-4727
18157 Wyndale Rd., Abingdon, VA 24212
Washington County, VA
Using ecologically sustainable practices and no synthetic fertilizers or pesticides. 40 different types of fruits and vegetables including heirloom and traditional Italian varieties. We sell at Abingdon Farmers Market, to Blue Hills Market, and through special orders. Opportunities for apprentices.

Fore Family Farms
Jessee & Heather Fore
forefamilyfarms@embarqmail.com / (276) 429-5573
11197 Dillard Ln., Glade Spring, VA 24340
Washington County, VA
We take pride in raising our own corn to feed our pasture raised hogs to provide the best product to our customer as possible. Our hogs are born and raised here, not market animals. Most pork cuts are available on a regular basis. Specialty cuts available upon request.
The French Family Farm
Matthew French
frenchfamilyfarm@gmail.com / (276) 722-2560
2815 Wesendown Rd., Bland, VA 24315
www.thefrenchfamilyfarm.weebly.com
Bland County, VA
Food that is better for you, your family, and community. Our livestock is raised without hormones, steroids, or antibiotics. We also say the prayer on pasture where they can forage for a large portion of their feed. Give us a call and come by for a tour. Est. 1837.

Frosted Hawk Farm
Steve Vencill
info@frostthedhawfkfarm.com / (276) 285-4980
17083 Buffalo Pond Rd., Bristol, VA 24202
frostethawkfarm.com
Washington County, VA
Offering pastured eggs, poultry, pork, and beef coming in fall of 2019. Honey and biodynamic produce throughout the season. Vegetables selected for their great flavor with unique appearance that brings colors and life to your favorite recipes. Our products are found at the following Farmers Markets: Mountain City, Elizabethton, Blountville, and Johnson City. We take call-ins at our farm.

Glenmary Gardens
Michael & Lisa Richard
zdbcgps@gmail.com / (276) 644-4999
224 Old Abingdon Hwy., Bristol, VA 24201
www.glenmarygardens.com
Washington County, VA
An agritourism destination with pre-picked or pick your own strawberries, apples, tomatoes, and other fresh vegetables. Follow us on Facebook for picking times.

Gosden Homestead Creamery
Dwayne & Stacey McIntyre
life@gosdenhomestead.com / (276) 971-0072
3261 Hayters Gap Rd., Elk Garden, VA 24260
gosdenhomestead@gmail.com
Russell County, VA
We are a seasonal Grade A Micro Dairy providing milk, yogurts and a growing line of locally produced grass based dairy products to the region. You can find us primarily at the Abingdon Farmers Market and on shelves in stores throughout the region.

Goodson Farm
Richard Goodson
rgoodson16@yahoo.com / (276) 608-6376 or (850) 803-2887 cell
19242 Repass St., Abingdon, VA 24210
Washington County, VA
Goodson Farm offers beans, potatoes, cucumbers, beets, cabbage, onions, okra, corn and tomatoes at the Abingdon Farmer’s Market.

GoodStuff Brand Meats
Saul & Johnna Hernandez
info@goodstuffmeats.com / (276) 791-0643
5411 Dishner Valley Rd., Bristol, VA 24202
www.goodstuffmeats.com
Washington County, VA
Grass finished beef & lamb as a reflection of our values: to honor God and those in our community. Pastures free of herbicides, pesticides, and artificial fertilizers. Beef is dry aged at least 21 days and flash frozen in vacuum-seal packaging. We do not offer tours but welcome visitors to our farm.

Grandview Farm
John, Barbara, Jennifer, Carl, & Robert Kling
grvfarm@centurylink.net / (276) 628-6713
11424 Grandview Rd., Abingdon, VA 24210
Washington County, VA
The Kling family of 3 generations uses organic methods to grow fruits & vegetables. Their livestock is pasture raised without antibiotics or hormones. They sell sheep for breeding, free-range lambs, cuts of lamb, a variety of wool items such as yarn, fleeces, roving, and sheepskins.

Gibson Berry Farm
Duane Jr.
Gibsonberryfarm@gmail.com / (828) 385-4442
375 Kelley Gap Rd., Greeneville, TN 37743
Gibson Berry Farm is USDA Certified Organic farm. Our family has been cultivating and propagating fruit across three generations. We are working hard to constantly add to the varieties of nutritious powerhouse foods we have to offer. We believe strongly that you are what you eat & that good soil creates good food; our farming techniques and personal habits reflect this philosophy. For updates throughout the season please check out our Facebook page. Excited to have available for 2019: Rabbiteye Blueberries, Elderberries, Black Raspberries, Garlic, Ginger, Turmeric, Black Currants, & Hemp.

Gibson Berry Farm
Gibsonberryfarm@gmail.com / (828) 385-4442
375 Kelley Gap Rd., Greeneville, TN 37743
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Griffin Farms
Marilyn & Jim Griffin
griffinfarms@swva.net / (540) 809-3456
PO Box 43, Dugspur, VA 24325
www.griffinfarms.com
Carroll County, VA
Grass fed/grass finished beef raised without hormones or antibiotics. Eggs from pasture hens. Seasonal berries.

Greiber Family Farm
Arnold & Scott Greiber
greiberfamilyfarm@gmail.com / (423) 444-3017
2402 Winchester Rd., Shady Valley, TN 37686
Johnson County, TN
Greiber Family Farm is a family owned micro-farm nestled along the banks of Beaver Dam Creek in the beautiful mountain valley of Shady Valley. We grow fresh vegetables selected for their great flavor with unique appearance that brings colors and life to your favorite recipes. Our products are found at the following Farmers Markets: Mountain City, Elizabethton, Blountville, and Johnson City. We take call-ins at our farm.

Griffen Farms
Marilyn & Jim Griffin
griffinfarms@swva.net / (540) 809-3456
PO Box 43, Dugspur, VA 24325
www.griffinfarms.com
Carroll County, VA
Grass fed/grass finished beef raised without hormones or antibiotics. Eggs from pasture hens. Seasonal berries.

