

# EAST TENNESSEE Local Food Guide

**FREE!**

*Your regional guide to  
locally grown and  
produced foods*

**SPRING 2022-  
SPRING 2023**

**nourish**  
KNOXVILLE



# The Friends of Nourish Knoxville keep our local food community informed and resilient!

The East Tennessee Local Food Guide is brought to you by Nourish Knoxville, a 501(c)(3) nonprofit organization cultivating healthy communities by supporting relationships between local farmers, producers, and the public. Listings in the guide are free for farmers and businesses working with local food, and the guide is available as a free resource to our community. This guide only exists thanks to the generous support of the Friends of Nourish Knoxville, local businesses, and organizations.

## Thanks to all our 2021 Friends

who kept our farmers farming, our markets in operation, and our community fed!

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Become a Friend of Nourish Knoxville today!

[nourishknoxville.org/donate](https://nourishknoxville.org/donate) or 865-805-8687



Photo: Holly Rainey

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## Credits

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### Photography

Poynter Photo Co.  
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### Design

Nathanna Design

### Technical Support

Appalachian Sustainable Agriculture Project

# GET IN THE GUIDE!

**ARE YOU LOCATED IN OUR REGION AND ARE A:**

*Farmer looking to sell directly to consumers?*

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*Restaurant using locally grown farm products?*

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*Producer of prepared foods from locally grown ingredients?*

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Our local food guide helps your business reach customers interested in locally grown foods.

To get in the guide, create your listing online at:  
[appalachiangrown.org](http://appalachiangrown.org)

Nourish Knoxville partners with the Appalachian Sustainable Agriculture Project in a shared database in order to offer a comprehensive resource of farms and local food businesses in central East Tennessee.

*Listings in our guide are completely free!*

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*Want guides to distribute at your business or organizations?*

**CONTACT US AT:**  
[INFO@NOURISHKNOXVILLE.ORG](mailto:INFO@NOURISHKNOXVILLE.ORG)  
**865-805-8687**

# About The Guide

The East Tennessee Local Food Guide is a project of Nourish Knoxville. The purpose of the guide is to provide consumers in our community with a comprehensive resource for finding locally grown food. Our region is teeming with opportunities to connect with the land, your food, and the people who grow it, but it can be difficult to know where to begin. We hope this guide helps you to find new sources for locally grown food and to visit the places where your food is grown. By choosing food from local farms and producers you'll be preserving jobs, farmland, landscapes, and heritage in East Tennessee.

The guide covers 33 counties in middle and upper East Tennessee. The guide is made possible by Appalachian Sustainable Agriculture Project, based in Asheville, NC. Thanks to Appalachian RC&D, based in Johnson City, TN, for assistance in outreach to upper East TN.



# About Nourish Knoxville

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Nourish Knoxville is a 501(c)(3) nonprofit organization working in the East Tennessee region to cultivate healthy communities by supporting relationships between local farmers, producers, and the public. We operate the Market Square, New Harvest, and Winter Farmers' Markets in Knox County, provide SNAP-doubling and other nutrition incentive programs at East Tennessee farmers' markets, promote local food events and producers, and host educational events.

## Visit [nourishknoxville.org](http://nourishknoxville.org) to:

- Search the online Local Food Guide for specific products or by location
- Learn more about our nutrition incentive programs, including Double Up Food Bucks and Nourish Kids
- Sign up for our e-newsletter
- Apply to be a vendor at one of our farmers' markets
- Become a Friend of Nourish Knoxville to support our work

## Connect with us on social media:

Facebook: [nourishknoxville](https://www.facebook.com/nourishknoxville) Instagram: [@nourishknox](https://www.instagram.com/nourishknox)

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## Nourish Knoxville Board of Directors:

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*"Cultivating healthy  
communities by  
supporting relationships  
between local farmers,  
producers,  
and the public."*

[nourishknoxville.org](http://nourishknoxville.org)



 ur region is blessed with a rich agricultural heritage. The farms listed in this guide are keeping traditions alive, as well as creating new ones, by growing food in our communities. From grass-fed beef to farm-fresh milk, hybrid tomatoes to heirloom beans, conventionally grown to certified organic, you'll find a wide variety of products coming from East Tennessee farms. Some farms are just starting out, while some families have been farming in our region for over a century. Some cultivate hundreds of acres; some tend a small garden.

Whether old or new, big or small, conventional or organic, these farms offer you unparalleled freshness and variety. Find them at local farmers' markets, online, at farm stores, and on menus across East Tennessee! Contact the farm to find out where you can find their products, and support a strong future for agriculture in East Tennessee.

# Farms

## Anderson

### ERIN'S MEADOW HERB FARM

erinsmeadowherbfarm.com  
erinsmeadow@comcast.net  
(865) 435-1452


132 England Ln, Clinton

Thousands of herb plants grown using natural methods. Herb shop with dried organic herbs, essential oils, growing supplies, medicine making supplies, herbal gifts. Homegrown hemp & handmade CBD products. Herb classes & group programs. Online store.

### HEMBREE MUSCADINE FARM

hembree5841@comcast.net  
(865) 264-4464

1984 Old Lake City Hwy, Clinton

We are a u-pick muscadine farm. Open to the public every day, all day, when the fruit is ripe. 

### MOUNTAIN MEADOWS FARM

mountainmeadowsfarmtn.com  
mountainmeadowsfarm@gmail.com

248 Bridges Rd, Heiskell

We're a sustainable fruit farm growing blueberries, blackberries, peaches, nectarines, plums, pears, and apples. We sell at farmers' markets in the greater Knoxville area: Ebenezer Rd. - Tu, Market Square - Wed & Sat, New Harvest - Th, Oak Ridge - Sat.

### ROSECOMB APIARIES

rosecombapiaries.com  
rosecombapiaries@gmail.com  
Clinton

We are a small beekeeping farm with colonies in Anderson and Morgan Counties. Our raw, natural honey is made by our bees using sustainable beekeeping practices. Find our products at Three Rivers Market.

## Bledsoe

### BURNS FARMS


burnsfarms.com  
burnsbeef@gmail.com  
(423) 582-7653  
Pikeville

We have been raising championship quality Hereford cattle in the Sequatchie Valley for 60 years. Our cattle are raised naturally, on pasture, allowing them to mature at their own rate. We offer whole & half cow, mix packages, & individual cuts.

### GARY SWAFFORD FARMS

garyswaffordfarms@yahoo.com  
(423) 447-7480

759 Summer City Rd, Pikeville

We raise cucumbers, peaches, pumpkins, summer squash, blueberries, and tomatoes. Our roadside stand offers a variety of rotating fresh produce. Call ahead for details about what we've got. 

### HUDSON FARMS

hudsonfarmstn.com  
brianhudson1974@aol.com  
(423) 718-1801

Graysville

A small, family-run farm located on Walden's Ridge. Hudson Farms provides you with the freshest, most delicious produce around. We offer a wide variety of vegetables, from tomatoes to winter squash.

### OLIVE BRANCH BEEF

olivebranchbeef@gmail.com  
(423) 533-4002

Pikeville

We are a family-owned farm that raises beef and occasionally pork. We offer a variety of cuts available for sale.

### OREN WOODEN'S FARM & APPLE HOUSE

woodensapplehouse.com  
woodensapplehouse@yahoo.com  
(423) 447-6376

6351 New Harmony Rd, Pikeville

Oren's father set a small orchard of apple trees in the 1940s which has expanded to a few hundred acres. We grow apples, peaches, tomatoes, pumpkins, and other vegetables which are available in our Apple House, along with cider, honey, jam, and more.

## Blount

### BLUE GOOSE VINEYARDS

bluegoosevineyards.com  
bluegoosevineyards@gmail.com  
(865) 456-7815

3334 Old Niles Ferry Rd, Maryville

Blue Goose is a small, family-operated farm & vineyard located just outside Maryville city limits. We grow several different varieties of muscadines. Our winery, located on the property, provides wine tastings & sales of our products.

### C&C BEEF

candcbeef.com  
jessicao.waters@gmail.com  
(865) 679-4598

3525 Tuckaleechee Pk, Maryville

We raise premium local beef, born & raised on grass and finished on grains we grow locally. Our beef is dry-aged for two weeks, then shrink-wrapped and frozen. We also sell sweet corn in the summer. Find us on Instagram/Facebook @candcbeef

### CARNATHAN HONEY CO

thewizabides@gmail.com  
(865) 804-2534

954 Martin Mill Pk, Rockford

I am a local beekeeper with hives in Knox, Blount, and Anderson Counties. I make 100% pure, raw, natural, unprocessed honey. You can find my honey at Butler & Bailey Market in Rocky Hill or contact me directly to order.

### CONING FAMILY FARM

coningfarm@yahoo.com  
(865) 681-7881

2724 Taylor Rd, Maryville

We are located in the Carpenters Campground Community. We are fourth-generation farmers with farmers in our family for 200 years. We strive to offer the best produce at a price we would want to pay.

### DSB PROVISIONS

dsbprovisions.com  
dustin@dsbprovisions.com  
(865) 518-1611


Maryville

We raise non-GMO-fed pastured chickens and use their eggs to make fresh pasta. We also grow vegetables for sauces to go with it.

### FALLS BLUEBERRY FARM

(865) 982-3457

111 Harmon Rd, Maryville

A family-friendly u-pick blueberry operation. 

### FOUR DAUGHTERS FARM

fourdaughtersfarmtn.com  
rachel@fourdaughtersfarmtn.com  
(865) 850-8371

Walland

Four Daughters Farm is a family-owned operation nestled in the foothills of the Smoky Mountains. We use regenerative practices and grow quality produce and eggs for the Blount County area. We also make homemade jams, jellies, preserves, and crafts.

### HONEY ROCK HERB FARM

honeyrockherbs@gmail.com  
(865) 984-0954

113 Honey Rock Way, Louisville

We have been growing and enjoying herbs for over 40 years. We sell herbs, flowers, and vegetable plants grown with organic methods. Open by appointment, please call. You can also find us at the Maryville Farmers' Market, April through November.

### HUFF FARM

chagen318@yahoo.com  
(865) 254-8745

4358 Stafford Rd, Maryville

Our farm is a family-run operation specializing in several varieties of sweet corn. Our corn and beef are sold directly to our customers at 5 different farmers' markets in the East TN region.

### J & M WINDY ACRES, LLC

dollypkc@aol.com  
(865) 414-7885

3238 Mint Rd, Maryville

We are a third-generation farm nestled in the foothills of the Great Smoky Mountains. Mike & Phyllis Connatser raise cage-free hens that produce brown, hormone-free, antibiotic-free, and non-GMO eggs with no trans-fats. Now offering natural & organic! Find us at farmers' markets in Knox & Blount Co.

### LITTLE MOUNTAIN FLOWER FARM

littlemountainflowerfarm.com  
susie@littlemountainflowerfarm.com  
(865) 505-0330

Maryville

A sustainable cut flower farm and floral studio in East Tennessee. We offer floral arrangements and bouquets during the growing season as well as offering wholesale flowers for local florists. Offering a diverse range of flowers from spring to fall.

### LONE STAR NORTH FARM

lonestarnorthfarm.com  
james\_gomillion@att.net  
(865) 448-6012

1520 Carrs Creek Rd, Townsend

Small, family farm growing only heirloom vegetables and fruits. Our farm store offers our vegetables, fruits, and value-added products. Farm offers farm tours, workdays, and farm stays. Homegrown By Heroes certified participant.





**SEE  
YOUR  
BUSINESS  
HERE!**

Learn more at  
[nourishknoxville.org/ads](http://nourishknoxville.org/ads)

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## THE MOCKINGBIRD FARM

facebook.com/  
themockingbirdfarmseymourtn  
themockingbirdfarm@gmail.com  
(865) 235-8737

### Seymour

The farm is now open to visitors and overnight guests. Book through [airbnb.com](http://airbnb.com) or [VRBO.com](http://VRBO.com). Our farm produce is pesticide-free. We look forward to meeting you! 🌱

## PEARSON FARMS

pearsonfarms05@gmail.com  
(865) 382-8351

### 403 Bowling Rd, Seymour

A family-run farm raising all kinds of produce, we're one of the biggest green bean suppliers in East Tennessee. We also offer a variety of jams and jellies. Our products are available at our farm stand.

## ROCKY PARK NATURAL FARM

rockyparkfarm.com  
jpkirksey@yahoo.com  
(865) 250-3475

### 882 Riverview Dr, Friendsville

Rocky Park Farm was born out of the Kirkseys' love for plants, food, and community. Their vision for the farm grew to be a place where great all-natural food could be produced for the local community through u-pick, on-site, and farmers' markets. 🌱

## RUTHERFORD FARMS

rutherfordfarms.org  
krutherford2@bellsouth.net  
(865) 518-1311

### 3337 Mint Rd, Maryville

Our farm has been in operation since 1976 when we set our first strawberry plants. We now offer a wide variety of vegetables from April through December at our farm store and u-pick strawberries from mid-April to June. 🌱

## SMELCER'S FARM FRESH BEEF

smelcersfarm.com  
jsmelcer87@yahoo.com  
(865) 604-7319

### Seymour

We wholesale and retail Angus beef fresh from our farm that is free of antibiotics, added hormones, and preservatives. We also offer quarter, half, and whole beef. Contact us to order or find our beef in retail outlets.

## SMOKEY RIDGE APIARIES

smokeyridgeapiaries.com  
dorcus08@yahoo.com  
(865) 984-5393

### 368 O'Dell Rd, Maryville

We sell honey, creamed honey, candles, lip balm, soap, hand lotion, and other products made with beeswax and honey. We are beekeepers and have about 70 hives. We usually have wildflower and sourwood along with 17 different flavors of creamed honey.

## SPECIAL GROWERS

specialgrowers.com  
(865) 850-3468

### 135 Milligan Rd, Maryville

A Maryville-based non-profit herb farm with 80% of our staff comprised of disabled workers. We grow a variety of fresh herbs, wholesaling to high-end restaurants in our area. 🌱

## TILLEY ACRES

tilleyacres@yahoo.com  
Maryville

We have been blessed by God to live on a small, family farm at the foot of the mountains. We're raising chickens, ducks, rabbits, honeybees, and vegetables.

## WANDERING WALNUT MEADOWS

wanderingwalnutmeadows.com  
wanderingwalnutmeadows@gmail.com

### 1265 Meadow Rd, Greenback

Pastured meats raised for our local community with a focus on sustainable land stewardship. We offer grass-fed lamb, pastured duck and chicken eggs, and pastured chicken, turkey, and pork. Join our CSA or find us at the Maryville Farmers' Market. 🌱

## WILDWOOD BEE CO

wildwoodbees.com  
thebigB@wildwoodbees.com  
(865) 201-0814

### Seymour

We work in collaboration with our honeybees located in apiaries throughout East TN to produce pure, raw honey. We sell liquid honey, comb honey, and creamed honey, plus other products from the hive such as beeswax, pollen, and candles, available at Knox Co farmers' markets.

## Campbell

## A PLACE OF THE HEART FARM

aplaceoftheheart.squarespace.com  
heartplace@peoplepc.com  
(423) 784-3401

### 255 Terry Creek Ln, Pioneer

We are a small community of individuals dedicated to growing the healthiest produce available. We use mostly open-pollinated/heirloom seeds. We have been Certified Naturally Grown since 2009. Find us at the Market Square Farmers' Market. 🌱 CSA

## Carter

## OAK GROVE FARM

oakgrove.farm  
benenkema@gmail.com  
(423) 788-4237

### Elizabethton

Free-range, rotational grazing, bio-dynamic, organic, and permaculture. Oak Grove Farm features a relaxing bed and breakfast surrounded by a wildlife and nature sanctuary.

## Claiborne

## BOB DUE'S TERRACED GARDENS FARM

terraced-gardens-farm.com  
rototiller2@yahoo.com  
(865) 789-5285

### 1101 Beason Ridge Rd, New Tazewell

Quality vegetables grown without herbicides, pesticides, or GMOs. Major crops include five varieties of potatoes, sweet potatoes (orange, purple), butternut, cabbage, tomatoes, daikon radishes, napa, beets, carrots, kohlrabi, and melons.

## THOMPSON FARMS

cody92@vt.edu  
(423) 489-8844

### New Tazewell

We are a family farm located in the rolling hills of East TN. We offer a wide selection of products from tomatoes, beans, and peppers to pumpkins, gourds, and much more in between. We sell at farmers' markets, local markets, and wholesale.

## Cocke

## KYLE CARVER ORCHARD

(423) 487-2419

### 3460 Cosby Hwy, Cosby

Kyle Carver started his orchard in 1942, hand-grafting and planting apple trees in his cornfield. The orchard now sits on 75 acres, with more than 40,000 trees and 126 varieties. Apples are available pre-picked in our on-site Apple Barn.

## Cumberland

## GREENHOUSE & SPICERACK

### Crossville

Family-owned-and-operated fruit & vegetable farm in Crossville.