The Funny Farm
Mary Martin
peterpan20@verizon.net / (276) 245-3504
800 Lakeview Dr., Bluefield, VA 24260
Tazewell County, VA
Chemical-free herbs, garlic, seasonal vegetables, beans, fruit trees, berry plants, alpacas for fiber and a greenhouse that grows plants for the garden as well as plants to be sold. These plants include herbs of all kinds, tomatoes, and peppers.
Harvin Hill Farms, LLC
Richard Calcines
rcalcines@msn.com / (703) 901-5981
1689 Harvin Rd., Mountain City, TN 37683
www.facebook.com/HarvinHillFarms/
Johnson County, TN
Focused on organically grown, high quality produce, cut flowers, and honey. Our hoop houses provide fresh produce year round. Our focus on quality begins with organic inputs, traditional and heirloom varieties for flavor, freshness, and food safety. Expanding to restaurant sales and CSA. We also sell at farmers markets in Mountain City, TN and Abingdon, VA. We also sell at Boone Street Market in Joneboro, TN.

Harvest at the Bluffs
Pam Sadler
thebluffs.cabins@gmail.com / (800) 842-4690
295 Kinser Park Ln., Greeneville, TN 37743
www.tennessee-cabins.com/organic-gardens
Greene County, TN
Year-round high tunnel: seasonal greens, herbs, fruits, and vegetables. Outside grown crops include berries and fruit trees. Tours offered. They grow naturally but are not certified organic. They also operate a CSA.

Harvest Table Farm
Steven Hopp
farmmanager@harvesttablerestaurant.com / (276) 944-5140
28413 Smyth Chapel Rd., Meadowview, VA 24361
www.harvesttablerestaurant.com/harvest-table-farm
Washington County, VA
Southwest Virginia’s premier local foods restaurant. Our farm supplies the freshest possible ingredients to our menu year-round. We also sell produce at Abingdon Farmers Market. Harvest Table Farm also serves as a demonstration space and offers scheduled tours and learning opportunities for children and adults.

Heaven Bound Farm
Lavonda Heath
mydailychoice.com/lavonda (only to purchase nutritional products) / 28438 Lee Hwy., Meadowview, VA 24361
Washington County, VA
Chemical free fruits, vegetables, eggs, live plants, meat, canned goods, baked goods, etc. My goal is to provide farm to table fresh year round. I sell to local restaurants, health food stores, and from the farm. Call in orders or special requests to grow an item for you chemical free. We accept senior nutrition coupons.

Highland Drive Farm
Bill Ward II
billwardii@gmail.com / (423) 895-3517
597 Avery Brand Rd., Mountain City, TN 37683
Johnson County, TN
Highland Drive Farm has been in the Ward family for 6 generations. We raise commercial hair sheep and offer grass-finished lamb and a limited number of breeding animals for sale. Pastures are managed utilizing rotational grazing, which ensures that our lamb is of the highest quality.

Highlands Farms
Tracy McGlothlin
Tracy@highlandsfarms.com / (276) 970-8847
453 Farmland Dr., Lebanon, VA 24266
Russell County, VA
Highlands Farms is an organic heirloom tomato farm. In addition to tomatoes, we grow apples, broccoli, cauliflower, cucumbers, green beans, hay, pears, peas, microgreens, a variety of mixed salad greens, kale, mixed baby potatoes and fingerlings, squash, spinach, zucchini and much more! We also produce organic heirloom tomato sauces, soup, and Bloody Mary mix. Everything produced on our farm is Organic. Visit our website to stay up to date on what’s happening on the farm or give us a call to schedule a visit!

Hoodley Creek
hoodleycreek@gmail.com / (276) 234-2852
9840 Baileyton Rd., Afton, TN 37683
Grene County, TN
Tennessee century farm in continuous operation since 1850. We specialize in pasture-raised registered Katahdin lambs and sheep, have a truffle orchard, heirloom vegetable gardens, 50-year-old crabapple trees and ancient blackberry bushes are our source for custom jams, preserves, and butters.

Hicks Family Farm
Jody and Hanna Hicks
verniceecovichicks@gmail.com / (276) 210-2186
434 Wagon Wheel Ln., Lebanon, VA 24266
Russell County, VA
We sell a variety of fruits, vegetables, canned goods and eggs including tomatoes, peppers, onions, apples, etc. from the farm as well as at Lebanon Farmers Market.

Hope Blueberry Farm
Yungho Park
hopeblueberryfarm@gmail.com / (276) 222-8527
146 Mudlick Rd., Wytheville, VA 24382
Wythe County, VA
U-Pick blueberry farm. 10 different cultivars, 1.9 miles from I-77 exit 41 (TA Truck Stop) / I-81 exit 72. Open mid-June to August, 7 days/week, 8:00am - 8:00pm.

J&J Farms
Jim Lafollette
jimfl123@embarqmail.com / (423) 357-3897
206 Gray Rd., Church Hill, TN 37642
Hawkins County, TN
Locally grown farm fresh produce. Some participate in ‘pick-your-own.’ Honey is also available.

JEM Farm
Elizabeth & John Malayter
jemfarm@gmail.com / (423) 921-7979
385 Sulphur Springs Rd., Rogersville, TN 37857
www.jemfarm.net
Hawkins County, TN
Formerly certified organic, still using organic methods, we grow heirloom vegetables and save seeds. Year-round high tunnel production. We raise chickens as layers and for meat, meat ducks, turkeys, goats, rabbits, and pigs. We have limited openings for interns and encourage young people to apply.

JEM Farm
Elizabeth & John Malayter
jemfarm@gmail.com / (423) 921-7979
385 Sulphur Springs Rd., Rogersville, TN 37857
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Highland Drive Farm
Bill Ward II
billwardii@gmail.com / (423) 895-3517
597 Avery Brand Rd., Mountain City, TN 37683
Johnson County, TN
Highland Drive Farm has been in the Ward family for 6 generations. We raise commercial hair sheep and offer grass-finished lamb and a limited number of breeding animals for sale. Pastures are managed utilizing rotational grazing, which ensures that our lamb is of the highest quality.

Highlands Farms
Tracy McGlothlin
Tracy@highlandsfarms.com / (276) 970-8847
453 Farmland Dr., Lebanon, VA 24266
Russell County, VA
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Hope Blueberry Farm
Yungho Park
hopeblueberryfarm@gmail.com / (276) 222-8527
146 Mudlick Rd., Wytheville, VA 24382
Wythe County, VA
U-Pick blueberry farm, 10 different cultivars, 1.9 miles from I-77 exit 41 (TA Truck Stop) / I-81 exit 72. Open mid-June to August, 7 days/week, 8:00am - 8:00pm.
L&B Produce
Lionel Osborne & Brenda Thompson
(276) 944-5985
Washington County, VA
A farm operated by a brother and sister who have enjoyed farming together all their lives. Come to the Abingdon Farmers Market for fresh eggs, black walnuts, garden vegetables, fruits and berries, fresh baked goods, handmade walking sticks, and root canes.