## HIT N MISS FARM

hitnmissfarm@benlomand.net

(931) 510-1104

Crossville

We raise registered Angus and commercial beef cattle, meat goats, chickens, bees, and produce. We sell packaged beef and pork from the farm and slaughter-ready freezer beef by request. We sell at various local farmers' markets.

## ROWELL'S APPLE HOUSE

facebook.com/rowellsorchard

(931) 484-5035

6390 Hwy 70 E, Crossville

Rowell's Orchard began in 1966 with only four apple varieties. Today, we grow and sell over 30 varieties through our on-site Apple House. Only open from August through December. Apples are washed, cleaned, bagged, and ready to eat.

## SUNRISE DAIRY

(931) 277-3777

574 Bud Tanner Rd, Crossville

Sunrise Dairy is a family-run farm dedicated to producing top-quality milk for your family. We use a low-temperature pasteurization process, and our milk is sold in returnable glass bottles. We offer a variety of milk products including butter.

# Grainger

## D & D FARM

(865) 828-1933

Rutledge

D & D Farm produces fresh vegetables from tomatoes, potatoes, green beans, and onions. Limited supply of products, mostly available from May to September.

## GUZZLE HOLLOW GARDENS

guzzlehollowgardens.com

guzzlehollowgardens@gmail.com

(865) 377-9284

Washburn

We produce local honey, pure maple syrup, and plants that are good nectar sources for honeybees. We grow buckwheat and make flour and groats.

## LAKEVIEW FARMS

(865) 767-3766

225 Riverview Church Rd, Bean Station

We have produced Tennessee Certified Organic produce for over 33 years. Proudly producing a wide variety of crops and value-added products, from Tennessee Red Cob cornmeal and seed to watermelon and so much more. Come out and see us! 🍌 🍷

## MORGAN'S FARM

(865) 806-9093

Rutledge

We have been growing top-quality produce all our lives. We mainly focus on tomatoes, and we work hard to ensure that everything that we grow gets proper attention for top-quality produce.

## SPOUT SPRING ESTATES WINERY AND VINEYARD

spoutspringestates.com

belt.alice@gmail.com

(865) 719-7485

430 Riddle Ln, Blaine

We offer estate wines for sale with wine tastings and tours. The stunning views can be enjoyed while picnicking or picking your own grapes. Our venue makes an excellent location for special events such as weddings. 🍷

# Greene

## BALES FARMS

BalesFarmsTN.com

BalesFarmsTN@gmail.com

(423) 823-1397

Mosheim

A sixth-generation family farm run by Grammy-winning musician Barry Bales. Pastured-raised beef, pork, chicken, & eggs. Supplemental poultry & swine feed made from non-GMO & organic ingredients. Clean, safe, humanely raised products. Order online!

## BAUERNHOF KITSTEINER

thebauernhof.com

wkitsteiner@gmail.com

(615) 939-5658

Bulls Gap

Bauernhof Kitsteiner is the family farm of the Kitsteiner family. We are a permaculture farm raising organic-fed, pasture-raised/finished lamb, broiler chickens, and chicken eggs. Find us at the Depot Street Farmers' Market.

## BLACKBERRY FARMS

Chuckey

A family-owned, small-scale farm growing vegetables and fruit exclusively for the Johnson City Farmers' Market.

## BUFFALO TRAIL ORCHARD

buffalotrailorchard.com

peottinger@gmail.com

(423) 639-2297

1890 Dodd Branch Rd, Greeneville

We are a Century Farm growing berries, tree fruit, pumpkins, & vegetables using sustainable methods. We offer u-pick berries & apples and an on-site store where we sell jams, jellies, and fruit in season. We also sell at the Market Square Farmers' Market. 🍷

## CLOUD 9 RANCH

cloud9ranch-tn.com

cloud9ranch@gmail.com

(423) 972-1263

910 Ottway Rd, Greeneville

Great tasting, naturally grown vegetables, fruit, herbs, eggs from our free-range hens, and pasture-raised beef shares. We operate from Mar - Nov, using a hoop house to extend our seasons. Naturally raised produce, eggs, and beef. 🍷

## DIXON HILL FARMS

DixonHillFarms@gmail.com

(423) 470-6326

1030 Mount Hebron Rd, Greeneville

Dixon Hill Farms is a first-generation farm that was created by a disabled veteran and his wife. We offer farm-fresh, cage-free, free-range chicken and duck eggs for sale. "Our Yolks are No Joke!" is our slogan. We have a drive-up farm stand.

## THE FARM AT SPRING CREEK, LLC

thefarmatspringcreek.net

Info@thefarmatspringcreek.net

(423) 609-3304

424 Spring Creek Place, Greeneville

A farm and farm-stay in Greeneville. We are four generations of family now living in north Greene County. We produce and sell pasture-raised, pasture-finished, grass-fed beef.

## GIBSON BERRY FARM

GibsonBerryFarm.com

gibsonberryfarm@gmail.com

(828) 385-4442

Greeneville

A family-operated Certified Organic farm. We grow berries (blueberry, strawberry, blackberry, black raspberry), melons, ginger, & grain. We make elderberry syrup, vegan gummies, & stoneground flour. Find us at the North AVL Tailgate or order on our website. 🍷

## GREEN PASTURE FARM

greenpasturefarm17.com

greenpasturefarm17@gmail.com

(423) 823-4599

5985 Chuckey Pk, Chuckey

We are a hydroponic farm located in sunny Chuckey between Johnson City and Greeneville. We specialize in supplying fresh, locally grown artisan lettuces, greens, and herbs year-round, along with hydroponic tomatoes March-July.

## HOLLY KNOLL FARMS

hollyknollfarms.com

hollyknollfarms1939@gmail.com

(423) 525-2891

Greeneville

Holly Knoll Farms was established in 1939. We are a 4th-generation family farm. We raise grass-fed local beef and free-range pastured eggs. Our future son-in-law and family raise sweet corn and veggies too, which we help sell.

## HOODLEY CREEK

hoodleycreek.com

hoodleycreek@gmail.com

(615) 478-9335

9840 Baileytown Rd, Afton

Seventh-generation Tennessee Century Farm in continuous livestock production since it was established 1850. Specializing in breeding Katahdin sheep and producing high-quality lamb. No hormones or antibiotics fed for growth.

## HOPE FARMS & STUDIO

hopefarmsgreenevilletn@gmail.com

(423) 534-8731

Greeneville

We are a sustainable market farm serving the Greene County area with fresh, homegrown vegetables, fruit, and flowers. We feature assorted greens, beets, okra, squash, tomatoes, potatoes, apples, pears, sunflowers, and zinnias.

## HORSE CREEK FARMS

armstrong.emily1@yahoo.com

(865) 255-3030

Chuckey

We specialize in Angus beef, pork, produce, hay, corn, and straw. We are an agritourism venue for field trips, weddings, and everything in between. We offer various events throughout the year and offer a corn maze, hayride, and pumpkin patch in the fall. 🍷

## LIBERTY FLAT FARMS

(423) 367-9069

Greeneville

We are a 100-year-old family farm that prides itself on breeding high-quality, easy-to-handle cattle. Our pasture-raised Angus cattle thrive on a grass-and-forage-based diet.

# Farms

## THE OLE FARM HOUSE

info.theolefarmhouse@gmail.com

(423) 639-7616

630 Johnson Rd, Greeneville

We are a small, family-owned operation raising goats and growing vegetables. We also make goat milk soaps, ceramics, and pottery. We make fresh homemade sourdough bread, sourdough cinnamon rolls, and artisan breads. We sell USDA-certified goat meat.

## ROCKY FIELD FARM

rockyfieldfarm.com

wayne.hughes@fbttn.com

(423) 620-0184

655 Doak Hensley Rd, Afton

Founded in 1796, we specialize in antibiotic- and hormone-free Angus cattle. We grow various forages to support a 55-head cattle herd. We treat our cows humanely and the environment responsibly.

## SLAP FARMS

slapfarms.com

info@slapfarms.com

(423) 609-3469

1513 Billy Bible Rd, Greeneville

SLAP Farms is a 36-acre farm raising pastured poultry chickens for meat and eggs, and turkeys. Our birds are allowed to live on open pasture in the fresh air and sunshine, receive non-GMO feed, and move to fresh pasture daily.

## SENTELLE'S HOMEMADE SAUSAGE

sentelleshomemadedausage@yahoo.com

(423) 329-1306

234 Dude Ln, Bulls Gap

Our hogs are USDA-inspected, and we built our own TDA-inspected processing building on our farm so we do all of the butchering ourselves. You can be assured of the finest quality pork products we can offer. Heritage chickens available.

## SIDELINE FARMS

sidelinefarms.com

marybethcollette9@gmail.com

(423) 341-0873

2030 Rheatown Rd, Chuckey

We are a family farm specializing in raising and producing grass-fed, grain-finished beef! We typically sell to individual customers and our prices are available on our social media. We have bulk (whole, 1/2, 1/4) and retail cuts available!

## WOODLAWN FARMS, LLC

woodlawnfarmsangus.com

alklepper@comcast.net

(423) 823-1915

2900 Horton Hwy, Greeneville

We offer a variety of meat products including beef and pork.

# Hamblen

## GILBERT FARMS

farmboy160.1@gmail.com

(423) 231-9459

5080 Enka Hwy, Morristown

Farm-fresh vacuum-packed frozen pork and beef available year-round. No MSG. Fresh sweet corn in season.

## LAND BASKET FARM

landbasketfarm.com

landbasketfarm@gmail.com

(423) 202-4924

Russellville

We are veteran-owned, rotational pasture/forest-grazed and -raised farm. We offer eggs, lamb, non-GMO chicken, and forest-raised pork. All our products are seasonally grown on our pastures in the TN sunshine. We also offer educational farm tours.

## NOLICHUCKY VINEYARD

nolichuckyvineyard.com

nolichuckyvineyard@yahoo.com

(805) 235-6797

6600 Fish Hatchery Rd, Russellville

Located on the Nolichucky River, our vineyard is a great venue for weddings or other special events. Our grapes are available for u-pick or pre-picked at the farm store and are sold to wineries. **U**

# Hancock

## 4 CORNERS RANCH

4cornersranch.com

4cornersranch@gmail.com

(865) 403-2870

3113 Mountain Valley Hwy 131, Thorn Hill  
Enjoy 100% pastured longhorn beef, America's original cattle breed. Longhorn is the healthy alternative to commercial beef breeds, naturally 95% lean. Available by retail cuts and share packages, we offer a variety of methods to "meat" your needs.

## REBEL HOLLOW FARM

rebelhollowfarm.com

info@rebelhollowfarm.com

(865) 247-1874

1104 Rebel Hollow Rd, Tazewell

Rebel Hollow Farm offers farm-raised beef, pork, lamb, vegetables, strawberries, and blackberries. We also offer on-farm events including a sunflower festival, baby animal cuddling, a strawberry festival, and a fall festival. **CSA**

# Hawkins

## HICKORY COVE ORCHARD

hickorycoveorchards.com

lhopkins111952@gmail.com

(423) 272-2309

154 Pressmens Home Rd, Rogersville

Once the humble six-tree family apple orchard, we are now a five-acre working farm with USDA Organically Certified apple, pear, and blueberry orchards, a small-but-growing bee yard, 80 free-range chickens, five cats, and three dogs. **CSA**

# Jefferson

## 2 CHICKS AND A FARM

twochicksandafarm@yahoo.com

(865) 441-5743

724 Hinchey Hollow Rd, New Market

Our farm was born as a result of practicing what we preach. If we wouldn't eat it ourselves, we won't sell it to you. We offer pesticide-free produce and pasture-raised eggs to local residents at a reasonable price. Woman-owned-and-operated.

## THE BURNS AND THE BEES

theburnsandthebees.com

burnsandbees@gmail.com

(865) 235-8553

2586 Indian Creek Rd, Dandridge

Established in 2007, we now manage around 300 bee colonies spread out across 4 counties in East TN. We only sell honey produced by our bees, produced without the use of sugar, corn syrup, synthetic miticides, or antibiotics.

## CHARTER OAKS FARM

charteroaksfarmtn@gmail.com

728 Charter Oaks Ln, New Market

We are a family farm practicing regenerative agriculture and organic gardening methods. We grow a variety of vegetables, fruits, and flowers available for purchase at the farm by appointment, delivered to Knoxville, or at Butler & Bailey Market.

## DUDASH FARMS

dudashfarms.com

dudashfarms@gmail.com

(865) 771-5235

599 Foothill Rd, New Market

We offer all-natural grass-fed Angus/Wagyu beef, pasture-raised pork, and lamb. We sell at the farm by appointment and at the Dandridge Farmers' Market.

## GADDIS VINEYARD

bobbygaddis1@gmail.com

(865) 850-1006

Dandridge

We grow different varieties of grapes for the wineries of East Tennessee. For the farmers' markets, we grow both seeded and seedless American grapes as well as blue and white muscadines.

## GRAISED PASTURES

GraisedPastures.com

contact@graisedpastures.com

(865) 484-4841

904 Zirkle Rd, Dandridge

Our mission is to provide our local community and region with ethically, humanely, and sustainably raised nutritious, organic, GMO-free, soy-protein-free, pasture-raised poultry. We offer both whole birds and parts. Transitioning to soy-free in 2022.

## LICK SKILLET FARM

lickskillet.farm

farmers@lickskillet.farm

800 Lick Skillet Ln, New Market

We sustainably & humanely raise forage-finished beef & lamb, pastured heritage pork, and chickens on our Century Farm. We protect the ecosystem by not using synthetic inputs. We sequester carbon, support biodiversity, and focus on soil health. **CSA**

## MISTY MORNING FARM STAND

mistymorningfarm15@gmail.com

(260) 667-4125

722 W Highway 25 70, Dandridge

We are a local farm producing seasonal produce and plants. Our off-site, year-round retail Farm Stand offers our farm products, deli foods, baked goods, homemade ice cream, dry goods, and handmade local items.





## Make your local connection with Pick Tennessee Products!

Purchasing local builds communities, strengthens rural economies, and supports farmers like Betty and Albert Coning of the Coning Family Farm in Blount County.



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



### MOSSY CREEK MUSHROOMS

[mossycreekmushrooms.com](http://mossycreekmushrooms.com)  
[mossycreekmushrooms@gmail.com](mailto:mossycreekmushrooms@gmail.com)  
 (865) 742-6521  
 208 E Old Andrew Johnson Hwy, Jefferson City  
 From fresh mushrooms to consultation services, we brave the deep, dark woods so you don't have to. **CSA**

### RENOVATUS

[renovatusrc.org](http://renovatusrc.org)  
[renovatusrc@gmail.com](mailto:renovatusrc@gmail.com)  
 (865) 548-2200

583 Cannon Rd, Jefferson City  
 We grow vegetables and meat to create income for residents that are in our program. Our residents come from treatment programs and jail and often have trouble getting a leg up upon re-entry. We offer them the opportunity to learn new life skills. **CSA**

### RUSHY SPRINGS FARM

[rushyspringsfarm.wordpress.com](http://rushyspringsfarm.wordpress.com)  
[rushyspringsfarm@gmail.com](mailto:rushyspringsfarm@gmail.com)  
 (865) 674-7004

230 S Rushy Springs Rd, Talbott  
 Grower of vegetables and medicinal and culinary herbs. Specializing in rare & proprietary chiles, heirloom tomatoes, garlic, & onions. Maker of Tennessee Jim's World Class Salt Brine Fermentation Chile Sauces, dried chilies, & chile powders.

### STOOKSBURY DAIRY CREAMERY

[stooksburycreamery.com](http://stooksburycreamery.com)  
 (865) 850-2689  
 865 Seahorn Rd, Jefferson City  
 A family-owned dairy famous for our old-fashioned cream-line whole milk and decadent chocolate milk. We gently pasteurize our milk on-site at our farm in Jefferson City.

## Johnson

### A BUSHEL AND A PECK

[christyjunge@hotmail.com](mailto:christyjunge@hotmail.com)  
 (423) 291-5335  
 Butler  
 We are a small, family farm located in beautiful Butler. We are certified naturally grown and specialize in a large variety of all your favorite garden produce as well as eggs and honey. 🌿

### BROWN'S FARM

[debbie.brownsfarm@gmail.com](mailto:debbie.brownsfarm@gmail.com)  
 (423) 213-0534  
 2107 Forge Creek Rd, Mountain City  
 We are a 5th-generation family farm. We grow rare & unique varieties of non-GMO & Certified Naturally Grown watermelon, winter squash, pumpkins, and sweet potatoes. We also raise pastured Kiko/Boer meat goats. 🌿

## Knox

### BATTLEFIELD FARM & GARDENS

[battlefieldfarm1@gmail.com](mailto:battlefieldfarm1@gmail.com)  
 (225) 300-6576  
 3624 Boyd's Bridge Pk, Knoxville  
 An urban farm and collective of community gardens fighting food insecurity in East Knoxville.

### BEAUCHENE BERRY FARM

[facebook.com/BlueberriesAndBlackberriesOnBluegrassRoad](https://facebook.com/BlueberriesAndBlackberriesOnBluegrassRoad)  
[abeauche@utk.edu](mailto:abeauche@utk.edu)  
 (865) 693-4221  
 9020 Bluegrass Rd, Knoxville  
 We have u-pick blueberries and blackberries from mid-June through the end of July and some veggies such as heirloom tomatoes. Our produce is completely pesticide-free. We do not have apples. **U**

### BERNEY BLUEBERRY FARM

[michaelberneysmith@yahoo.com](mailto:michaelberneysmith@yahoo.com)  
 (865) 705-2483  
 9912 Kenny Rd, Powell  
 Small, family hobby farm in North Knox County (I-75 / exit 117) offering naturally grown u-pick blueberries. Seasonal window is June through mid-August. Available weekends & evenings. Please call to verify availability and on-site personnel. **U**

### BERRY HILL BEES

[berryhillbees.com](http://berryhillbees.com)  
[berryhillbees@gmail.com](mailto:berryhillbees@gmail.com)  
 Knoxville  
 We keep our bees using organic practices and sell pure, raw, unfiltered honey that is 100% produced from our hives.

### BUCKEYE BARN TN

[BuckeyeBarnTN.com](http://BuckeyeBarnTN.com)  
[Alisa@BuckeyeBarnTN.com](mailto:Alisa@BuckeyeBarnTN.com)  
 (407) 758-6588  
 1728 Bullrun Valley Rd, Powell  
 Small, family farm in North Knoxville/Powell offering free-range, pastured chicken eggs, duck eggs, microgreens, whole roasting chicken, whole turkey, and chick & duck hatchery. No herbicides. No pesticides. No junk.

# Farms

## CAC BEARDSLEY COMMUNITY FARM

beardsleyfarm.org  
beardsleyfarm@gmail.com  
(865) 546-8446

1741 Reynolds St, Knoxville  
CAC Beardsley Community Farm works to increase food security in Knoxville by providing fresh produce, accessible education, and land and resources for gardening. We sell a limited supply of honey, and we also have an annual spring plant sale. **CSA**

## CARE OF THE EARTH COMMUNITY FARM

careoftheearthcommunityfarm.com  
careoftheearthcommunityfarm@gmail.com  
(865) 978-0561

4314 Varnard Ln, Corryton  
We're a Certified Organic farm, growing Certified Organic produce and seed crops. We also do independent place breeding and agricultural research.

## CHEF'S HARVEST FARM LLC

chefsharvestfarm.com  
contact@chefsharvestfarm.com  
(865) 209-2055

619 E Beaver Creek Dr, Knoxville  
I am a former Executive Chef using no-till market garden methods to grow salad greens, baby root vegetables, and seasonal fruits and vegetables such as heirloom tomatoes and cucumbers without the use of pesticides, fertilizers, or herbicides.

## CROOKED ROAD FARM

crookedroadfarm.com  
crookedroadfarm@gmail.com  
Knoxville

Located in South Knoxville, Crooked Road Farm specializes in pasture-raised eggs and pork. Follow us on Instagram for on-farm sales and find our products at Three Rivers Market.

## CRUZE FARM

cruzeform.com  
howdy@cruzeform.com  
(865) 333-1265  
Knoxville

A family dairy farm where we milk Jersey cows, pasteurize our milk, and make fresh churned ice cream. Our cows are on pasture 365 days a year. Our milk is not homogenized so the cream rises to the top. Visit our shops or find our milk at local stores.

## DOUBLE L FARMS

doublelfarms.com  
charleylayman@gmail.com  
(865) 556-0482  
Knoxville

Double L Farms raises and sells grass-fed and grass-finished beef loved by both home chefs and culinary professionals! We believe Healthy Land = Healthy Animals = Healthy Food = Healthy People, and we strive to produce a product you'll be proud to serve!

## EXTRATERRESTRIAL FUNGI

etfungi.com  
josiah@etfungi.com  
(865) 244-9032

### Powell

Extraterrestrial Fungi is a gourmet mushroom farm serving the greater Knoxville area with a variety of oyster, hericium, and specialty mushrooms. We offer wholesale pricing by the case and sell direct to consumers at farmers' markets and online.

## FLOATING AXE FARM

floatingaxefarm@gmail.com  
(865) 315-7705

### Knoxville

Our name comes from 2 Kings 6:1-7, a story of God's provision. Family-owned and naturally grown, we offer a variety of produce, meats, and eggs for sale. We serve Knox and Union Counties.

## FRANCIS ROAD FARM

francis.farm  
kimberly@francis.farm  
(865) 315-8146  
1345 Francis Rd, Knoxville

We are located just North of the West Hills neighborhood. We grow a wide variety of fruits and vegetables. If you are looking for ultra-locally grown produce, come check us out at the farm or Eastside Sunday Market!



Assisting Family Farms in Bringing Local Food to the  
Community for 45 years

## Historic East Tennessee F.A.R.M.

(FARMERS' ASSOCIATION FOR RETAIL MARKETING)

Three F.A.R.M. Markets held each week

Rain or Shine!

### Knoxville

Tuesdays  
3:00-6:00 PM  
Ebenezer United  
Methodist Church

### Clinton

Thursdays  
3:00-6:00 PM  
Downtown at Commerce  
Street

### Oak Ridge

Saturdays  
8:00-12 noon  
Jackson Square

SNAP/EBT Accepted

Locally grown fruits and vegetables, plants, cut flowers

Fresh eggs, meats, honey

Local artisans, specialty food, baked goods

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



## GRASSY VALLEY GARDENS

melaniewheeler73@gmail.com

(865) 789-3416

Knoxville

Grassy Valley Gardens is a small garden plot in Fountain City. Established in 2021, we focus on offering a variety of heirloom tomatoes and rare chiles.

## GREGORY'S GREENHOUSE PRODUCTIONS

gregorysgreenhouseproductions.com

bb.blankenship@gmail.com

(865) 607-0030

Knoxville

We specialize in growing over fifty different vegetable and herb plants as well as annual, perennial, and tropical bedding flowers.

## HENDERLIGHT FARMS

andrewhenderlight@hotmail.com

(865) 567-2050

Knoxville

We grow our products naturally using no harmful chemicals. We specialize in bringing you unique varieties of vegetables.

## HIGHWAY HOMESTEAD

highwayhomestead.org

cort21black@gmail.com

Strawberry Plains

Small, family farm raising pastured whole chickens and eggs each summer. All of our animals are given ample space, pasture-raised, and fed a non-GMO ration! We specialize in making delectable goat milk caramels from our own goats' milk as well!

## HILL FARMS

hillfarmtn@yahoo.com

(865) 548-7671

Strawberry Plains

Family-operated since 1986. Angus and Hereford sires as well as locally raised beef sold in quarters, halves, and wholes.

## HOLY FAMILY FARMS

holyfamillyfarms.com

info@holyfamillyfarms.com

(423) 620-8696

Knoxville

Holy Family Farms is an urban farm located in Knoxville. We grow non-GMO, pesticide-free, and nutrient-dense microgreens and vegetables. Find our produce at the Market Square and New Harvest Farmers' Markets and through our online store.

## KNOXVILLE HONEY CO

knoxvillehoneyco.com

jchianelli35@gmail.com

(865) 300-7006

Knoxville

We are a family-owned-and-operated business. We want to be your one-stop-shop for local honey and hive products. We offer local honey, honeycomb, pollen, pollination services, honeybees, and queens. Wholesale, retail, and bulk honey.

## LACEWING FARMS

lacewingfarms.com

brianscottader@gmail.com

(865) 621-0542

Corryton

Lacewing Farms is a small-scale produce farm located in north Knox County that encompasses 27 acres of garden space, hoop houses, mixed pasture, and woodland. Founded in 2014, the farm is owned and operated by Brian Ader. **CSA**

## LITTLE ROW FARMS

crookedrowfarmstn.com

littlerowfarms@gmail.com

(865) 740-3553

Knoxville

We are a multi-generational farm with deep roots in the Blount, Knox, and Sevier County areas. We offer traditional vegetables as well as assorted, highly nutritious microgreens to local consumers, including restaurants and retail outlets.

## LITTLE VALLEY HAVEN

littlevalleyhaven.com

littlevalleyhaven@gmail.com

(865) 332-0142

Knoxville

We offer a simple selection of organically grown vegetables and herbs. Some examples include tomatoes, potatoes, thyme, cilantro, fresh-cut flowers, cucumbers, peppers, squash, sage, dill, carrots, lettuce, and chives. **U**

## LORI'S CHICKS

loridos@gmail.com

(865) 776-3668

Knoxville

We sell our local, pasture-raised, farm-fresh eggs at the New Harvest Farmers' Market every Thursday. Our girls have 24/7 access to layer feed, get fresh produce treats, and have never had antibiotics or growth hormones.

## MGM LAVENDER FARMS

mgmlavenderfarm@gmail.com

(865) 659-4883

4623 McCloud Rd, Knoxville

We are located in the North Knoxville area in the Halls Community. We offer cut and dried lavender flowers in season as well as a variety of lavender-related products such as bath & body, lip balm, pet products, candles, and many more.

## RAINBOW CREEK

rainbowcreekmushroom@gmail.com

(865) 824-7115

Knoxville

Always fresh oyster mushrooms cultivated at our locally owned and operated grow farm. Producing high-quality mushrooms, containing delicious taste, awesome to healthy diet! Offer every customer the finest and freshest product in the market.

## SMOKY MOUNTAIN LAVENDER

smokymountainlavender@gmail.com

Knoxville

Lavender farmer in East TN and Western NC in the foothills of the Smoky Mountains. Selling fresh cut lavender and farm-distilled essential oils through the month of June at local farmers' markets in Knoxville, TN, and Hickory, NC.

## SMOKY MOUNTAIN SPICE FACTORY

smokyspices.com

feedback@smokyspices.com

(865) 248-9996

Knoxville

We manufacture handcrafted smoked spices from peppers grown on our farm and on other local farms. We offer 18 unique spices, seasonings, and rubs with five different heat levels to choose from.

## SOUTHERN OAK LAVENDER FARM

southernoaklavenderfarm.com

Mascot

Lavender and cut flower farm with a wedding venue. We also hand make natural skin care products. **U**

## SOUTHERN SPROUT

southernsproutshop@gmail.com

(904) 631-4152

Knoxville

We are a family-owned-and-operated small business specializing in cultivating various varieties of microgreens ranging from favorites like pea shoots and radish all the way to rare finds like cantaloupe and amaranth.

## STANLEY'S GREENHOUSE

stanleysgreenhouse.com

info@stanleysgreenhouse.com

(865) 573-9591

3029 Davenport Rd, Knoxville

Stanley's Greenhouse is a family-owned farm that has been growing plants for the public since 1955. We grow everything you need for your landscape and home garden including almost 40 different varieties of tomatoes!

## STILL WATERS FARM

stillwatersfarm.tn@gmail.com

(865) 281-0894

7004 Fairview Rd, Corryton

We are a naturally grown blueberry farm located 8 miles outside of Fountain City. **U**

## STRONG STOCK FARM

strongstockfarm.com

strongstockfarm@gmail.com

(865) 250-4829

8220 Rutledge Pk, Knoxville

We are a 900-acre land-grant family farm located near downtown Knoxville. We specialize in grass-raised Angus cattle, all descendants of two original Angus cows purchased in 1942. Our meat can be purchased fresh daily at Three Rivers Market.

## THOMPSON TENDER BEEF

thompsonbeef.wixsite.com/tender

thompsontenderbeef@yahoo.com

(865) 661-2317

6726 Little Flat Creek Ln, Corryton

We're a bicentennial family farm. We have an Angus-based beef herd bred specifically for sustainability and superbly delicious beef. Our herd bulls have earned the Certified Angus Beef "Targeting the Brand" designation. Humanely Raised, Naturally Fed.

## TILLMAN RABBIT FARM

bunnyminder@gmail.com

(865) 300-9688

Corryton

We sell vegetables, herbs, fruit, and honey. We sell at the Union County Farmers' Market or Oak Ridge Farmers' Market on Saturday mornings, Ebenezer Farmers' Market on Tuesday afternoons, and the Clinton market on Thursdays.

## UT'S VOL SUPPORTED AGRICULTURE PROGRAM (VSA)

vsa.utk.edu

vsa@utk.edu

7315 Government Farm Rd, Knoxville

The VOL Supported Agriculture program is a student-operated CSA program at UT Knoxville. Every week for 20 weeks, members receive a half bushel share of seasonal organic produce grown by student interns at UT's Organic Crops Unit. **CSA**

# Farms

## UNDER FOOT FARM

underfootfarm.com  
underfootfarmtn@gmail.com  
Knoxville

Under Foot Farm uses ecological methods to produce a variety of vegetables, herbs, and edible flowers in South Knoxville. Please visit our website for more information, including how to sign up for our CSA and where to buy our produce. **CSA**

## VALLEY DREAM FARM

seal2343hanna@yahoo.com  
(865) 900-7944

5502 Nickle Rd, Knoxville

I'm a Master Gardener & run a veteran farm to feed thousands. I'm a member of the nonprofit Farmer Veteran Coalition, along with 80 farms across the state. Our goal is to feed 2 million veterans and their families. Appointments only.

## VETERAN'S ORGANIC FARM

valleydreamfarmtn.com  
darlenehacker63@gmail.com  
5120 Clark Dr, Knoxville

Valley Dream Farm is a family-owned farm located in Halls Crossroads in North Knox Co. We grow and sell sustainable fresh vegetables off the farm and to local restaurants. Come visit our greenhouses, spring gardens, berries, sheep, and hops!

## WENDER FARMS

wenderfarms.com  
wenderfarms@gmail.com  
(865) 684-5106  
Knoxville

Growing nutritious, delicious microgreens & mushrooms for the Knoxville area. Wender Farms is a year-round, indoor microgreens farm. We are 100% natural, non-GMO, pesticide-free. We deliver our microgreens fresh to homes near Knoxville.

## WILSON FAMILY FARM

wilsonfamilyfarmtn@gmail.com  
(865) 947-1449  
Powell

We are a small operation growing 2 acres of mixed vegetables and flowers since 2002. We sell our produce at summer and winter farmers' markets in Oak Ridge and Knoxville, TN. We are committed to integrity and quality in our products.

## WILSON FINE GARDENS, LLC

wilsonfinegardens.com  
wfgardens@gmail.com  
(865) 603-4002

PO Box 11846, Knoxville

Grower and plant supplier offering perennials, herbs, shrubs, and trees.

## ZAVELS FAMILY FARM

zavelsfamilyfarms.com  
zavels5@att.net  
(865) 640-6209

Corryton

We are a family farming operation growing a wide range of fresh fruits and vegetables. We also raise beef, lamb, and pork. You can find all our excellent products at most farmers' markets around Knox County, as well as Oak Ridge and Maryville.

## Loudon

### CENTURY HARVEST FARM FOUNDATION

centuryharvest.org  
brenna@centuryharvest.org  
Greenback

We are a nonprofit, workforce development farm dedicated to helping folks rebuild their lives after incarceration or addiction. We offer grass-fed, high-quality beef, farm-fresh produce, outdoor volunteer opportunities, and event spacing.

### CONGLETON FAMILY FARMS

Lenoir City  
Pasture-raised, grass-fed Angus beef available at East TN farmers' markets.

### DEEP WELL FARM

deepwellfarm.com  
info@deepwellfarm.com  
(865) 333-0043

9567 Highway 11 E, Lenoir City

Deep Well Farm offers a corn maze and old-fashioned hayrides to our pumpkin patch. Book us year-round! Reserve your birthday party, wedding, church function, school trip, corporate event, or family reunion. We also do an Easter egg hunt.

### ECO-RICH FARMS

ecorichfarms.com  
trish@ecorichfarms.com  
(865) 856-3800

630 Kenny Brook Ln, Greenback

A variety of lettuces, herbs, and microgreens using an aquaponic food production system. No herbicides, pesticides, or other chemicals are used in this soilless system. We also raise Tilapia and use the fish waste as a food source for the plants. 🌱

### HYDE FARM

hydefarms.net  
(423) 667-6981  
7545 Hwy 411, Greenback

We raise all-natural pork and beef that we sell at our farm stand and through custom orders. We offer u-pick strawberries and pumpkins seasonally, along with sweet corn and various other vegetables and artisan goods at our farm stand. **U**

### LITTLE DUG GARDENS

little.dug.gardens@gmail.com  
(931) 787-2676

Loudon

We are Lucas and Bethany Oran. We are first-generation farmers who have a love for all things local. When in season we have a variety of veggies, eggs, honey, and cut flowers. We use all organic and sustainable practices.

### OLD BAILEY FARMS

(865) 250-8123

Lenoir City

I have been in the bee business for over 20 years. I am a Knox and Blount Co. bee inspector. I offer honey, beeswax products, bee pollen, vegetables, berries, and more. I also raise beef cattle on our family farm that was purchased in 1918.