Laughing Water Farm
Antoinette, Eleanor, and Alfred Goodrich
laughingwaterfarm@comcast.net / (276) 206-0810
Smyth County, VA
Laughing Water Farm is devoted to producing flavorful, sustainable, humane, and healthful food. We are committed to the health of the farm and river, our animals, and our community. We offer Ossabaw Island Pork, grass-finished classically-aged Angus beef, Rose Veal, lamb, and goat.

Laurel Brooks Farm, LLC
Riley Proffitt
laurelbrooksfarm@gmail.com / (276) 669-9106 or (276) 496-3500
Freestone Valley Rd., Broadford, VA 24316
Tazewell County, VA
This is a 90 acre farm in a beautiful valley. We have produce (lots of veggies and fruits), 30 herb varieties, cattle, horses, hay and laying chickens. We have a robust spring of fresh mountain water. We also have gardens in Washington Co. and city of Bristol, VA. Our market also features homemade jams, breads, and sauces, all originating from our own produce. We service CSA customers with boxes of fresh foods every other week for 13 weeks during the growing season. Email us with any interests and we will promptly return your inquiry. HAPPY LOCAL EATING! Year-round presence at Abingdon Farmers’ Market, May - October at Bristol State Street Market.

Laurel Springs Farm, LLC
Seth & Courtney Umbarger
laurelspingsbeef@gmail.com / (276) 782-2291
823 Umbarger Ln., Marion, VA 24354
www.facebook.com/laurelspingsnaturalbeef/
Smyth County, VA
For a century the farm operated as a dairy farm. Now we primarily produce beef cattle and raise crops such as hay, corn, and rye. Our cattle are raised on pasture their entire lives. No added growth hormones or antibiotics and are grain finished. Our beef is available to restaurants at wholesale costs.

Laws Organic Farm
Gary & Cindy Laws
(276) 594-5138
2814 Middle Wallens Creek Rd., Duffield, VA 24244
Lee County, VA
Our farm is located along Wallens Creek near Stickleyville. We raise vegetables of various kinds that we sell directly from home. Our farm is GAP certified.

Laynewood Farm & Produce
Alvin Cassell
(276) 228-2714 / (276) 620-9190 cell
3870 West Lee Hwy., Wytheville, VA 24382
Wythe County, VA
Growing a wide variety of fruits and vegetables using drip irrigation. Many items for sale: specialties are sweet corn, watermelon, cantaloupe, strawberries, and potatoes. These items are for sale at the Wytheville and Abingdon Farmers Markets. Alvin also takes call-ins at the farm.

Leben Farms
Heather and Eli Wentz
lebenfarms@gmail.com / 276-415-0354
19239 Triple Crown Drive, Abingdon, VA 24211
www.facebook.com/lebenfarms/
Washington County, VA
We provide local grown fresh vegetables, herbs, and flowers in Weekly Boxes to C.S.A. Members. We use organic and regenerative practices to grow nutrient dense foods. We also supply local restaurants with seasonal vegetables and year round microgreens. Find us on Instagram and Facebook @lebenfarms.

Leonard Farms
Kevin & Susan Leonard
(276) 466-5261
5637 Rich Valley Rd., Bristol, VA 24202
Washington County, VA
Find us at the Bristol State Street Farmers Market with lettuce, onions, green beans, October beans, sweet corn, broccoli, squash, zucchini, beets, peas, grapes, apples, pumpkins, potatoes, sweet potatoes, and tomatoes.

Little River Farm
Ronny Edwards
ronny@littleriverfarmnc.com / (336) 657-0164
875 Osee Rd., Sparta, NC 28675
www.littleriverfarmnc.com
Alleghany County, NC
We raise 100% all natural Grass Fed Beef with rotational pasture grazing and high quality on-farm natural grass for winter feeding. Our beef has excellent fat to lean ratio so your family gets great tasting, healthy meat that you will be proud to serve. No antibiotics, no added hormones.

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We raise 100% all natural Grass Fed Beef with rotational pasture grazing and high quality on-farm natural grass for winter feeding. Our beef has excellent fat to lean ratio so your family gets great tasting, healthy meat that you will be proud to serve. No antibiotics, no added hormones.
Farms

**Lyttle Farm of Copper Ridge**
Jim Lyttle
lyttlefarm@yahoo.com / (276) 202-1376
1660 Copper Ridge Rd., Castlewood, VA 24224
www.facebook.com/lyttlefarm
Russell County, VA
A Virginia Century Farm; currently we farm in excess of 100 acres of a produce and meat/sheep operation using rotational grazing methods. We are proud to be able to provide your family with naturally grown meat and produce. Additional products offered are pure honeys (including artisan honeys).

**Meadowbrook Farm**
Justin & Lori McClellan
Justin@jwm-enterprises.com
1762 Stoney Battery Rd., Marion, VA 24354
Smyth County, VA
Family farm since 1935. We have 538 acres where we raise and sell natural beef with no antibiotics or growth hormones. While having a commercial stocker operation, we grow 250 acres of hay annually. We use horses on the farm periodically and participate in team roping and barrel racing competitions.

**Mountain Meadow Farm & Craft Market**
Sue Shelor
sue@swva.net / (276) 952-5568
12134 Squirrel Spur Rd., Meadow of Dan, VA 24120
Patrick County, VA
A sustainable, permaculture farm working to conserve heritage breeds. Selling organic-fed rabbit, duck eggs, and more Wednesday evenings on the Independence Farmers Market online market: www.independencefarmersmarket.org.

**My Shepherd’s Farm, Psalm 23**
The Bracken Family
my/shepherdsfarm@outlook.com / (276) 620-1513
207 Cobb Rd., Rural Retreat, VA 24368
www.facebook.com/my/shepherdsfarm; www.my/shepherdsfarmpsalm23.com
Wythe County, VA
We specialize in NON-GMO, pastured pork, chicken, beef, eggs, honey, lip balm, soap, and herb-shares from our A2A2 Jersey-Guernsey cows. Farming the way God intended. Items available at our farm, local restaurants/stores, Wytheville and Abingdon Farmers Markets. NO Antibiotics, NO Hormones, NO Preservatives.

**Mountain Top Farms**
Deb Clemens
de@mountaintopfibers.com / (336) 648-9950
962 White Pine Drive, Ennice, NC 28623
www.mountaintopfarms.net
Alleghany County, NC
A diverse fiber farm offering luxury yarns in angora, mohair and wool; breeding stock - angora goats, angora rabbits and heritage breed and rare breed rabbits American Chinchilla and Champagne d’Argent

**Misty River Farms**
Mike & Tracy Taylor
info@mistyriverfarms.com / (423) 791-5993
1409 Big Springs Rd., Bluff City, TN 37618
www.facebook.com/MistyRiverFarms
Sullivan County, TN
Using organic practices to provide quality produce. A variety of greens and seasonal vegetables. Farm fresh eggs from our happy free-range hens. No hormones or steroids are used on our farm.

**Mullins Orchard & Produce**
Roy & Dianna Mullins
mullinsorchard54@gmail.com / (276) 393-6446 / 7494
Strawberry Mtn. Rd., Wise, VA 24290
Wise County, VA
We grow a variety of apples including heirlooms. We also grow grapes, peaches, paw paws, and many different vegetables. You can find us at the Norton Farmers Market on Tuesday evenings and the Kingsport Farmers Market on Saturdays.

**NLV Farms**
Nathan & Leslie Vanover
(276) 686-5096 or (276) 620-1300
207 Cobb Rd., Rural Retreat, VA 24368
Washington County, VA
We believe in an honest approach to farming that establishes trust in the produce we offer and improves our soils. On our approx. 2 acres, we use only organic and natural methods/inputs, and focus on heirloom and open-pollinated varieties. We grow for Abingdon Farmers Market, area restaurants, and CSAs.

**Mountain View Farm**
Ronnie & Debbie Johnston
debbiesue.johnston@yahoo.com / (276) 944-2377
27038 Poor Valley Rd., Saltville, VA 24370
Washington County, VA
Our medium to large farm, located in the Hayter’s Gap community of Washington County, Virginia, consists of pasture, cropland, and woodland.

**Moore Mountain Eggs & Produce**
Mindy & Chris Moore
mindymoore@centurylink.net / (276) 429-9049
35659 Washington Spring Rd., Glade Spring, VA 24340
Washington County, VA
_eggs from our happy free-range hens. No hormones or steroids are used on our farm.

**Lyttle Farm of Copper Ridge**
Jim Lyttle
lyttlefarm@yahoo.com / (276) 202-1376
1660 Copper Ridge Rd., Castlewood, VA 24224
www.facebook.com/lyttlefarm
Russell County, VA
A Virginia Century Farm; currently we farm in excess of 100 acres of a produce and meat/sheep operation using rotational grazing methods. We are proud to be able to provide your family with naturally grown meat and produce. Additional products offered are pure honeys (including artisan honeys).

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Smyth County, VA
Family farm since 1935. We have 538 acres where we raise and sell natural beef with no antibiotics or growth hormones. While having a commercial stocker operation, we grow 250 acres of hay annually. We use horses on the farm periodically and participate in team roping and barrel racing competitions.

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sue@swva.net / (276) 952-5568
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Patrick County, VA
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The Bracken Family
my/shepherdsfarm@outlook.com / (276) 620-1513
207 Cobb Rd., Rural Retreat, VA 24368
www.facebook.com/my/shepherdsfarm; www.my/shepherdsfarmpsalm23.com
Wythe County, VA
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Deb Clemens
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962 White Pine Drive, Ennice, NC 28623
www.mountaintopfarms.net
Alleghany County, NC
A diverse fiber farm offering luxury yarns in angora, mohair and wool; breeding stock - angora goats, angora rabbits and heritage breed and rare breed rabbits American Chinchilla and Champagne d’Argent

**Misty River Farms**
Mike & Tracy Taylor
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1409 Big Springs Rd., Bluff City, TN 37618
www.facebook.com/MistyRiverFarms
Sullivan County, TN
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Wise County, VA
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Washington County, VA
Our medium to large farm, located in the Hayter’s Gap community of Washington County, Virginia, consists of pasture, cropland, and woodland.
We grow a wide variety of heirloom produce throughout the year completely chemical-free and without fertilizers. We primarily sell at Wytheville Farmers’ Market.

The Ole Farm House
Judy Shelton
info.theolefarmhouse@gmail.com / (423) 639-7616
630 Johnson Rd., Greeneville, TN 37743
www.theolefarmhouse.com
Greene County, TN
PaPaw and Goat Granny live on a small family farm in east Tennessee, surrounded by the Appalachian Mountains. We have been raising goats for several years. We also have 3 guard dogs. We make and sell hand painted ceramics or bisque, crafts and goat milk soap along with our fresh vegetables, herbs, fruit, jams, jellies, apple butter, pear butter and crafts. We have a studio on the farm and a variety of activities there. We give farm tours by appointment. We have a small hoop house to grow most of the year. We have 8 children, 18 grandchildren, and 2 great grandchildren. Our goat farm now has one 100% registered Kiko Buck, "Renegade," 2 does, our goat guard dogs, "Tiger" and "Splat;" and "Dolly," our companion.

Old Rich Valley Farm
Will & Amy Campbell
oldrichvalleyfarm@gmail.com / (276) 780-8191
810 Old Rich Valley Rd., Salthville, VA 24370
Smyth County, VA
We are a small family farm in the mountains of Southwest Virginia. Our goal is to provide clean, wholesome, nutritious, affordable food to families in our local communities by implementing pasture based management. We raise pastured chickens (whole and parted), 100% grass-fed beef as well as pastured grain-finished beef. We also serve pork. Our animals receive no added growth hormones or antibiotics. From our family to yours.

Old Stage Farm
Tony and Judy Kirner
judykirner@gmail.com / (276) 686-4838
3666 Old Stage Rd., Wytheville, VA 24382
Wythe County, VA
Raising Quality Katahdin (Hair Sheep) Lamb and Replacement Rams/Ewes on healthy pastures using mostly organic practices since 2000. We offer stock that is worm resistant, fast maturing with strong maternal traits. A nice selection of ewe and ram lambs will be available in 2019, out of rams from Second Coming/First Ever (DOC); a Langston University Top Tier finisher in worm resistance, growth, loin and scrotal circumference is producing nicely for us; and this year we added a solid red ram of POY 44 lines, dam line by BAG and DOSCH. Ewe bloodlines include VA Tech and the Georgia Test. Your choice: Registered, Recorded or Commercial. Whole Lamb for eating upon request and can be custom finished. Humanely raised and handled.