## RICHE SIN FAMILY FARM

cerichessin@gmail.com  
(865) 680-3520

6305 River Rd, Loudon

We may be new to the business world, but we aren't new to providing our community with clean, fresh, all-natural, and reliable fruit from our own backyard. We specialize in blackberries and peaches available as u-pick or by preorder. **U**

## SWEETWATER VALLEY FARM

sweetwatervalley.com  
(865) 458-9192

17988 W Lee Hwy, Philadelphia

Our farm is in southeast TN's dairy-rich Sweetwater Valley, known for its agricultural vitality and progress. Our cheese is produced in a state-of-the-art facility while preserving the art of cheese-making in the traditional farmstead manner.

## McMinn

### DIRT POOR FARM

dirtpoorfarm@outlook.com  
(606) 304-4917

184 County Road 323, Sweetwater

Small-scale, organically grown produce and meat farm offering high-quality, local produce and naturally raised, USDA-certified, hormone-free pork and beef through direct sales and CSA. Farm pick-up and delivery available. **CSA**

### ECO FARM, FARMER BROWNS

mark.nightwolf@gmail.com  
(423) 561-0054

812 County Rd 350, Sweetwater

Run by Farmer Brown's family since 1938, we are a 4th-generation organic farm. Native American ownership and attention to detail, we do everything as nature intended. Grass-fed beef, no hormones, pesticides, or GMOs. We also raise berries and fruit.

### RIDGE LINE FARMS

ridgelinefarmstn.com  
rlfarms65@gmail.com  
(423) 506-3058

139 County Rd 100, Decatur

We raise Angus-sired beef that's grass-fed, grain-finished, USDA-inspected, and sold by the whole, half, or individual cuts. We have blueberries available for u-pick or we-pick from July - August. We also sell from our online farm store. **U**

### SPRING CREEK VEGGIES

SpringCreekVeggies.com  
382cr62@gmail.com

Riceville

Our family-run farm gratefully provides high-quality produce using sustainable, non-certified organic, biodynamic methods.

## Meigs

### MAYFIELD PASTURES

mayfieldpastures@gmail.com  
(423) 507-3168

Decatur

We raise our pigs and poultry on pasture and provide pork, turkey, chicken, and eggs along with grass-fed and grass-finished beef to our customers through local drop-off or on-farm pick-up.



## Monroe

### POYNTER FAMILY FARM

poynterfamilyfarm.com  
poynterfamilyfarm@yahoo.com  
(865) 606-0751

4015 Sweetwater Vonore Rd, Sweetwater  
We are a locally owned and operated family farm. Along with our blueberry and strawberry patch, we offer other fresh fruits and vegetables. We are also completely pesticide-free. We accept Visa, Mastercard, Discover, and EBT.

### TSALI NOTCH VINEYARD

tsalinotch.com  
tsalinotchjd@gmail.com  
(423) 506-9895

162 Harrison Rd, Madisonville  
We are TN's largest commercial muscadine vineyard. Indigenous to the Southeast, this fruit combines health benefits with a sweet and delicious taste. We offer a variety of products from our farm, where rustic simplicity meets modern flair. **U**

### WEE

weeintn.org  
weeintn@gmail.com  
(423) 371-8856

Sweetwater  
WEE is a small veteran-owned market farm that specializes in artisan pickles, relishes, fudges, and jams made in our on-farm kitchen that is USDA, TDA, & HACCP certified. We proudly belong to FVC and PickTN. We also offer handmade wood crafts.

## Morgan

### COLLINS FARM BEEF

collinsfarmbeefTN@gmail.com  
(423) 215-5764

171 Collins Farm Rd, Rockwood  
Our farm is a fresh beef and pork provider for customers throughout TN. We make two deliveries annually to Nashville & one to the Tri-Cities. Contact us today to get on our list!

### JUSTICE FARMS

ba\_justice88@yahoo.com  
(865) 924-6583

Oliver Springs  
We have been a family-operated farm since 1940, focusing on bringing fresh produce and meat to your table. We strive to provide the best sweet corn, okra, tomatoes, and green beans along with u-pick pumpkins and strawberries. **U**

## Rhea

### AMERICAN PRIDE PRODUCE MARKET

americanprideproducemarket@gmail.com  
(423) 618-4390

3333 Rhea County Hwy, Dayton  
We are a God-fearing family farm hoping to bring clean and fresh food to your table. We raise our own pork & beef that is available in retail & bulk cuts as well as an abundance of produce including sweet corn, tomatoes, peppers, watermelon, and more!

### DIXIE DOES ALPINES

dixiedoesalpines.com  
contact@dixiesoaps.com  
(434) 944-0294

1334 Pierce Hill Rd, Dayton  
We are a family business focused on natural products for our family and yours. We raise Alpine dairy goats using sustainable methods. We sell herd shares, eggs, and soaps, all available for pick-up at the Brainerd and Ooltewah farmers' markets.

### HASTINGS FARM

(423) 645-4186  
450 Hastings Dr, Dayton  
We primarily raise blueberries using organic practices. We have 300 bushes, some of which are over 30 years old. **U**

### MOUNTS FAMILY FARM

mountsfamilyfarm.com  
mountsfamilyfarm@gmail.com  
(423) 667-3199

Dayton  
We are a small non-GMO family farm, sustaining our land through pasture-raising our animals without the use of chemicals, hormones, or antibiotics. We raise 100% grass-fed beef, pasture-raised chicken and turkey, and chicken and duck eggs. **CSA**

## Roane

### ABERCROMBIE HOT PEPPERS

abercrombiehotpeppers.com  
abercrombiehotpeppers@gmail.com  
(865) 548-0967

Kingston  
We are a small, family-run farm. We grow over 125 varieties of rare super-hot, hot, and mild peppers. We sell custom boxes of fresh peppers online, and we also make delicious hot sauces, powders, and other spicy food products.

### ALPACA JUNCTION PLUS

bmetheny@bellsouth.net  
(865) 809-1814  
120 Meade Dr, Kingston  
Local hormone-free, pasture-raised, antibiotic-free, USDA-inspected lamb, as well as chicken and duck eggs.

### KIMBERLY ANN FARMS

alisimpson497@gmail.com  
(865) 717-2415  
772 Salem Valley Rd, Ten Mile  
We offer a wide variety of seasonal vegetables, mushrooms, free-range chicken eggs, quail eggs, and pasture-raised chicken. Our products are grown with sustainable and organic methods. This year, we hope to start a CSA—email or call if interested.

### KYLE RUSTIC FARM

kylerustic.wordpress.com  
KyleRusticFarm@gmail.com  
(865) 376-7067  
103 Main Hollow Rd, Philadelphia  
We are a pasture-based, family farm utilizing rotational grazing methods. We raise poultry, ducks, turkeys, pork, beef, and eggs without hormones, antibiotics, or soy. We have natural honey, muscadines, elderberries, heirloom beans, and vegetables.

### RAINY KNOB RANCH

rainyknobfarm@bellsouth.net  
(865) 556-7548  
Loudon  
On our family farm, we raise grass-fed beef & lamb, pastured pork, and browse-raised goat. Livestock is rotated to allow them access to fresh, diverse pasture. Farming practices are organic & regenerative. We sell by whole animal and by the cut.

### WINGED ELM FARM

wingedelmfarm.com  
ctanner@wingedelmfarm.com  
(865) 717-6222  
1285 Sweetwater Rd, Philadelphia  
Our 55-acre farm offers naturally raised lamb and pork. We also sell honey, whole chicken, and fresh produce seasonally. Visit our website to sign up for notices of what's available and contact us about volunteering on the farm!

## Scott

### DIRT HIPPIE

peacelovedirthippie.com  
chloechildres@yahoo.com  
(865) 232-4577  
Oneida  
Dirt Hippiie provides Tennessee locals with 100% pure, raw honey. We handcraft honey and beeswax products to sweet perfection for everyday use.

## Sevier

### THE APPLE BARN

applebarnwines.com  
(800) 421-4606  
230 Apple Valley Rd, Sevierville  
The Barn, built in 1910, was a part of the original farm purchased by the Hicks and Kilpatrick families in 1972. The orchard now numbers over 4,000 trees, and our apples are used at our on-site Cider Mill, Restaurants, and Winery.

### BEECH GROVE FARM

info@beechgrove.farm  
(865) 591-8923  
1210 Estates Dr, Seymour  
We are situated on 22 idyllic acres. Our pastures are home to egg-laying hens and broiler chickens that are moved to fresh grass daily and supplemented with a non-GMO diet. We have pastured eggs and meat for sale as well as fruits and vegetables. **U**

### COX HOMESTEAD KODAK

etsy.com/shop/coxhomestead  
lauraecox11@gmail.com  
(812) 595-2755  
3024 Douglas Dam Rd, Kodak  
We offer seasonal produce, flowers, eggs, and canned goods from our self-serve roadside stand in Kodak. We raise rabbits and sell offspring and manure. We offer hands on workshops in gardening, flowers, and greenery. We have a farm stay Airbnb.

# Farms

## ENGLISH MOUNTAIN TROUT FARM

englishmountaintroutfarm.net

crford43@gmail.com

(865) 429-5553

291 Blowing Cave Rd, Sevierville

Nestled into one of the most scenic areas in East TN, our trout pond is constantly fed by a freshwater creek creating the perfect environment for raising big, strong trout that are as tasty as it gets. Fish for trout to take home or have us cook it!

## GARNER FARM PRODUCTS

etsy.com/shop/garnerfarmproducts

garnerfarmproducts@gmail.com

(865) 223-1011

Kodak

Garner Farm Products grows all sorts of vegetables and cut flowers. Now offering a CSA subscription for flowers! This CSA offers a come and cut your own bouquet experience, a class on designing bouquets, and so much more! **CSA**

## LIBBRECHT FAMILY FARM

LFFseymour@gmail.com

(865) 566-7714

10092 Chapman Hwy, Seymour

We offer a variety of vegetables and arts & crafts, all grown and made by the family. Find our products at our roadside stand at the County Line Garage and the Seymour Farmers Market. We can deliver produce within 10 miles at this time.

## MOUNTAIN ROOTS FARM, LLC

mountainrootsfarm.com

info@mountainrootsfarm.com

(865) 202-8003

Sevierville

Small-scale market garden farm focused on using biologically intensive cropping techniques and sustainable best practices to grow, harvest, and sell high-quality produce to consumers and businesses in the local area. Find us at the MSFM.

## MYERS BROTHERS FARM

myersbrothersfarm@yahoo.com

(865) 640-9002

3348 Valley View Rd, Sevierville

We are a u-pick strawberry farm. We also do some farmers' markets when our vegetables are in. **U**

## SEVIER BLUMEN

sevierblumen.com

sevierblumen@gmail.com

(423) 304-3937

Sevierville

Our family farm focuses on cut flowers for sale at farmers' markets and to florists, as well as for weddings and special events. We also produce herb plants, vegetable plants, and specialty flowers.

## WALKERS PURE MOUNTAIN HONEY

walkersbees@gmail.com

(865) 640-5857

1119 Little Cove Rd, Sevierville

Pure honey from the mountains of East Tennessee.

## Sullivan

### ALETHIA FIELDS

alethiafields.com

tina@alethiafields.com

Bluff City

Alethia Fields is a small, family farm in the hills of East TN, growing specialty and heirloom cut flowers with natural methods.

### LITTLE MOUNTAIN MICROGREENS

littlemountainmicrogreens.org

littlemountainmicrogreens@gmail.com

Kingsport

Our Certified Naturally Grown urban farm specializes in microgreens. We also produce oyster mushrooms and edible flowers, and make hand-blended teas. We have a biweekly subscription delivery service for our microgreens. **CSA**

### MILLER BRANCH FARM

millerbranchfarm.com

millerbranchfarm@gmail.com

(423) 845-9598

Bluff City

Offering seasonal vegetables, eggs, raw milk by herd share, raw milk soaps, lip balms, jams, jellies, baked goods, and many handmade products. Please call us directly to purchase from us.

### MUD HOLLOW FARMS

mudhollowfarmstn.com

mudhollowfarmstn@gmail.com

(423) 418-0402

Bristol

A new business and service in the Holston Mountains near South Holston Lake. We do a wide variety of things from delivery CSA, seasonal plant material and gift baskets, some landscaping, hydroponic lettuces, leafy greens, and herbs. **CSA**

### RED BUD FARM

red-bud-farm.com

red\_bud\_farm@aol.com

(423) 574-7474

360 Red Bud Ln, Blountville

Red Bud Farm makes & sells worm castings which OMRI (Organic Materials Review Institute) listed is nature's best fertilizer/plant food for ALL flowers, vegetables, fruits, gardens, seeds, shrubs, trees, and grass. Use both indoor & outdoor. We make & sell compost. **CSA**

### TONY L SLAUGHTER FARMS

tlslaughterfarms@yahoo.com

(423) 817-1988

187 Fordtown Rd, Kingsport

We are wholesale suppliers and have an on-farm seasonal market. We only sell what we grow. We grow tomatoes, peppers, beans, summer squash, sweet corn, cucumbers, watermelon, cantaloupe, onions, cabbage, strawberries, and pumpkins.

## Unicoi

### SCOTT'S STRAWBERRY & TOMATO FARM

scottfarmstn.com

sfarms@scottfarmstn.com

(423) 743-7511

600 TN Hwy 107, Unicoi

We offer produce for both wholesale and retail markets. We sell strawberries from our area retail stands. We opened Scott's Farm Market in 2015 where we sell a variety of vegetables fresh from our fields and feature our homemade ice cream.

## Union

### SEVEN SPRINGS FARM TO TABLE LLC

sevenspringsfarmtn.com

mail@SevenSpringsFarmTN.com

(865) 745-2902

1472 Highway 61 E, Maynardville

We sell fresh garden vegetables, grapes, handcrafted artisan foods, and retail cuts of premium Black Angus beef. Our garden produce is hand-picked daily and sold at our farm store, local farmers' markets, and through our CSA. **CSA**

### SUGARTREE

sugartree2020@gmail.com

(865) 406-1399

Belvidere

A farm with organic growing practices providing clean, safe, whole foods for families and restaurants alike. Perfect for the adventurous chef, SugarTree provides special greens, foraged mushrooms, edible flowers, herbs, USDA-certified meat, and more!

## Washington

### A DIFFERENT CHICK FARM AND ORCHARD

adifferentchickfarm.com

adifferentchickfarmandorchard@gmail.com

(423) 534-0353

1112 Antioch Rd, Johnson City

We are a small, family-run farm specializing in USDA Organic fresh produce. You can drive by and see your food being grown right from the road. Our orchard includes some of the oldest apple varieties along with some new favorites. **CSA**

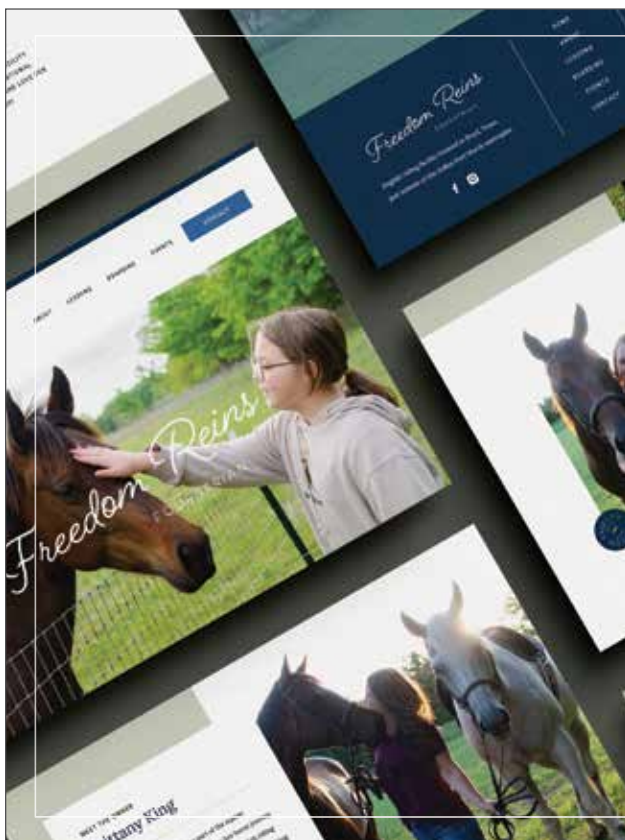
### OPOSSUM BOTTOM FARM & MARKET GARDEN

opossumbottom.com

opossumbottomfarm@gmail.com

2108 David Miller Rd, Johnson City

We have been naturally growing vegetables for four years. We grow all kinds of vegetables but specialize in exotic tomatoes and have a large variety of other produce available.



## Branding + Web Design

for Small Businesses with Big Hearts

LONDONSHARAYDESIGN.COM

*london sharay*  
DESIGN

### RIVER CREEK FARM

startthefarm.com

rcfcsa@StartTheFarm.com

#### Limestone

River Creek Farm offers a local vegetable subscription system, similar to a CSA. The year-round system offers weekly, bi-weekly, and monthly subscription packages of veggies, proteins, eggs, and bakery shares. **CSA**

### ROSEY APIARIES

roseyapiaries@yahoo.com

(423) 292-4096

#### Fall Branch

We are a small, family-run business. Everything we sell is made out of our hives. We sell 100% pure raw honey, beeswax, lip balms, and candles. We have been blessed to have been around since 2010 and still going. 🍯

### SALDANA FARMS

facebook.com/saldanafarms

saldanafarms@live.com

(423) 388-0230

482 Hwy 107, Jonesborough

We grow produce for local and wholesale markets.