Opossum’s Bottom Farm
Jack & Andrea Woodworth
ziegenwald94@yahoo.com / (276) 386-2419
1738 Possum Creek Rd., Gate City, VA 24251
www.ziegenwald.com
Scott County, VA
We have a licensed Grade A goat dairy, Ziegenwald Dairy, LLC, where we manufacture a variety of cheeses from our own goats. We do not use steroids, growth enhancers, or antibiotics unless necessary to save the life of an animal. We can custom make small batches to order.

Our Backyard / Nuestro Jardin Atras
The Sierra Family
(276) 274-6987 / (276) 623-7106
17350 Lee Highway, Abingdon, VA 24210
Washington County, VA
We are a Hispanic family who loves to plant vegetables of many kinds. We put great effort into our work. Come see us at the Abingdon, Bristol, and Chilhowie Farmers Markets. Our produce is also served at area restaurants. We hope our customers enjoy our products and come back.

Peaceful Heart Farm
Scott & Melanie Hall
farmers@peacefulheartfarm.com / (276) 694-4369
224 Cox Ridge Rd., Claudiaville, VA 24076
www.peacefulheartfarm.com
Patrick County, VA
Good food you can trust from our hearts to yours. Family owned/operated. We raise Katahdin sheep, Normande cows, and Cashmere goats. Products: grass-fed lamb & beef, farmstead cheese, herbal teas/tinctures.

Pear Tree Hill Farm
Amy Tanner
peartreecafewytheville@gmail.com / (540) 250-6444
7470 Little River Dam Rd., Radford, VA 24141
www.peartreehillfarm.com
Pulaski County, VA
It has been our life-long dream to be farmers! We love the lifestyle and the gratification we get from working hard. We do not use any chemicals but work to improve soil health for strong plants. We grow seasonal produce and have a berry patch and fruit orchard in the works.

Pay it forward/donate what you can restaurant healthy, locally sourced food

#EveryoneEatsWytheUs!

276-227-0212
650 W Main St
Wytheville, Virginia

www.opendoorcafewytheville.org

Our unique, handcrafted sauces and jams are made in small batches so they burst with flavor. Each has endless possibilities for making your meals faster, easier, and tastier. We also have great gift ideas! Check us out at www.noholdsbarsauces.com, so we can help you Sauce Up Your Life!
**Farms**

**Porter Valley Grass Farm**
David Salks & Erica Dillard
portervalleygrassfarm@embarqmail.com / (276) 783-8135
685 Park Blvd., Marion, VA 24354
www.portervalleygrassfarm.com
Smyth County, VA
We raise red poll and belted Galloway cattle, Katahdin hair sheep, pork, and lamb in Washington County, TN. All animals are hormone, antibiotic, and chemical free. Our meats are processed at local, family-owned, USDA inspected facilities, and are vacuum sealed and flash frozen to ensure freshness.

**R&D Farms**
Dale & Rebecca Myers
myersfamily842010@hotmail.com / (276) 494-3207
317 Santa Fe Dr., Bristol, TN 37620
www.randdadventures.com
Washington County, VA
A co-op of farmers who raise grass finished, free range, Angus beef, pork, and lamb in Washington County, TN. All animals are hormone, antibiotic, and chemical free. Our meats are processed at local, family-owned, USDA inspected facilities, and are vacuum sealed and flash frozen to ensure freshness.

**Red Bud Farm**
David & Vicki Dowell
red_bud_farm@aol.com / (423) 574-7474
PO Box 770, Blountville, TN 37617-0770
www.red-bud-farm.com
Sullivan County, VA

**Rain Crow Farm**
Dylan Disque and Rachel Slaughter
raincrowfarms@gmail.com
1820 E Myrtle Ave., Johnson City, TN 37601
www.raincrowfarms.com
Sullivan County, TN
A small scale farm in Johnson City, producing nutrient-dense vegetables and sustainable cut flowers. We use many no-till, bio-intensive, and organic farming techniques to grow food and flowers without any chemical fertilizers or pesticides.

**Rehoboth Farm**
Dan & Kimberly Smythe & Family
rehobothfarmva@gmail.com / (276) 466-9255
17091 Hollis Ln., Bristol, VA 24202
www.rehobothfarmva.com
Washington County, VA
Raw milk, fresh butter, buttermilk, yogurt, kefir, and sour cream. Available only through our herdshare program. Seasonally, we sustainably produce vegetables, grass-fed beef, pork, poultry. We also make artisan soaps. Available through on-farm sales and we deliver weekly to drop points.

**Richdale Farm**
Eric, Lisa, Rachel & Aaron Crowgey
realcrowgey@gmail.com / (276) 228-3586
396 Richdale Rd., Wytheville, VA 24382
Smyth County, VA
Richdale Farm has been a family farm since 1876 and is located two miles off I-81, exit 70, in Wytheville, VA. The Crowgeys currently have a 350-head flock of Katahdin hair sheep, a 110-head herd of Jersey cows, and beef cattle, sweet corn, and fall produce that are sold directly from the Crowgey’s home or farm. Their Jersey cattle are the sole provider of products to White Gate Creamery in Bland, VA. Visit in October for Fall on the Farm, an agritourism event including a corn maze, combine slide, and other activities as well as over 15 varieties of pumpkins and decorative gourds at a seasonal discount.

**River Creek Farm**
Jamie Dove & Elise Clair
rofcsa@starththefarm.com
130 Rex McCurry Rd., Limestone, TN 37681
www.rivercreekfarmcsa.com
Washington County, TN
CSA Pick Ups:
242 E. Main St., Kingsport, TN 37660
300 E. Main St. Ste. 101, Johnson City, TN 37601
A customizable CSA providing clean produce, eggs, and fresh-baked breads, pastries, and pastas year-round. Online account management, automatic payments, and delivery available. Pick-ups and member bonuses at the Main St. Pizza Co. in downtown Johnson City and Kingsport. Sign up any time of the year!

**River Mountain Farms**
Cathy & Dave Cheek
dcheek@rivermountainfarms.com / (276) 791-9103
5037 River Mountain Rd., Lebanon, VA 24266
www.rivermountainfarms.com
Russell County, VA
Located along the Clinch River in Russell County. We humanely raise 1 & 2-copy Piedmontese beef cattle without antibiotics nor growth hormones. Piedmontese beef is naturally lean and tender. For more information visit our website, like us on Facebook, or find us at the Abingdon Farmers’ Market.

**Ridge & Valley Farms**
Andrew Giner
ridgeandvalleyfarm@gmail.com / (272) 780-4699
22254 Green Village Dr., Abingdon, VA 24210
www.ridgeandvalleyfarms.com
Washington & Russell Counties, VA
All Natural Black Angus Beef - our premium Angus beef is raised on Virginia’s notable high quality cool season grass forages. We monitor our cattle daily and only when they have reached the appropriate age, weight, and structure will they be taken to be processed. By waiting, we are able to maximize the tenderness and flavor.

**R&D Farms**
Jamie Dove & Elise Clair
rofcsa@starththefarm.com
130 Rex McCurry Rd., Limestone, TN 37681
www.rivercreekfarmcsa.com
Washington County, TN
CSA Pick Ups:
242 E. Main St., Kingsport, TN 37660
300 E. Main St. Ste. 101, Johnson City, TN 37601
A customizable CSA providing clean produce, eggs, and fresh-baked breads, pastries, and pastas year-round. Online account management, automatic payments, and delivery available. Pick-ups and member bonuses at the Main St. Pizza Co. in downtown Johnson City and Kingsport. Sign up any time of the year!

**River Mountain Farms**
Cathy & Dave Cheek
dcheek@rivermountainfarms.com / (276) 791-9103
5037 River Mountain Rd., Lebanon, VA 24266
www.rivermountainfarms.com
Russell County, VA
Located along the Clinch River in Russell County. We humanely raise 1 & 2-copy Piedmontese beef cattle without antibiotics nor growth hormones. Piedmontese beef is naturally lean and tender. For more information visit our website, like us on Facebook, or find us at the Abingdon Farmers’ Market.
River Valley Farm
David & Barbara King
davidking530@gmail.com / (276) 628-9276
23220 North Fork River Rd., Abingdon, VA 24210
www.facebook.com/rivervalleyorganic
Washington County, VA
For 20 years, the King family has been growing chemical-free produce on 12 acres: a variety of vegetables, melons, fresh culinary herbs, berries, fruits, and year-round salad greens. We aim to be at the Abingdon Farmers Market year-round on Saturdays and Tuesdays during the summer.

Roan Highlands Farm
Bob Cannon
cowanoncommail.com / (216) 408-9495
193 Burbank Rd., Roan Mountain, TN 37687
www.roanhighlandsfarm.com
Carter County, TN
Roan Highlands Farm uses organic practices to produce pastured eggs, raspberries, and smoking wood for conscientious consumers in our area. The farm is a restoration of our previously abandoned family homestead. Watch for our heirloom apples and blueberry crops in the coming years.

Riverstone Farm
Woody & Jackie Crenshaw
riverstone@swva.net / (706) 254-3171
708 Thompson Rd., Floyd, VA 24091
www.riverstonorganicfarm.com
Floyd County, VA
A certified organic farm specializing in vegetables. Also offering organic berries, ginger and turmeric, a variety of herbs, free-range eggs, pastured beef and pork, and u-pick flowers. The farm kitchen creates preserves and soups from our products. The farm store is open every day, year-round.

Rocky Summit Livestock
Ryan Phipps
empirebiz276@gmail.com / (276) 686-5221
Cedar Springs Rd., Sugar Grove, VA 24375
www.facebook.com/TheFarmersBounty
Smyth County, VA
Grassfed sheep and beef, non-GMO turkeys, and registered purebred Berkshire hogs raised as naturally as possible. Non-GMO meat chickens in 2018. Raising heritage breeds when possible. Pigs and wheat straw bales available for sale. Meats processed in USDA inspected facilities, vacuum packed and frozen.

Rolling Gardens Farm
Vernon & Elizabeth Schmucker
(276) 472-2240
2578 West End Rd., Burke’s Garden, VA 24608
Tazewell County, VA
We offer local honey, flower & vegetable transplants in the spring, as well as fall squash, pumpkins, mums, and decorations in the fall. Requests can be made for produce and canning orders in the early spring. We sell from the farm and set up the Burke’s Garden Fall Festival every year.

Rosebud Farm
Richard Wolfe
rflcowolfie@yahoo.com / (423) 612-7673 (ROSE)
Bristol, TN 37620
Sullivan County, TN
Unique vegetables, herbs, flowers, and landscaping services. We grow naturally within walking distance of downtown Bristol. Give us a call about our CSA or to schedule a visit. Pick up and delivery available.

Rock Ledge Farm LLC
Ethan & Katie Gouge
info@roanhighlandsfarm.com / (423) 212-3276
506 Hensley Rd., Bristol, TN 37620
Sullivan County, TN
Registered Dexter cattle. Grass fed and finished with no hormones, steroids, or antibiotics. We sell great-tasting healthy food including beef, apples, blackberries, and more.

Sandy Head Ostrich
Sue Carr
suecarr@netscape.net / (276) 898-9090
128 Stowers Dr., Tazewell, VA 24651
Tazewell County, VA
Ostrich farm and gift shop.

Rocky Field Farm
Wayne Hughes
wayne.hughes@blln.com / (423) 620-0184
655 Doak Hensley Rd., Atton, TN 37616
Greene County, TN
Ninth generation dedicated to raising pure bred Angus beef. Utilizing Temple Grandin techniques. Our cattle graze over 200 acres of all natural pastures. NO chemical herbicides or pesticides. NEVER any hormones or steroids. NO antibiotics. Finished on grass hay, grains, and Alfalfa hay free choice.

South Fork Greenhouse
Matt & Kim Smith
145smith@comcast.net
Washington County, TN
We operate a small farm and greenhouse in Jonesborough, TN, where we grow Certified Naturally Grown vegetables, vegetable plants, herbs, blueberries, blackberries, raspberries, and many other things.