### SHY VALLEY FARM

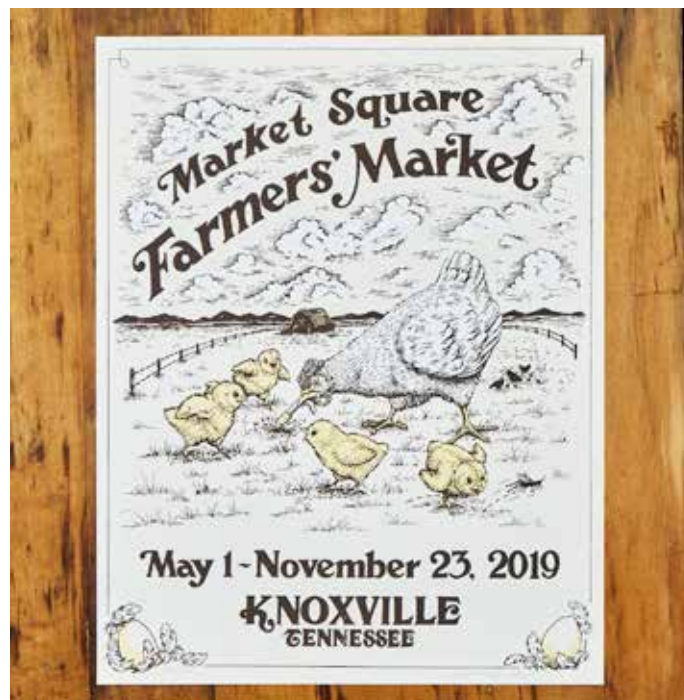
shyvalleyfarm.com

shyvalley@aol.com

(423) 348-6570


315 Ridge Rd, Fall Branch

Growers of nursery propagated native plants, herbs, heirloom tomatoes, peppers, and other vegetable plants. Plants for edible landscaping, pollinator gardens, and sustainable landscaping. Cut flowers, goat's milk soap, and pottery studio on site.



Visit Nourish Knoxville's  
**ONLINE STORE!**  
[nourishknoxville.org/shop](http://nourishknoxville.org/shop)





**U**-pick farms invite you into their fields to harvest your own fruits and vegetables. That's right, they let you do the picking—you or u, however you like to spell it! In East Tennessee, you'll find an opportunity to pick all season: berries in the spring and summer, apples and peaches in the summer and fall, pumpkins in time for Halloween, and more.

Visiting a u-pick is about more than filling up a basket with the fruits of your labor. You can

re-connect with the source of your food—you can see your produce growing, meet your farmers, and travel the same road your food travels to the farmers' market or grocery.

Remember, it's always a good idea to call the farm ahead of time to make sure they've got plenty of the produce you're after.



# U-Picks

## Anderson

### HEMBREE MUSCADINE FARM

hembree5841@comcast.net  
(865) 264-4464  
1984 Old Lake City Hwy, Clinton  
Open all day, every day, when the fruit is ripe.  
*Muscadines: Mid September - Late October*

## Bledsoe

### GARY SWAFFORD FARMS

garyswaffordfarms@yahoo.com  
(423) 447-7480  
759 Summer City Rd, Pikeville  
Our tomatoes, peaches, and peppers are available to u-pick. Call for availability.  
*Tomatoes: August - November*  
*Hot peppers: August - November*  
*Peaches: August - November*

## Blount

### FALLS BLUEBERRY FARM

(865) 982-3457  
111 Harmon Rd, Maryville  
A family-friendly u-pick blueberry farm operating in the month of July. Hours are Monday, Wednesday, Friday, and Saturday from 7 am to 7 pm. Call for additional information.  
*Blueberries: July*

## ROCKY PARK NATURAL FARM

rockyparkfarm.com

jp Kirksey@yahoo.com

(865) 250-3475

882 Riverview Dr, Friendsville

We welcome folks out to the farm to pick their produce fresh. Please CALL ahead for hours and availability to be sure we can host you for u-pick. Turn left on Trixie Way near the greenhouses.

*Strawberries: Mid April - May*

*Peaches: June*

## RUTHERFORD FARMS

rutherfordfarms.org

krutherford2@bellsouth.net

(865) 518-1311

3337 Mint Rd, Maryville

Please bring your own container to pick with.

*Strawberries: April - June*

## SPECIAL GROWERS

specialgrowers.com

(865) 850-3468

135 Milligan Rd, Maryville

Come pick your own bouquet! Flower availability varies throughout the season.

*Fresh flowers: April - October*

## Grainger

### LAKEVIEW FARMS

(865) 767-3766

225 Riverview Church Rd, Bean Station

U-pick is available upon request. 🍓

### SPOUT SPRING ESTATES WINERY AND VINEYARD

spoutspringstates.com

belt.alice@gmail.com

(865) 719-7485

430 Riddle Ln, Blaine

U-pick by appointment only.

*Grapes: August - September*

*Muscadines: October*

## Greene

### BUFFALO TRAIL ORCHARD

buffalotrailorchard.com

peottinger@gmail.com

(423) 639-2297

1890 Dodd Branch Rd, Greeneville

Call ahead or visit our website for u-pick availability and hours. Note: U-pick activities are not available unless specially noted on Facebook (facebook.com/bto.fruit/) or by calling (423) 620-2297.

*Blueberries: July - Early August*

*Blackberries: Late June - Mid July*

*Pumpkins: Late September - October*

*Winter squash: Late September - October*

*Apples: September - October*

*Sunflowers: Late September - October*

### HORSE CREEK FARMS

armstrong.emily1@yahoo.com

(865) 255-3030

Chuckey

U-pick pumpkins and flowers. We also offer a corn maze, pumpkin patch, and hayrides. Sunflower Festival date TBD. Contact farm or Facebook page for more details.

*Pumpkins: October*

## Hamblen

### NOLICHUCKY VINEYARD

nolichuckyvineyard.com

nolichuckyvineyard@yahoo.com

(805) 235-6797

6600 Fish Hatchery Rd, Russellville

We offer a variety of u-pick grapes including Muscadine, Steuben, and Concord.

*Grapes: September - October*

*Muscadines: September - October*

## Knox

### BEAUCHENE BERRY FARM

facebook.com/BlueberriesAndBlack-

berriesOnBluegrassRoad

abeauche@utk.edu

(865) 693-4221

9020 Bluegrass Rd, Knoxville

Three acres of u-pick pesticide-free blackberries and blueberries. Also offering some veggies, such as heirloom tomatoes, when in season.

*Blueberries: June - July*

*Blackberries: June - July*

*Tomatoes: July - August*

### BERNEY BLUEBERRY FARM

michaelberneysmith@yahoo.com

(865) 705-2483

9912 Kenny Rd, Powell

We only grow blueberries at this time. Weekend and evening availability only. Please call prior to visit.

*Blueberries: Mid June - Early/Mid August*

### SOUTHERN OAK LAVENDER FARM

southernoaklavenderfarm.com

3305 Clear Springs Rd, Mascot

Pick your own lavender and 60 varieties of flowers. Call or stop by!

### STILL WATERS FARM

stillwatersfarm.tn@gmail.com

(865) 281-0894

7004 Fairview Rd, Corryton

Call for hours and availability.

*Blueberries: June 1st - mid July*

## Loudon

### HYDE FARM

hydefarms.net

(423) 667-6981

7545 Hwy 411, Greenback

*Strawberries: April - June*

*Pumpkins: September - October*

### RICHESIN FAMILY FARM

cerichesin@gmail.com

(865) 680-3520

6305 River Rd, Loudon

We open are by appt only Mon-Sat.

*Blackberries: June - August*

*Peaches: June - August*

## McMinn

### RIDGE LINE FARMS

ridgelinefarmstn.com

rlfarms65@gmail.com

(423) 506-3058

139 County Rd 100, Decatur

We offer u-pick and we-pick options. Please call ahead for we-pick order. Small and large orders welcome.

*Blueberries: Early July - August*

## Monroe

### TSALI NOTCH VINEYARD

tsalinotch.com

tsalinotchjd@gmail.com

(423) 506-9895

162 Harrison Rd, Madisonville

U-pick is open in September and October on Wednesday & Thursdays from 12 - 6 and Friday, Saturday, & Sunday 10 - 6. For other times or dates, please call to schedule a visit.

*Muscadines: September - October*

## Morgan

### JUSTICE FARMS

ba\_justice88@yahoo.com

(865) 924-6583

Oliver Springs

Call ahead for hours and availability!

*Strawberries: April - June*

*Pumpkins: September - October*

## Rhea

### HASTINGS FARM

(423) 645-4186

Dayton

*Blueberries: July*

*Muscadines: October*

## Sevier

### BEECH GROVE FARM

info@beechgrove.farm

(865) 591-8923

1210 Estates Dr, Seymour

We have 45 mature blueberry bushes that are available for u-pick with an appointment. Please call or text us!

*Blueberries: July 15 - August 30*

### MYERS BROTHERS FARM

facebook.com/Myersbrofarm

myersbrothersfarm@yahoo.com

(865) 640-9002

3348 Valley View Rd, Sevierville

We offer u-pick strawberries with a small farm stand for other products. Check our Facebook page or call to check before you come out.

*Strawberries: Late April - Early June*

**C**SA stands for “Community Supported Agriculture.” As a CSA farm share member, you pay the farmer in advance for “shares” of the season’s bounty, literally giving the farmer “seed money” at the beginning of the season. Then, you get to enjoy a steady supply of foods straight from the farm, from fruits and vegetables to meats and prepared food items. CSA subscribers say that being a farm share member is a little like celebrating a holiday every week. Usually, there is a box to open, and there are always many farm-fresh surprises. The farms make deliveries to designated locations, such as a farmers’ market, a school or neighborhood center, or a CSA member’s home. The typical CSA season corresponds with the outdoor growing season: May to October, but some also offer winter CSAs or meat and dairy CSAs year-round. Contact the listed farms to find a CSA program that is right for you.

# CSA Programs



## Blount

### WANDERING WALNUT MEADOWS

wanderingwalnutmeadows.com

wanderingwalnutmeadows@gmail.com

1265 Meadow Rd, Greenback

Our CSA is for those who want our chicken and/or eggs all year long. Each customer chooses what they want per month, we grow it within our growing season, and we make it available each month. Available for delivery.

#### PICKUP LOCATIONS:

Maryville Farmers' Market (Maryville), On farm (Greeneville)

## Campbell

### A PLACE OF THE HEART FARM

aplaceoftheheart.squarespace.com

heartplace@peoplepc.com

(423) 784-3401

255 Terry Creek Ln, Pioneer

We have an early spring CSA for 8 weeks, April - June, which will be full of greens, lettuces, radishes, spinach, and peas. The summer/fall session will run from July 9 - October 15. Both will have Full Share and Half Share options. As always, customers can pick the items in their share.

#### PICKUP LOCATIONS:

Printshop Beer Co. (Knoxville), Market Square Farmers' Market (Knoxville)

## Greene

### CLOUD 9 RANCH

cloud9ranch-tn.com

cloud9ranch@gmail.com

(423) 972-1263

910 Ottway Rd, Greeneville

Box of 25-30 servings of naturally grown, great-tasting vegetables and fruits, with a core of 5-7 standard items and 1-2 unusual vegetables each week. We will email a list of the week's harvest prior to delivery, along with storage tips, helpful recipes, a 20% discount at market table, and a weekly meal plan. We offer a private Facebook community where you can ask questions or share a favorite recipe. Discount given for cash payments. Visit our website for more information. 18 weeks; full or half shares.

#### PICKUP LOCATIONS:

Cloud 9 Ranch (Greeneville)

## Hancock

### REBEL HOLLOW FARM

rebelhollowfarm.com

info@rebelhollowfarm.com

(865) 247-1874

1104 Rebel Hollow Rd, Tazewell

We offer a year-round, flexible, meat CSA. Contact us or visit our website to sign-up.



# TOOTSIE TRUCK

## CELEBRATING

# 10 YEARS!

Local and seasonal ingredients  
made fresh and ready to serve.

East Tennessee's only full service farm  
to table catering company and food truck.

## STAY TUNED

for a big announcement!

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

## Jefferson

### LICK SKILLET FARM

lickskillet.farm

farmers@lickskillet.farm

800 Lick Skillet Ln, New Market

Inquire at farmers@lickskillet.farm about our meat and egg share options.

### MOSSY CREEK MUSHROOMS

mossycreekmushrooms.com

mossycreekmushrooms@gmail.com

(865) 742-6521

208 E Old Andrew Johnson Hwy, Jefferson City

We're now offering our own CSA program. Order 4 weeks of fresh mushrooms at one time. Each box has a seasonal mix of 2.5 pounds of mushrooms and a recipe. They can be picked up on Tuesdays or Fridays each week at 1 pm at Tako Taco.

#### PICKUP LOCATIONS:

Tako Taco (Knoxville)

### RENOVATUS

renovatusrc.org

renovatusrc@gmail.com

(865) 548-2200

583 Cannon Rd, Jefferson City

We offer two sizes: The Market Share for \$525 and The Share Plus for \$825. The Share Plus will give you larger quantities, allow you to gain early access to upcoming farm items, and preference on limited quantities. Additionally, shares can be preselected for you or you can choose the Preference Share: this allows you to select what you DO NOT want from what we are picking that week.

#### PICKUP LOCATIONS:

Renovatus (Jefferson City)

## Knox

### CAC BEARDSLEY COMMUNITY FARM

beardsleyfarm.org

beardsleyfarm@gmail.com

(865) 546-8446

1741 Reynolds St, Knoxville

We offer a workshare CSA for local, low-income individuals that runs May - late November/early December. During our normal volunteer hours (Monday - Friday from 9 am - 3 pm), you can come by and work with farm staff. After four hours of volunteering, you earn a large basket of food. We accept applications on a rolling basis.

#### PICKUP LOCATIONS:

Beardsley Community Farm (Knoxville)

## CSA PROGRAMS

### LACEWING FARMS

lacewingfarms.com  
brianscottader@gmail.com  
(865) 621-0542

#### Corryton

We offer seasonal vegetables, some fruit, herbs, and eggs.

### UT'S VOL SUPPORTED AGRICULTURE PROGRAM (VSA)

vsa.utk.edu  
vsa@utk.edu

7315 Government Farm Rd, Knoxville

The VOL Supported Agriculture (VSA) program is a student-operated CSA at the University of Tennessee. We work to connect community members with their farmers by allowing individuals to purchase shares of the harvest! An upfront membership fee of \$700 (or four installments of \$180 each) helps buy seeds and supplies and provides stipends for the VSA student interns who are participating in a unique, experiential, organic-production internship. In return, members receive a weekly 1/2-bushel share of fresh, locally grown, organic produce each week for 20 weeks. Box contents will vary from week to week and feature a variety of seasonal produce. Enjoy fresh vegetables from mid-May to October grown just a few miles from campus on UT's own organic farm. 90 shares are offered on a first-come, first-served basis. Email us or visit [vsa.utk.edu](http://vsa.utk.edu) for more information. 🌱

#### PICKUP LOCATIONS:

UT Ag Campus (Knoxville)

### UNDER FOOT FARM

underfootfarm.com  
underfootfarmtn@gmail.com  
Knoxville

We will offer a 14-week CSA beginning in May. After a break in August, we will offer a fall share. You can expect a focus on salad greens, roots, and those summer fruits we all love. Please visit our website for more information.

#### PICKUP LOCATIONS:

Printshop Beer Co (South Knoxville)

## McMinn

### DIRT POOR FARM

dirtpoorfarm.com  
dirtpoorfarm@outlook.com  
(606) 304-4917

184 County Road 323, Sweetwater

Organically grown produce available for 10 weeks, May-July or August-November. Vegetable only option for half (feeds 2) or full (feeds 4) share. Choose between farm pick-up (\$150/\$225) or delivery (\$200/\$300 + shipping). Vegetables are seasonal. Shares may be picked up on the farm, M-F from 9am-5pm. Delivery is available in the following counties: Tennessee- Roane, Loudon, Blount, Sevier, Cocke, Greene, Hamblen, Grainger, Claiborne, Union, Campbell, Anderson, Knox, Jefferson, Bradley, Hamilton, Marion, McMinn, Meigs, Rhea, and Sequatchie; Northwest Georgia- Catoosa, Chattooga, Dade, Gordon, North Floyd, Murray, Walker, and Whitfield. To contact us or sign-up, please visit our website.

#### PICKUP LOCATIONS:

Dirt Poor Farm (Sweetwater) or delivery via MarketWagon

## Rhea

### MOUNTS FAMILY FARM

mountsfamilyfarm.com  
mountsfamilyfarm@gmail.com  
(423) 667-3199

#### Dayton

Pasture-raised, no antibiotics, no hormones, whole chicken CSA memberships for ETD to you mid-May 2022. 10 Week Membership (Weekly 3.3.5lb), 20 Week Membership (Bi-Weekly 3.3.5lb), 10 Week Membership (Weekly 4.4.5lb), 20 Week Membership (Bi-Weekly 4.4.5lb)

## Sevier

### GARNER FARM PRODUCTS

etsy.com/shop/garnerfarmproducts  
garnerfarmproducts@gmail.com  
(865) 223-1011

#### Kodak

Our CSA offers three types of shares. 10 weeks for \$200 includes a bag full of vegetables each week for 10 consecutive weeks, beginning in mid-May. We also offer a flower-only CSA. This share runs for 15 weeks beginning in June and runs each week. The types of flowers we grow are sunflowers, zinnias, straw flowers, cosmos, baby's breath, and many more. We have an entire plot now dedicated to just our cut flowers! Flower shares for 14 weeks are \$150. To add on the flower share to the vegetable-only CSA, you will receive a bouquet each week for the 10 weeks for an additional \$75.

#### PICKUP LOCATIONS:

On farm (Kodak), Seymour Farmers' Market (Seymour)

## Sullivan

### LITTLE MOUNTAIN MICROGREENS

littlemountainmicrogreens.org  
littlemountainmicrogreens@gmail.com

#### Kingsport

Biweekly microgreen subscription program. Customers select microgreens for delivery on a two-week cycle. Microgreens are delivered to residential homes, commercial properties, and restaurants. The program is offered year-round. 🌱

### MUD HOLLOW FARMS

mudhollowfarmstn.com  
mudhollowfarmstn@gmail.com  
(423) 418-0402

#### Bristol

We harvest and gather fresh and local produce from the region weekly and accumulate about \$30 worth of food. We bag them in coolers and deliver them weekly. We also offer jellies, jams, honey, flowers, granola, and other items in our boxes as add-ons.

## Union

### SEVEN SPRINGS FARM TO TABLE LLC

sevenspringsfarmtn.com  
mail@SevenSpringsFarmTN.com  
(865) 745-2902

1472 Highway 61 E, Maynardville

We guarantee you the freshest and best of our spring and summer harvest. Our harvest season runs May - September. You will receive boxes of fresh produce for 20 weeks to feed you and your family with the option to trade or exchange for preferred items at the time of pick-up. Additionally, you have the option to add fresh-baked bread, eggs, and our Angus ground beef to your box.

#### PICKUP LOCATIONS:

On farm (Maynardville), North Hills Neighborhood (Knoxville)

## Washington

### A DIFFERENT CHICK FARM AND ORCHARD

adifferentchickfarm.com  
adifferentchickfarmandorchard@gmail.com  
(423) 534-0353

1112 Antioch Rd, Johnson City

Our Farm Fresh Produce Boxes start with an empty box, and then we proceed to add some of our high-quality produce and herbs. Included in your box is a recipe or two to inspire that creativity for your next meal or two. As a Farm Fresh Produce customer, you will receive items not offered at our weekly farmers' market. No need to go to the store, we will bring it to your door. Includes \$5 for delivery to your door within 15 Miles of the farm. We can deliver to Kingsport for an additional \$5 per week. 🌱

#### PICKUP LOCATIONS:

On farm (Johnson City), Mize Farm and Garden (Gray), Food City (Piney Flats), Ingles (Elizabethton)

### RIVER CREEK FARM

startthefarm.com  
rcfcsa@StartTheFarm.com

#### Limestone

We offer a local vegetable subscription system, similar to a CSA. Your subscription features the same quality products we source regionally for our restaurants, fresh baked goods produced in our restaurant kitchens, and of course, produce that we grow at our own River Creek Farm. We offer weekly, every other week, or every four week delivery schedules. Online account management for autonomy in subscription management. Delivery holds anytime. Year-round access to seasonal products. Delivery available in Washington, Carter, Greene, Sullivan, and Unicoi Counties.



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**Health**  
low-cost care, mental health resources, domestic violence and abuse



**Jobs**  
job skills training and workforce development

**KNOXVILLE**  
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**INNOVATION**



**CITY OF KNOXVILLE**

# EXPLORE LOCALLY. EAT GLOBALLY.

VISIT KNOXVILLE APPRECIATES THE LOCAL FARMERS & CHEFS WHO  
CONTRIBUTE TO OUR INCREDIBLE, INTERNATIONAL DINING SCENE.





Farmers' markets connect community and farmers, providing direct access to local food. Customers can feel confident that they are investing their dollars in their local food system, and farmers have the opportunity to interact with their customers. Visit weekly (or multiple times a week!) to shop with the seasons for freshly picked fruits and vegetables, meats, dairy, artisan foods, plants, and much more.

**DOUBLE UP FOOD BUCKS:**

Some farmers' markets are able to accept SNAP benefits (formerly food stamps) market-wide by accepting EBT cards at a centralized location, like an information booth. Nourish Knoxville is also providing Double Up Food Bucks at farmers' markets and farm stores, doubling SNAP purchases up to \$20 per day for fruits and vegetables. Look for the apple symbol on each listing for DUFEB locations, and visit [nourishknoxville.org/programs](http://nourishknoxville.org/programs) for more!

# Farmers' Markets




## Anderson

### EAST TENNESSEE F.A.R.M. - CLINTON FARMERS' MARKET

easttnfarmmarkets.com  
info@easttnfarmmarkets.com  
(865) 839-4258  
MAY 5 - SEPTEMBER 8

Thursday: 3pm - 6pm

Commerce Street Parking Lot, Clinton

An open-air market located on the sidewalk of Historic Downtown Clinton providing the opportunity to purchase locally grown and made products. Stop in and shop or grab a bite to eat at one of our unique downtown businesses! **EBT** 

### EAST TENNESSEE F.A.R.M. - OAK RIDGE FARMERS' MARKET

easttnfarmmarkets.com  
info@easttnfarmmarkets.com  
(865) 839-4258  
APRIL 9 - NOVEMBER 19

Saturday: 8am - 12pm

In the parking lot at Blankenship Field, across from Historic Jackson Square, Oak Ridge

A producer-only market with local fruits, vegetables, meat, eggs, baked goods, honey, and herbs. Also featuring local artisans. All products at our market are from Tennessee. **EBT** 

### MARKET-TO-GO

GrowOakRidge.org  
orders@growoakridge.org  
(865) 483-9124

Oak Ridge

Online farmers' market in Oak Ridge, TN. Order window is Monday 12pm through Thursday 12pm for Saturday distribution. Local produce, meat, eggs, honey, and more. **EBT** 

### NORRIS FARMERS' MARKET

facebook.com/norrisfarmersmarket  
(865) 498-3276

JUNE 1 - NOVEMBER 16

Wednesday: 3pm - 6pm

5 West Norris Rd, Norris

Our seasonal farmers' market has an array of local farmers, artisans, and crafters. Come check us out!


### WINTER FARMERS' MARKET BY GROW OAK RIDGE

GrowOakRidge.org  
manager@growoakridge.org  
(865) 483-9124

DECEMBER 4, 2020 - MARCH 26, 2021

Saturday: 9am - 12pm

323 Vermont Ave, Oak Ridge

This indoor winter farmers' market features farmers, artisans, hot prepared foods, live music, and free weekly children's activities. Accepts SNAP and offers SNAP benefit doubling. Online ordering with curbside service. Vendors apply online. **EBT** 

## Bledsoe

### PIKEVILLE FARMERS' MARKET

facebook.com/pikevilletnfarmersmarket  
pikevillefm@gmail.com  
(423) 356-1866

APRIL 23 - OCTOBER 29

Saturday: 8am - 1pm

3150 Main St, Pikeville

The market is open for vendors to set up anytime, but the busiest hours are Saturdays from 8am - 1pm, April - October.

## Blount

### MARYVILLE FARMERS' MARKET

maryvillefarmersmkt@gmail.com  
(865) 696-5107

APRIL 16 - NOVEMBER 12

Saturday: 8:30am - 11:30am

330 E Broadway Ave, Maryville

A growers-only market featuring vegetables, fruit, cheese, honey, meat, eggs, plants, baked goods, fresh-cut flowers, and herbs. Local music entertainment weekly.

### TOWNSEND FARMERS' MARKET

facebook.com/FarmersMarket.Townsend  
greg@fourdaughtersfarmtn.com  
(440) 474-3712

APRIL 2 - SEPTEMBER 24

Saturday: 9am - 12pm

139 Painted Trillium Way, Trillium Cove

Shopping Center, Townsend

The Townsend Farmers' Market, hosted by All Good Things Garden Center, is an open-air local craft and food market featuring artisan baked goods, handmade soaps, free-range eggs, and fresh, local produce.

## Campbell

### CAMPBELL COUNTY FARMERS' MARKET

campbellcountychamber.com  
info@campbellcountychamber.org  
(423) 566-0329

APRIL 23 - SEPTEMBER 24

Saturday: 8am - 2pm

2520 Jacksboro Pk, Jacksboro

Small, locally focused market geared towards those interested in buying and selling locally grown and produced fresh farm products. No resale of non-local products permitted. Craft vendors are also present.

## Claiborne

### TRI-STATE FARMERS' MARKET

(423) 489-1042

APRIL 1 - NOVEMBER 30

Tuesday: 7am - 5:30pm

Thursday: 7am - 5:30pm

Saturday: 7am - 5:30pm

6920 Cumberland Gap Pkwy, Harrogate

We are a small, open-air, producer-only market. Farmers are welcome to arrive anytime in the morning after 7am and are usually gone by 5pm.

## Cocke

### NEWPORT FARMERS' MARKET

hicksnursery@gmail.com  
(423) 487-4001

MAY 14 - SEPTEMBER 24

Wednesday: 9am - 1pm

Saturday: 9am - 1pm

115 Mulberry St, Newport

Dedicated to providing homegrown goods for the well-being of our citizens and the environment. Locally grown produce and value-added products made from local sources.



# Farmers' MARKETS

## Cumberland

### CUMBERLAND COUNTY FARMERS' MARKET

brucejennifer4950@gmail.com  
(931) 788-2607

**MAY 7 - OCTOBER 29**

**Tuesday: 6:30am – 12pm**

**Thursday: 6:30am – 12pm**

**Saturday: 6:30am – 12pm**

*1398 Livingston Rd, Crossville*

Our market features a variety of produce, baked goods, honey, eggs, crafts, & more - all produced within Cumberland County!

### FAIRFIELD GLADE MARKET

brucejennifer4950@gmail.com  
(931) 788-2607

**MAY 4 - OCTOBER 26**

**Wednesday: 10am – 1pm**

*Peavine Rd & Stonehenge Dr, Fairfield Glade*

Our market features a variety of produce, baked goods, honey, eggs, crafts, & more - all produced within Cumberland County!

## Fentress

### FENTRESS COUNTY FARMERS' MARKET

fentresssoil.com  
darlene.justice@tn.nacdn.net  
(931) 879-8212 ext 3

**MAY 3 - OCTOBER 29**

**Tuesday: 8am – 12pm**

**Thursday: 8am – 12pm**

**Saturday: 8am – 12pm**

*452 E Mark Twain Ave, Jamestown*

A space for farmers to gather and sell their locally grown and handmade agriculture-based items. Farmers are welcome to set up anytime, but the market is most active on Tuesdays, Thursdays, and Saturdays.

## Greene


### DEPOT STREET FARMERS' MARKET

depotstreetfarmersmarket.com  
depotstreetmarket@gmail.com  
(423) 525-2621

**MAY 7 - OCTOBER 29**

**Saturday: 9am – 1pm**

*115 Academy St, Greene County Partnership, Greeneville*

Promoting local farmers, producers, and artisans. Join us to shop for local vegetables, fruits, meats, eggs, baked goods, jams, jellies, honey, plants, and quality arts & crafts. SNAP/EBT welcome. **EBT** 


### GREENEVILLE FARMERS' MARKET, INC.

greenevillefarmersmarket.com  
greenevillefarmersmarket@gmail.com  
(423) 552-3023

**MAY 10 - OCTOBER 10**

**Saturday: 9am – 1pm**

*690 Erwin Hwy, Tusculum*

We have been providing a venue for local producers for more than a decade. We are a producer-only market: the vendors at the market must have produced any items they offer to sell. Double Dollars on SNAP purchases--see website for limitations. **EBT** 

### GREENEVILLE YEAR-ROUND FARMERS' MARKET

greenevillefarmersmarket.com  
greenevillefarmersmarket@gmail.com  
(423) 552-3023

**JANUARY 10 - DECEMBER 10**

*690 Erwin Hwy, Greeneville*

An online, pre-order market. From 3pm Monday - 3pm Thursday, customers can place orders on "the Market" page of gfm.locallygrown.net.

## Hamblen

### DOWNTOWN MORRISTOWN FARMERS' MARKET

facebook.com/MorristownTNFarmersMarket  
downtown@morristownchamber.com  
(423) 312-1476

**APRIL 1 - OCTOBER 31**

**Monday – Friday: 8am – 6pm**

**Saturday: 8am – 3pm**

*130 W Morris Blvd, Morristown*

Open Monday - Saturday, April through October. Local farmers sell their produce, meats, and poultry. We also have artisan crafts and baked goods. Call for more specific information about hours. Applications here <https://form.jotform.com/2109461959120>

## Hawkins

### CHURCH HILL FARMERS' MARKET

churchhilltn.gov  
cityrecorder@churchhill.gov  
(423) 357-6161

**APRIL 5 - OCTOBER 27**

*410 E Main Blvd, Church Hill*

Vendors may set up and sell their goods on any day of the week. Tuesdays and Thursdays are our busiest days. Vendors are set up by 8am and stay until late afternoon. Everyone is welcome.

## Jefferson

### DANDRIDGE FARMERS' MARKET

mrudder@dandridgetn.gov  
(865) 397-7420

**APRIL 30 - OCTOBER 15**

**Saturday: 8am – 12pm**

*Dandridge*

A farmers' market solely selling local produce, eggs, honey, meats, fruits, and baked goods. No resale allowed.

### TOWN OF WHITE PINE FARMERS' MARKET

whitepinetn.com  
whitepine@charter.net  
(865) 674-2556

**APRIL 2 - OCTOBER 29**

**Saturday: 9am – 1pm**

*Corner of Main & Walnut St, White Pine*

A community-oriented market with something for everyone including vegetables, baked goods, honey, and flowers.

## Johnson

### JOHNSON COUNTY FARMERS' MARKET

johnsoncountyfm.org  
marketmanager@johnsoncountyfm.com  
(423) 291-5335

**MAY 7 - OCTOBER 29**

**Saturday: 9am – 12pm**

*Ralph Stout Park, 353 N Shady St, Mountain City*

Strengthening sustainable local agriculture and food economy while providing the freshest foods, with varieties of seasonal produce, farm-fresh eggs, chicken, pasture-raised pork, grass-fed beef, baked goods, and more! Double EBT dollars for produce. **EBT**

### JOHNSON COUNTY WINTER FARMERS' MARKET

johnsoncountyfm.org  
marketmanager@johnsoncountyfm.com  
(423) 291-5335

**NOVEMBER 5 - DECEMBER 17**

**Saturday: 9am – 12pm**

*716 S Shady St, Mountain City*

Featuring local produce, beef, pork, chicken, eggs, jams, honey, and much more. First and third Saturdays in November and December. 9-12. Located INSIDE the Johnson County Welcome Center basement. **EBT**

### MOUNTAIN FARM & CRAFT MARKET

mountainfarmandcraftmarket@gmail.com  
(423) 281-2614

**YEAR ROUND**

**Saturday: 9am – 12pm**

*5500 Roan Creek Rd, Mountain City*

Mountain Farm and Craft Market is a year-round market. Local farmers and crafters sell items including meats, produce, soaps, baked goods, handcrafted items, and jewelry.

## Knox

### DIXIE LEE FARMERS' MARKET

dixieleafarmersmarket.com  
jeff@dixieleafarmersmarket.com  
(865) 816-3023

MAY 7 - OCTOBER 29

Saturday: 9am - 12pm

12740 Kingston Pk, Knoxville

We are a family-owned farmers' market that offers the finest in locally grown, seasonal produce and plants. We also offer a variety of locally produced foods, arts, and other goods.