Rosebud Apiaries
Tim Hayes
RosseyApiaries@yahoo.com / (423) 292-4096
236 Dogwood Dr., Fall Branch, TN 37656
Washington County, TN
We have several apiaries. Each apiarie can hold up to 24 hives and are spread out through 3 counties. We now have homemade Lip Balm made from the beeswax we gather and honey. We have natural, orange, peppermint, and spearmint.

Rosebud Apiaries & Bee Farm
Ethan & Katie Gouge
info@roanhighlandsfarm.com / (423) 212-3276
506 Hensley Rd., Bristol, TN 37620
Sullivan County, TN
Unique vegetables, herbs, flowers, and landscaping services. We grow naturally within walking distance of downtown Bristol. Give us a call about our CSA or to schedule a visit. Pick up and delivery available.

The Farmers Bounty
Ryan Phipps
empirebiz276@gmail.com / (276) 686-5221
236 Dogwood Dr., Fall Branch, TN 37656
Washington County, TN
Grassfed sheep and beef, non-GMO turkeys, and registered purebred Berkshire hogs raised as naturally as possible. Non-GMO meat chickens in 2018. Raising heritage breeds when possible. Pigs and wheat straw bales available for sale. Meats processed in USDA inspected facilities, vacuum packed and frozen.

The Farm at Shady Grove
Tom & Joyce Hawthorne
(276) 664-8388
868 Loves Mill Rd., Chilhowie, VA 24319
Smyth County, VA
Tom and Joyce Hawthorne have been in business for nine years and operate four greenhouses. Products for sale include perennials of all sorts, herbs, a variety of vegetables, mums and hanging baskets. They set up at the Marion, VA Farmers market.

The Farm at Shady Grove
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(276) 664-8388
868 Loves Mill Rd., Chilhowie, VA 24319
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Tazewell County, VA
128 Stowers Dr., Tazewell, VA 24651
Tazewell County, VA
Ostrich farm and gift shop.

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128 Stowers Dr., Tazewell, VA 24651
Tazewell County, VA
Ostrich farm and gift shop.
Farms

**Stump Ridge Farm**
Angela Crandall
428 Golden View Dr., Abingdon, VA 24211
www.sweetgrassbeef.net
Washington County, VA

We are a family-owned farm raising a mixed heritage breed of pigs. We use no added hormones or antibiotics. We strive to provide a quality product at a reasonable price.

**Sweet Grass Farms**
Ben & Shanna Berry
22521 Golden View Dr., Abingdon, VA 24211
www.sweetgrassbeef.net
Washington County, VA

Century Farm with over 1000 acres in sync with nature, utilizing conservation practices and raising some of the best grass finished beef you can buy! We are proud to be a part of the Abingdon Farmers Market. You can also stop by the farm store and pick up your beef directly from the farm.

**Sweet Spring Farm**
Mike & Sonyia Douglas
sweetspringfarmtn@gmail.com / (423) 727-9183
142 C. Snyder Rd., Trade, TN 37691
Johnson County, TN

Organically grown varieties of fruits and vegetables since 1980. Most of our plants are started from our saved seeds. We raise chickens and turkeys on pasture for meat and eggs and offer shares in our Angus cattle. We sell at the farm and the Johnson County Farmers Market.

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**Southern Fork Farm**
Shawn Boucher & Gym Smith
southernforkfarm@gmail.com / (860) 484-9638 or (704) 277-0675
1071 Teas Rd., Sugar Grove, VA 24375
www.facebook.com/SouthernForkFarm

Smyth County, VA

We use organic practices to grow a variety of vegetables. All of our animals are rotationally grazed on pasture. Our turkeys and chickens produce delicious meat and eggs on a diet of grasses, bugs, and high-quality non-GMO feed. Come see us on the farm or at the Wytheville Farmers’ Market. Good for the land. Good for the animal. Good for the farmer. Good for the community.

**Summerfield Herb Farm**
Heather Youngblood
heather@summerfieldherbfarm.com / (423) 525-2621
3060 Babbs Mill Rd., Afton, TN 37616

Greene County, TN

We grow herbs, perennials, and native plants. We sell our plants at the farm and the Depot Street Farmers Market in downtown Greeneville, TN.

**Sunshine Acres**
Woody & Amy Tuell
wtuell2002@yahoo.com / (423) 579-5500
334 Whites Mill Rd., Abingdon, VA 24210
Washington County, VA

We are a small farm in Gray, TN focusing on natural gardening practices. We use no chemical pesticides. We try to only plant heirloom seed with a focus on non-GMO. Our chickens were raised from chicks on a corn-free, soy-free, non-GMO diet. They are pasture raised. We also grow a variety of produce.

**Swinging Bridge Farm**
Cory Scott & Nathaniel Pellman
conyns@gmail.com / (276) 628-8214
12128 Roebuck Rd., Abingdon, VA 24210
Washington County, VA

Operated by the Scott family for over 100 years selling choose-and-cut chemical-free Christmas trees since 1980. We have White Pine, Norway Spruce, along with Fraser and Canaan Firs. Size ranges from seedling to 12+ feet. We provide handsaws so you can cut your own and assistance if needed.

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**Stoney Slope Farm**
Patrick Linkous
pslink72@gmail.com / (423) 833-7837
222 Roy Martin Rd., Gray, TN 37615

Washington County, TN

We use organic practices to grow a variety of vegetables. We try to only plant heirloom seed with a focus on non-GMO. Our chickens were raised from chicks on a corn-free, soy-free, non-GMO diet. They are pasture raised. We also grow a variety of produce.

**Tater Ridge Farm**
Robin Blevins
casper1937@yahoo.com / (276) 794-7667
6295 Moccasin Valley Rd., Lebanon, VA 24266

Washington County, VA

Farm fresh produce, fall mums, fall decorations, quilts, and crafts. We sell at the Clinch River Farmers Market in St. Paul.

---

**Stump Ridge Farm**
Angela Crandall
428 Golden View Dr., Abingdon, VA 24211

We are a family-owned farm raising a mixed heritage breed of pigs. We use no added hormones or antibiotics. We strive to provide a quality product at a reasonable price.
Wardell Farm
Nick Adams
(276) 964-5939
405 Wardell Rd., Cedar Bluff, VA 24609

Tazewell County, VA
A 5th generation farm located in Tazewell County, we have around 900 acres of wonderful bluegrass that produces excellent beef! We raise Scotch Highland cattle in the natural way; cattle graze our pastures in summer and are fed our hay in the winter. No other feed or added products.