### EAST TENNESSEE F.A.R.M. - EBENEZER ROAD MARKET

easttnfarmmarkets.com  
info@easttnfarmmarkets.com  
(865) 839-4258

APRIL 5 - NOVEMBER 22

Tuesday: 3pm - 6pm

1001 Ebenezer Rd, Knoxville

Weekly producer-only farmers' market hosted by East Tennessee FARM at Ebenezer United Methodist offering local produce, locally raised meats, plants, cut flowers, baked goods, specialty foods, artisan crafts, and more! **EBT ☺**

### EASTSIDE SUNDAY MARKET

eastsidesundaymarket.org  
eastsidesundaymarket@gmail.com  
(865) 214-7678

JUNE 5 - SEPTEMBER 25

Sunday: 1pm - 4pm

2020 MLK Jr Ave, Knoxville

We are a producer-only market at Dr. Walter Hardy Park, created by and for the East Knoxville community. Featuring seasonal produce, handmade crafts, and prepared food. **EBT ☺**

### MARKET SQUARE FARMERS' MARKET

nourishknoxville.org  
markets@nourishknoxville.org  
(865) 805-8687

MAY 4 - NOVEMBER 19

Wednesday: 10am - 1pm

Saturday: 9am - 1pm

Market Square, Knoxville

Producer-only market featuring regional produce, plants, herbs, bee products, eggs, dairy, meats, prepared foods, baked goods, food trucks, and local crafts. All products are grown or made by the vendor within 150 miles of downtown Knoxville. **EBT ☺**

### NEW HARVEST FARMERS' MARKET

nourishknoxville.org/new-harvest  
markets@nourishknoxville.org  
(865) 805-8687

APRIL 14 - SEPTEMBER 29

Thursday: 3pm - 6pm

New Harvest Park, 4775 New Harvest Ln, Knoxville

A producer-only market featuring locally grown produce, meats, honey, eggs, plants, herbs, baked goods, flowers, and crafts. We offer monthly activities for children and SNAP doubling. **EBT ☺**



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December to March**

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Oak Ridge**

**GrowOakRidge.org**

**Curbside & Home Delivery Options**

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**Wednesdays: 3-6 pm**

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**WWW.UNIONCOFARMERSMARKET.COM**  
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SevenSpringsFarmTN.com

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WinerySevenSpringsFarm.com



# Farmers' MARKETS



## NOURISH KNOXVILLE'S WINTER FARMERS' MARKET

nourishknoxville.org  
markets@nourishknoxville.org  
(865) 805-8687

DECEMBER 3, 2022 - MARCH 25, 2023

Saturday: 10am - 2pm

Market Square, Knoxville

Featuring farm products, prepared foods, artisan crafts, and food trucks. We offer SNAP doubling at every market and Nourish Kids on second Saturdays. Closed Christmas and New Year's weekends. **EBT** ☺

## Loudon

### GREENBACK FARMERS' AND CRAFT MARKET

greenbackfarmersmarket@gmail.com  
YEAR ROUND

Tuesday: 10am - 2pm

6736 Morganton Rd, Greenback

An indoor/outdoor farmers' market operating in the historical Greenback Train Station, we offer local farmers and craft vendors a place to sell locally grown and hand-crafted products directly to consumers. Check out our Facebook page for hours.

### TELLICO VILLAGE FARMERS' MARKET

tellicovillageyachtclub.com

lmccray@tvpoa.org

(865) 458-5408

JANUARY 5 - DECEMBER 28

Wednesday: 9am - 12pm

100 Sequoyah Rd, Loudon

Our market offers locally grown produce, meat, eggs, flowers, crafts, baked goods, and more. We have a little bit of everything!

## McMinn

### ATHENS FARMERS' MARKET AT MARKET PARK

cityofathensn.com/parks

recreation@cityofathensn.com

(423) 744-2704

APRIL 19 - OCTOBER 29

Tuesday: 2pm - 5pm

Thursday: 2pm - 5pm

Saturday: 9:30am - 11:30am

106 S Jackson St, Athens

Producer-only market featuring fresh produce, eggs, honey, crafts, and more from McMinn and the surrounding counties. The market is located in downtown Athens and was opened in 2011.

## Meigs

### MEIGS COUNTY FARMERS' MARKET

meigscountymayor@yahoo.com

(423) 334-5850

YEAR ROUND

17214 State Hwy 58 N, Decatur

We have an area open year-round and available 24/7 for local farmers to set up and sell their products.

## Monroe

### MAIN STREET MARKETPLACE

sweetwatertn.net

jmorgan@sweetwatertn.net

(423) 337-6979

YEAR ROUND

Corner of Monroe St & Main St (Hwy 11)

across from People's Bank of East TN,

Sweetwater

The Main Street Marketplace is an open-air market available 365 days per year. Events are based in this market throughout the year.

## Pickett

### PICKETT FARMERS' MARKET

dalehollow.com/chamber-commerce

pickettchamber@twlakes.net

(931) 864-7195

YEAR ROUND

1005 Livingston Hwy, Byrdstown

This market is open 24/7 for farmers to set up and sell their products year-round but is typically busiest between Memorial Day and Labor Day.

## Scott

### SCOTT COUNTY FARMERS' AND CRAFTERS' MARKET

scott.tennessee.edu

seant@utk.edu

(423) 663-4777

JUNE 4 - AUGUST 27

Saturday: 9am - 1pm

600 Scott High Dr, Huntsville

Fresh produce, live plants, flowers, homemade baked goods, and crafts. Find us on Facebook.com/scottcountymf.

## Sevier

### DOWNTOWN SEVIERVILLE FARMERS' MARKET

seviervillecommons@gmail.com

MAY 6 - OCTOBER 28

Friday: 7am - 12pm

Corner of Court Ave & Joy St, Sevierville

A farmer-focused, producer-only market. Vendors also offer baked goods, ready-to-eat foods, jams, plants, crafts, & more. Located in the parking lot across from Rawlings Funeral Home (212 Court Avenue) at the intersection of Court Ave & Joy St.

### GATLINBURG FARMERS' MARKET

gatlinburgfarmersmarket.com

glotreecastle@gmail.com

(865) 640-7190

MAY 14 - OCTOBER 15

Saturday: 8:30am - 12pm

1222 East Pkwy (321) Light 2B, Across from

Food City, Gatlinburg

Local produce, crafts, and foods. Friendly, social, dog-friendly, often with music and kids' activities. Vendors wanted!

### SEYMOUR FARMERS' MARKET

seymourfarmersmarket.org

seymourfarmersmarket.tn@gmail.com

(865) 453-0130

JUNE 4 - OCTOBER 8

Saturday: 8am - 12pm

11621 Chapman Hwy, Seymour

Open 1st Saturday in June through mid-Oct. Located in lower parking lot of 1st Baptist Church in Seymour on Chapman Highway. Locally grown produce, honey, eggs, and artisan craft items all sold by their producers.

## Unicoi

### ERWIN FARMERS' MARKET

communications@erwinntn.org

(423) 220-7624

JULY 5 - SEPTEMBER 27

Tuesday: 5pm - 8pm

Corner Of Tucker St and Main Ave, Erwin

An evening farmers' market with local produce, live music, food truck dining, and handmade crafts. We offer children's activities and produce vouchers through Nourish Kids Club, and our market doubles SNAP benefits up to \$20 per day. **EBT** ☺

## Union

### UNION COUNTY TN FARMERS MARKET

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

[bbergero@utk.edu](mailto:bbergero@utk.edu)

(865) 992-8038

MAY 7 - OCTOBER 1

Saturday: 10am - 1pm

*Durham Road, Maynardville*

Join us Saturday mornings at our new pavilion on the south side of UCHS. We offer local produce, meats, dairy, eggs, baked goods, honey, crafts & more. Online ordering available. SNAP accepted + doubled. Weekly kids' activities. **EBT**

## Washington

### THE FARMERS' MARKET AT EAST TENNESSEE STATE UNIVERSITY

[farmersmarketetsu@gmail.com](mailto:farmersmarketetsu@gmail.com)

MARCH 24 - APRIL 28

Thursday: 10am - 2pm

*Pride Walk by DP Culp Center at East*

*Tennessee State University, Johnson City*

We are a producer-only farmers' market in the heart of ETSU's campus operating in the spring (March-April) and fall (August-November). We offer produce, baked goods, prepared foods, activities provided by community organizations, and more!

### JOHNSON CITY FARMERS' MARKET

[johnsoncityfarmersmarket.org](http://johnsoncityfarmersmarket.org)

[managerjcfm@gmail.com](mailto:managerjcfm@gmail.com)

(423) 467-5327

MAY 7 - OCTOBER 29

Saturday: 8am - 1pm

*105 West Main St, Johnson City*

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

### JONESBOROUGH FARMERS MARKET

[jonesboroughlocallygrown.org](http://jonesboroughlocallygrown.org)

[jfm@jonesboroughlocallygrown.org](mailto:jfm@jonesboroughlocallygrown.org)

(423) 753-2401

MAY 7 - OCTOBER 22

Saturday: 8am - 12pm

*Behind the Courthouse, Downtown*

*Jonesborough*

A 100% producer-only market open Saturday mornings May - October, offering seasonal produce, meat, bakery items, plants, and select crafts. Live music, children's activities, cooking demonstrations, and café space. Debit, credit, and EBT-SNAP accepted. **EBT**



# nourish KIDS

Nourish Kids engages children in the local food system and makes fresh fruits & vegetables fun!

Anyone between the ages of 2 and 12 can come to Nourish Kids Club to taste fresh produce, participate in educational activities, and receive \$5 in vouchers to spend on fresh fruits, vegetables, herbs, and food-producing plants at farmers' markets.

#### PARTICIPATING FARMERS' MARKETS:

##### ANDERSON COUNTY

Grow Oak Ridge Markets

##### BLEDSON COUNTY

Pikeville Farmers Market

##### KNOX COUNTY

Market Square Farmers' Market

New Harvest Farmers' Market

Eastside Sunday Market

Nourish Knoxville's Winter Farmers' Market

##### UNICOI COUNTY

Erwin Farmers' Market

##### UNION COUNTY

Union County TN Farmers Market

##### WASHINGTON COUNTY

Jonesborough Farmers Market

Visit each market's website or see their listing in the Local Food Guide for more information.

[nourishknoxville.org/programs/nourish-kids](http://nourishknoxville.org/programs/nourish-kids)

This project is funded under a grant contract with the state of Tennessee.

**T**he stores listed here are either committed to purchasing locally grown foods or are farms themselves! Scan the shelves and coolers of the grocers for local dairy products, meats, produce, specialty goods, and sometimes even grab-and-go items made with locally grown ingredients. Some of the locations listed here are seasonal farm stands, open to the public when they have items to sell, or farms that offer some purchasing on-site, like pre-ordering for pick up or an honor system roadside stand. Check for hours and availability before heading out!

**DOUBLE UP FOOD BUCKS:**

Some grocers and farm stores accept SNAP benefits (formerly known as food stamps). Nourish Knoxville is also partnering with some farm stores to offer Double Up Food Bucks, a SNAP doubling program providing up to an extra \$20 per day to SNAP users to spend on fresh, locally grown fruits and vegetables. Look for the DUFBS symbol on each listing to find locations offering SNAP doubling, and visit [doubleuptn.org](https://doubleuptn.org) for a location map and more information!

# Grocers & Farm Stores



## Anderson

### ARCHER'S FOOD CENTER

wgrocer@att.net  
(865) 494-7181

27 W Norris Rd, Norris

A family-owned grocery in downtown Norris. We carry Grainger County tomatoes and local produce in season. We also feature 600 craft beers and a growler wall with 12 craft beers - including local brews - and 350 different wines. **EBT**

### ERIN'S MEADOW HERB FARM

erinsmeadowherbfarm.com  
erinsmeadow@comcast.net  
(865) 435-1452

132 England Ln, Clinton

Thousands of herb plants grown using natural methods. Herb shop with dried organic herbs, essential oils, growing supplies, medicine making supplies, herbal gifts. Homegrown hemp & handmade CBD products. Herb classes & group programs. Online store. Visit our herb shop, greenhouses, and display gardens.

## Bledsoe

### GARY SWAFFORD FARMS

garyswaffordfarms@yahoo.com  
(423) 447-7480

489 Summer City Rd, Pikeville

We raise cucumbers, peaches, pumpkins, summer squash, blueberries, and tomatoes. Our roadside stand offers a variety of rotating fresh produce. Call ahead for details about what we've got. Open all season, just call ahead.

### OREN WOODEN'S FARM & APPLE HOUSE

woodensapplehouse.com  
woodensapplehouse@yahoo.com  
(423) 447-6376

6351 New Harmony Rd, Pikeville

Oren's father set a small orchard of apple trees in the 1940s which has expanded to a few hundred acres & 6 generations. We grow apples, peaches, tomatoes, pumpkins, and vegetables available in our Apple House, along with cider, honey, jam, and more.

## Blount

### BLUE GOOSE VINEYARDS

bluegoosevineyards.com  
bluegoosevineyards@gmail.com  
(865) 456-7815

3334 Old Niles Ferry Rd, Maryville

We are a small, family-operated farm & vineyard located just outside the city limits of Maryville. We grow several different varieties of muscadines. Our winery, located on the property, provides wine tastings & sales of our products. Please see our website for any seasonal changes in hours.

### CONING FAMILY FARM

coningfarm@yahoo.com  
(865) 681-7881

2724 Taylor Rd, Maryville

We are a farm located in the Carpenters Campground Community. Ninety percent of our produce is grown right on our farm. We strive to offer the best produce at a price we would want to pay. We also sell wholesale. If you are looking for fresh produce, call us or come down and see us!

### HONEY ROCK HERB FARM

honeyrockherbs@gmail.com  
(865) 984-0954

113 Honey Rock Way, Louisville

We sell herbs, flowers, and vegetable plants grown with organic methods. We also have our Herb Cottage where we offer our own 3 Bee Honey (when available), beeswax, and garden supplies. The farm is open to visitors on a seasonal basis. Call ahead for farm hours.

### HORN OF PLENTY MARKETPLACE

hornofplentymarketplace.com  
hornofplentymarketplace@gmail.com  
(865) 984-4719

924 W Broadway Ave, Maryville

Farm market and nursery. We focus on locally grown and produced items, carrying everything from produce and dairy to meat and plants. We're open year around, but we evolve with the seasons! **EBT**

### LONE STAR NORTH FARM

lonestarnorthfarm.com  
james\_gomillion@att.net  
(865) 448-6012

1520 Carrs Creek Rd, Townsend

Small, family farm growing only heirloom vegetables and fruits. Our farm store offers our vegetables, fruits, and value-added products. Farm offers farm tours, workdays, and farm stays. Homegrown By Heroes certified participant.

### MARYVILLE CORNER MARKET

maryvillecornermarket.com  
michelle@maryvillecornermarket.com  
(865) 980-8509

800 Montvale Rd, Maryville

We want to know each of our producers and each of our customers because we know that relationships are the building block of a healthy lifestyle. One of our primary goals is to educate people on the benefits of local, healthy options.

### PEARSON FARMS

pearsonfarms05@gmail.com  
(865) 382-8351

403 Bowling Rd, Seymour

A family-run farm raising all kinds of produce, we're one of the biggest green bean suppliers in East Tennessee. We also offer a variety of jams and jellies. Our products are available at our farm stand. Please call ahead.

### ROCKY PARK NATURAL FARM

rockyparkfarm.com  
jpkirksey@yahoo.com  
(865) 250-3475

882 Riverview Dr, Friendsville

Rocky Park Farm was born out of the Kirkseys' love for plants, food, and community. Their vision for the farm grew to be a place where great, all-natural food could be produced for the local community and offered through u-pick, on-site farm sales, and farmers' markets. We welcome folks out to the farm to our farm stand or to pick their produce fresh. Please call ahead for hours and availability. If you visit The Stand at Rocky Park and do not see anyone, please call the number provided at the stand.

### RUTHERFORD FARMS

rutherfordfarms.org  
krutherford2@bellsouth.net  
(865) 518-1311

3337 Mint Rd, Maryville

Our farm has been in operation since 1976, when we set our first strawberry plants. Products grown exclusively on the farm are available at our farm store. During strawberry season (mid-April - June), we offer broccoli, cauliflower, cabbage, green onions, beets, Romaine lettuce, and u-pick strawberries. By late June, green beans, summer squashes, green peppers, and tomatoes will be available. In late October, we will begin to harvest sweet potatoes (red skin-orange flesh and white sweet potatoes), as well as a variety of greens. During berry season, we are open Monday, Wednesday, and Friday 8am - 1pm and 4pm - 8pm, and Saturday 8am - 4pm. After berry season, we'll be open from 8:30am until dark. Please call to check hours before coming!

### SMOKEY RIDGE APIARIES

smokeyridgeapiaries.com  
dorcus08@yahoo.com  
(865) 984-5393

368 O'Dell Rd, Maryville

Welcome to the world of beekeeping where you will find the only self-serve honey stand in the East Tennessee area that serves its customers on the honor system. On our front porch, you will find a small shop where we have our homemade products made from honey and beeswax plus a few homemade crafts. There are many aspects to beekeeping, ranging from raising the bees and producing the honey to using the products from the hive for craft, cooking, and your health. Masks required on property. Children 12 and under require adult supervision.

## Campbell

### A PLACE OF THE HEART FARM

aplaceoftheheart.squarespace.com  
heartplace@peoplepc.com  
(423) 784-3401

255 Terry Creek Ln, Pioneer

We are a small community of individuals dedicated to growing the healthiest produce available. We use mostly open-pollinated/heirloom seeds. We have been Certified Naturally Grown since 2009. Our farm is open Fridays, May through the third week of October, 5pm - 7pm, with seasonal produce.

## Cocke

### KYLE CARVER ORCHARD

(423) 487-2419

3460 Cosby Hwy, Cosby

We have been growing apples in East TN since the 1940s. We sell over 125 varieties of apples by the bag, half-bushel, and bushel at our apple barn, along with local honey, Amish butter, local produce, nuts, ciders, jams and jellies, pickles, fried apple pies, and more. We are open year-round, but may have shortened hours in the off-season, so call to check.