Wintergreen Farm
Vonnie & Simon Smith
wintergreenfarm@gmail.com / (423) 727-2593
223 Waddell Rd., Mountain City, TN 37683

Johnson County, TN
Wholesale and Choose & Cut Christmas trees and wreaths. Greenhouse and nursery plants including bedding plants, vegetables, flowers, hanging baskets, herbs, etc.

Wolf Farm
Steve & Becky Wolf
wolf615@gmail.com / (276) 739-2200
30451 Micah Ln., Meadowview, VA 24361

www.facebook.com/WolfFarm/
Washington County, VA
A “Certified Naturally Grown” farm raising produce, mushrooms, honey, and free range eggs. Selling at the Abingdon Farmers Market on Tuesday and Saturday as well as many local restaurants. You can also find our produce for sale at Wolf Farm Natural Elements, LLC on Lee Highway in Abingdon, VA.

Ziegenwald Dairy
John & Andrea Woodworth
ziegenwald84@yahoo.com / (276) 386-2419
1738 Possum Creek Rd., Gate City, VA 24251

Scott County, VA
We are a small Grade A goat dairy, making all of our milk into cheeses, sold at farmer’s markets, a couple of local food stores, and directly to customers and restaurants.

Woodlawn Farms
Lynda & Allen Klepper
aklepper@comcast.net / (423) 823-1915
3125 Horton Hwy., Greenville, TN 37775

Greene County, TN
Family farm of 80+ years. All natural (no hormones or antibiotics) beef, grass fed with grain supplements, and pork, allowed outside to eat grass and root. Sold at Kingsport Farmers Market Saturday April - December. Call in advance to place and pick up orders at our home during the off season.

Touched By Nature
Eddie E elevins
(276) 944-3883
7029 Brushy Hill Ln., Saltville, VA 24370

Washington County, VA
We have been farming nearly 40 years. We offer beans, cucumbers, sweet corn, pumpkins, peppers, gourds, heirloom tomatoes, old-timey cherries, watermelon, and pecans. We also grow radishes and Swiss chard.

Uncle Rob’s Garden Fresh Produce
Robert Senn
treborsenn@yahoo.com
128 Odell Circle, Johnson City, TN 37604

www.facebook.com/Uncle-Robs-Garden-Fresh-Produce
Washington County, TN
I farm 100 acres in northeast Tennessee, and have 40 Black Angus mother cows. I sell all-natural beef by the half or whole. My calves are grass-raised and grain fed to maximize tenderness and flavor.

Uncle Rob’s Garden Fresh Produce
Robert Senn
treborsenn@yahoo.com
128 Odell Circle, Johnson City, TN 37604

www.facebook.com/Uncle-Robs-Garden-Fresh-Produce
Washington County, TN
Home/small veggie and flower gardener, naturally grown with no pesticides. Growing veggies of different colors, like yellow, red, purple, and white carrots, the same with radishes and Swiss chard.

Urban Homestead
The Hensley Family
urbanhomestead@gmail.com / (423) 466-2931
818 Cumberland St., Bristol, VA 24201

Washington County, VA
Tim specializes in growing heirloom apple trees (over 150 varieties available!) and will be selling nursery stock this spring and fall. He also has a wide variety of fruiting plants for sale including blueberries, cherries, pears, figs, grapes, and more. Please call ahead. Closed on Sunday.

Woodlawn Farms
Lynda & Allen Klepper
aklepper@comcast.net / (423) 823-1915
3125 Horton Hwy., Greenville, TN 37775

Greene County, TN
Family farm of 80+ years. All natural (no hormones or antibiotics) beef, grass fed with grain supplements, and pork, allowed outside to eat grass and root. Sold at Kingsport Farmers Market Saturday April - December. Call in advance to place and pick up orders at our home during the off season.

Ziegenwald Dairy
John & Andrea Woodworth
ziegenwald84@yahoo.com / (276) 386-2419
1738 Possum Creek Rd., Gate City, VA 24251

Scott County, VA
We are a small Grade A goat dairy, making all of our milk into cheeses, sold at farmer’s markets, a couple of local food stores, and directly to customers and restaurants.

We make an assortment of cheeses: mozzarella, feta, Colby-style, Appalachian Lace (Swiss-style) and a Monterey Jack type. All cheeses are made from only the milk of our own animals. We do not use any hormones, and bottle raise all our kids. We occasionally have Alpine goats for sale.

Papa Tom's Cantina
Open Tuesday – Sunday at 11am
Southwestern & Latin Style Street Food

925 S. Main St., Kingsport, Virginia 24210
276-932-4018

Tuesday Taco Madness
Wed Burrito Wednesday & Daily Special

asdevelop.org
Want to be in next year’s Local Food Guide?

Listings are free for farms and other local food businesses. We begin accepting new listings online in November - check our website for updates at asdevelop.org. You can also get in touch with the contact information provided below to create a listing for next year’s Local Food Guide.

For those who wish to have a presence in this guide, but who are not growing and/or serving local food, we encourage you to purchase an advertisement. Ads are what make the Local Food Guide possible. You may also want to support some of the other meaningful work ASD is doing to build a more resilient food economy.

Online food guide:
Visit www.asdevelop.org/afma to check out the interactive online version of the Local Food Guide or access the guide from anywhere!

Contact ASD:
1096 Ole Berry Dr., Suite 100, Abingdon, VA 24210
(276) 623-1121 / asd@asdevelop.org
www.asdevelop.org

We need your feedback!
Please take a moment to complete the survey at the link below to let us know what you think of the 2019 Local Food Guide! Completing the survey by October 31, 2019 will enter you into a raffle for ASD prizes!

ASDEVELOP.ORG/FOOD-GUIDE-LOCATOR

Special Thanks

www.asdevelop.org
YOUR HAPPY FUTURE IS ALSO OURS

Over 20 branches in NETN and SWVA

Loans to Meet All of Your Needs

- New & Used Auto, Recreational Vehicles, and Farm Equipment
- Mortgages and Small Business Loans

- Text message banking and alerts
- Mobile check deposits
- Free, interest earning checking for all members
- 24/7 fraud protection and support
- Online account opening
- Free financial experts & helpful resources

Discover how it feels to have ECU BESIDE YOU

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