## Cumberland

### ROWELL'S APPLE HOUSE

facebook.com/rowellsorchard  
(931) 484-5035

6390 Hwy 70 E, Crossville

Rowell's Orchard began in 1966 with only four apple varieties. Today, we grow and sell over 30 varieties through our on-site Apple House. Only open from August through December. Apples are washed, cleaned, bagged, and ready to eat at the Apple House. Call ahead for hours and availability.

### SUNRISE CREAMERY AND STORE

(931) 277-3777

574 Bud Tanner Rd, Crossville

Sunrise Dairy is a family-run farm dedicated to producing top-quality milk for your family. We use a low-temperature pasteurization process, and our milk is sold in returnable glass bottles. We offer a variety of milk products, including butter. Sunrise Creamery and Store offers our milks, ice cream, and more.

### WOODY MARKET

woodymarkettn.com

abmonk@gmail.com

(931) 456-5621

8772 Hwy 127 N, Crossville

A small, country market in north Cumberland County dedicated to supplying fresh local produce, grocery items, and a few classic southern dishes.

## Greene

### BUFFALO TRAIL ORCHARD

buffalotrailorchard.com

peottinger@gmail.com

(423) 639-2297

1890 Dodd Branch Rd, Greeneville

We are a century-farm growing berries, tree fruit, pumpkins, & vegetables using sustainable methods. Seasonal, on-site farm store operating on the honor system where we sell jams, jellies, and fruit in season. Store is open 8am - 5pm in season, June - late December. Please call for produce and u-pick availability. Note: U-pick activities are not available unless specifically noted on Facebook (facebook.com/bto.fruit/) or confirm by phone.

### DIXON HILL FARMS

DixonHillFarms@gmail.com

(423) 470-6326

1030 Mount Hebron Rd, Greeneville

Dixon Hill Farms is a first-generation farm that was created by a disabled veteran and his wife. We offer farm-fresh, cage-free, free-range chicken and duck eggs for sale. We have a farm stand on our property in the main driveway. Pull up, get the eggs that you want, drop cash payment in the box and go home to enjoy your eggs. Roadside stand is open from approx 11am - 6pm daily.

### GREEN PASTURE FARM

greenpasturefarm17.com

greenpasturefarm17@gmail.com

(423) 823-4599

5985 Chuckey Pk, Chuckey

Our 10-acre farm was purchased in the summer of 2017. The plan was to raise grass-fed, pasture-raised chickens, sheep, and maybe beef, thus the name Green Pasture Farm. We then started with hydroponic lettuce and tomatoes and the grass-fed animals got dropped. We are now trying to add some beef to our store. We strive to raise sustainable and healthy products. We grow hydroponic lettuce, tomatoes, cucumbers, microgreens, and yellow squash, as well as seasonal outdoor plants. Farm store hours: Tuesday - Saturday, 10am to 5pm.

### HOODLEY CREEK

hoodleycreek.com

hoodleycreek@gmail.com

(615) 478-9335

9840 Baileytown Rd, Afton

We offer USDA-processed lamb at our farm, by appointment. We have a retail meat license and scored 100 on our most recent inspection in February. In response to the current public health situation, only staff are now allowed inside our freezer building. We are using portable, professional, inspected freezers to deliver car-side sales outside. We appreciate customers wearing masks at pickup and have hand sanitizer available. Please call (615) 478-9335 to place orders and arrange pickup.

### HORSE CREEK FARMS

armstrong.emily1@yahoo.com

(865) 255-3030

Chuckey

We specialize in Angus beef, pork, produce, hay, corn, and straw. We are an agritourism venue for field trips, weddings, and everything in between. We offer various events throughout the year and offer a corn maze, hayride, and pumpkin patch in fall. Our farm store offers local dairy and our beef, along with baked goods and goats' milk soaps.

### ROCKY FIELD FARM

rockyfieldfarm.com

wayne.hughes@fbttn.com

(423) 620-0184

655 Doak Hensley Rd, Afton

Founded in 1796, Rocky Field Farm is a beef farm growing various forages to support a cattle herd of 55 head. We specialize in antibiotic and hormone-free Angus cattle. We treat our cows humanely and the environment responsibly. We sell our products on the farm. Call in advance, open year-round. Opening a retail store in 2022, located at 1015 West Pines Road Afton, TN 37616.

## Hamblen

### GILBERT FARM

ssgilbert5@hotmail.com

(423) 231-9459

5080 Enka Hwy, Morristown

Diversified farm taking on many different enterprises. We offer fresh pork and beef year-round, as well as sweet corn for sale on the farm seasonally from July - mid-August.

### LAND BASKET FARM

landbasketfarm.com

landbasketfarm@gmail.com

(423) 202-4924

Russellville

We are veteran-owned, rotational pasture, forest-grazed, and forest-raised farm. We offer eggs, lamb, non-GMO chicken, and forest-raised pork. All our products are seasonally grown on our pastures in the Tennessee sunshine. We also offer educational farm tours. Self-serve farm store selling all of our products open year-round.

### NOLICHUCKY VINEYARD

nolichuckyvineyard.com

nolichuckyvineyard@yahoo.com

(805) 235-6797

6600 Fish Hatchery Rd, Russellville

Located on the Nolichucky River, our vineyard is a great venue for weddings or other special events. Our grapes are available for u-pick or pre-picked at the farm store and are sold to wineries. Our store is open seasonally when grapes are harvested. We sell grapes and a selection of vegetables we grow on our farm. We will have a pumpkin patch this year! Hours are seasonal, so call ahead.

## Hancock

### 4 CORNERS RANCH

4cornersranch.com

4cornersranch@gmail.com

(865) 403-2870

3113 Mountain Valley Hwy 131, Thorn Hill

Enjoy 100% pastured longhorn beef, America's original cattle breed. Longhorn is the healthy alternative to commercial beef breeds, naturally 95% lean. Available by retail cuts and share packages, we offer a variety of methods to "meat" your needs. Our ranch storefront is open when we are here! Contact us to visit the ranch and pick up beef/egg orders and enjoy our beautiful mountain view!

## Jefferson

### GRAISED PASTURES

GraisedPastures.com

contact@graisedpastures.com

(865) 484-4841

904 Zirkle Rd, Dandridge

Our mission is to provide our local community and region with ethically, humanely, and sustainably raised nutritious organic, GMO-free, soy-protein-free, pasture-raised poultry. We offer both whole birds and parts. Transitioning to soy-free in 2022. We offer year-round farm pickup for all online orders. We also offer on-farm sales. If you'd like to buy straight from the farm, we ask that you contact us before visiting to ensure we are available and have the desired product available.

### LICK SKILLET FARM

lickskillet.farm

farmers@lickskillet.farm

800 Lick Skillet Ln, New Market

We sustainably & humanely raise forage-finished beef and lamb and pastured heritage pork and chickens on our Century Farm. We protect the ecosystem by not using synthetic inputs, sequestering carbon, supporting biodiversity, and focusing on soil health. We offer online ordering on our website, then home delivery Tuesdays and Saturdays or on-farm pickup Sunday afternoons. Our on-farm stand offers eggs and basic cuts of beef and pork, and is open daily, 1 - 6pm, year-round. More variety is found in the online store.



**OLDE VIRDEN'S**  
TENNESSEE PEPPER CO.



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Food Market**

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artisanal brands  
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**888.544.2998   Oldevirdens.com   206 Randolph St. • Knoxville, TN 37917**

### **MISTY MORNING FARM STAND**

mistymorningfarm15@gmail.com  
(260) 667-4125

722 W Highway 25 70, Dandridge

Our farm stand offers our farm-grown produce, local meats, sweet sorghum syrup, jams, pickles and relishes made from our produce, baked goods, ready-to-eat foods made in our kitchen, housemade ice cream, and farm-grown seasonal plants in our greenhouse.

### **STOOKSBURY DAIRY CREAMERY**

stooksburycreamery.com  
(865) 850-2689

865 Seahorn Rd, Jefferson City

Stooksbury Dairy Creamery is a family-owned dairy. We are famous for our old-fashioned cream line whole milk and decadent chocolate milk. We gently pasteurize our milk on-site at our farm in Jefferson City. On Saturdays from 9am - 2pm you can visit our farm store to purchase milk and ice cream. On occasion, we have a cow available to pet and other fun activities. Follow us on Facebook for more information.

## **Johnson**

### **BROWN'S FARM**

debbie.brownsfarm@gmail.com  
(423) 213-0534

2107 Forge Creek Rd, Mountain City

We are a 5th-generation family farm. We grow rare & unique varieties of non-GMO & Certified Naturally Grown watermelon, winter squash, pumpkins, and sweet potatoes. We also raise pastured Kiko/Boer meat goats. By appointment only. Please call to schedule a visit.

## **Knox**

### **BUTLER AND BAILEY MARKET**

butlerandbaileymarket.com  
(865) 691-8881

7513 S Northshore Dr, Knoxville

We are a locally owned, full-service grocery store. Since opening in 1990, we have emphasized quality and service. We carry as many local products as we can, including dairy, honey, produce in season, eggs, and a wide variety of artisan foods. **EBT**

### **HEN+HOC BUTCHER**

olibeaoldcity.com  
jeff@henhocbutcher.com  
(865) 313-2006

Knoxville

Hen+Hoc Butcher is the latest Old City Knoxville venture for Chef Jeffrey DeAlejandro with charcuterie and butchery by Jon Newman. The shop also offers whole animal meats from local and regional farms, house-made deli meats, and pick-up lunch items.

### **HORN OF PLENTY MARKET AND RESTAURANT**

hornofplentyknoxville.com  
(865) 690-9602

Knoxville

We are a locally owned restaurant & a small market carrying local honey, cheese, jams, pickles, hot sauces, Amish butter, soft serve ice cream, milkshakes, cones, sundaes, Benton's Bacon, & our own cured bacon. Open 8pm - 7pm during summer & 8pm - 6pm otherwise.

### **MIDWAY IGA**

midwayiga.iga.com  
midwayiga@gmail.com  
(865) 687-4170

7345 Tazewell Pk, Corryton

We are the largest independent supermarket in East Tennessee and carry an extensive line of local products. We buy a large quantity of local produce in season, as well as many locally produced foods.

**EBT**

### **PRATT'S COUNTRY STORE**

(865) 688-7093

3100 Tazewell Pk, Knoxville

Pratt's Country Store sells fresh produce, dairy, baked goods, plants, fruit baskets, honey, and much more. Family-owned-and-operated for three generations. Closed Sundays. Come by and see us. We appreciate you! **EBT**

### **STANLEY'S GREENHOUSE**

stanleysgreenhouse.com  
info@stanleysgreenhouse.com  
(865) 573-9591

3029 Davenport Rd, Knoxville

Stanley's Greenhouse is a family-owned farm that has been growing plants for the public since 1955. We grow everything you need for your landscape and home garden including almost 40 different varieties of tomatoes!



## Grocers & FARM STORES

### THREE RIVERS MARKET

threeriversmarket.coop  
info@threeriversmarket.coop  
(865) 525-2069

1100 N Central St, Knoxville  
Tennessee's only independent, customer-owned food cooperative, connecting East TN with local foods since 1981. Specializing in local items such as organic produce, pastured eggs, grass-fed meats, and hormone-free dairy products. Everyone Welcome! **EBT**

## Loudon

### THE BUTCHER SHOP AT HYDE FARMS

hydefarms.net  
(865) 229-5000

7431 Hwy 411, Greenback  
Fresh-cut meat daily from 9am - 6pm, Mon. - Fri. and 9am - 5pm on Sat. We sell pork & beef from our farm as individual cuts and to wholesale clients. We also sell various homegrown vegetables, including pumpkins, strawberries, sweet corn, and artisan goods.

### DEEP WELL FARM

deepwellfarm.com  
info@deepwellfarm.com  
(865) 333-0043

9567 Hwy 11 E, Lenoir City  
Deep Well Farm offers a corn maze and an old-fashioned hayride to our pumpkin patch. We also have pre-picked pumpkins at our Pumpkin Barn. Please bring cash or check for admission to Deep Well Farm. Summer play dates to be announced via Facebook and/or our website.

### LITTLE DUG GARDENS

little.dug.gardens@gmail.com  
(931) 787-2676

#### Loudon

We are Lucas and Bethany Oran. We are first generation farmers who have a love for all things local. When in season we have a variety of veggies, eggs, honey, and cut flowers. We use all organic and sustainable practices. Roadside stand at our driveway. Availability to be announced via our Instagram @littleduggardens.

### SWEETWATER VALLEY FARM

sweetwatervalley.com  
(865) 458-9192  
17988 W Lee Hwy, Philadelphia

Our farm is in southeast TN's dairy-rich Sweetwater Valley, known for its agricultural vitality and progress. Our cheese is produced in a state-of-the-art facility while preserving the art of cheese-making in the traditional farmstead manner. Please plan to stop by our farm store to see where our fine cheeses are made and to sample one of our award-winning cheddars. We sell our farm-made cheddars and cheese curds, along with other Tennessee-made products. Hours vary by season, so call before you come.

## McMinn

### DIRT POOR FARM

dirtpoorfarm@outlook.com  
(606) 304-4917

184 County Road 323, Sweetwater

Small-scale, organically grown produce and meat farm offering high-quality, local produce and naturally-raised, USDA-certified, hormone-free pork and beef through direct sales and CSA. Farm pick-up and delivery available. Our farm stand, located on site at our farm in Sweetwater, offers a variety of seasonally available produce. Cash or debit accepted.

## Monroe

### POYNTER FAMILY FARM

poynterfamilyfarm.com  
poynterfamilyfarm@yahoo.com  
(865) 606-0751

4015 Sweetwater Vonore Rd, Sweetwater  
We are a locally owned and operated family farm in Sweetwater. Along with our blueberry and strawberry patch, we offer other fresh fruits and vegetables. We are also completely pesticide-free. We have a small 300 square ft air-conditioned produce stand located on our farm for produce sales. We accept Visa, Mastercard, Discover, and EBT. **EBT**

## Rhea

### AMERICAN PRIDE PRODUCE MARKET

americanprideproducemarket@gmail.com  
(423) 618-4390

3333 Rhea County Hwy, Dayton

We are a God-fearing family farm hoping to bring clean and fresh food to your table. We raise our own pork and beef that are available in retail and bulk cuts as well as an abundance of produce including sweet corn, tomatoes, peppers, watermelon, & more! Our farm store offers our products along with other local and regional farm products, along with other grocery items, plants, and wellness products. **EBT**

### MOUNTS FAMILY FARM

mountsfamilyfarm.com  
mountsfamilyfarm@gmail.com  
(423) 667-3199

Dayton

We are a non-GMO, chemical-free farm. We have grass-fed beef, pastured meat chickens, and eggs from our free-range hens. We sell blueberries and other heirloom non-GMO fruits and vegetables when in season. Call ahead for hours.

## Roane

### KYLE RUSTIC FARM

kylerustic.wordpress.com  
KyleRusticFarm@gmail.com  
(865) 376-7067

103 Main Hollow Rd, Philadelphia

We are a pasture-based, family farm utilizing rotational grazing methods. We raise poultry, ducks, turkeys, pork, beef, and eggs without hormones, antibiotics, or soy. We have natural honey, muscadines, elderberries, heirloom beans, and vegetables. Our farm store features all our products and other local farmers and artisans. We are open year-round on Saturdays from 10am until 2pm. As produce comes in, we will be open during the week and by appointment. We also are a drop point for fresh milk.

## Sevier

### THE APPLE BARN

applebarnwines.com  
(800) 421-4606

230 Apple Valley Rd, Sevierville

The Barn, built in 1910, was a part of the original farm purchased by the Hicks and Kilpatrick families in 1972. The orchard now numbers over 4,000 trees, and our apples are used at our on-site Cider Mill, Restaurants, and Winery. Our General Store carries a wide variety of apple products, kitchen items, and more!

### COX HOMESTEAD KODAK

etsy.com/shop/coxhomestead  
lauraecox11@gmail.com  
(812) 595-2755

3024 Douglas Dam Rd, Kodak

We offer seasonal produce, flowers, eggs, and canned goods from our self-serve roadside stand in Kodak. We raise rabbits and sell offspring and manure. We offer hands-on workshops in gardening, flowers, and greenery. We have a self-serve stand located on the farm open July-October. Its typically stocked with fresh flowers, seasonal produce, honey, and dried goods. We typically stock the stand with fresh items Tuesday/Thursday/Saturday.

### LIBBRECHT FAMILY FARM

LFFseymour@gmail.com  
(865) 566-7714

10092 Chapman Hwy, Seymour

We offer a variety of vegetables, arts and crafts all grown and made by the family. Find our roadside stand at the County Line Garage (auto repair) in Seymour. Starting early May 2022 we will have broccoli, lettuce, onions, peas, and peppers.

## Unicoi

### SCOTT'S FARM MARKET

scottfarmstn.com  
sfarms@scottfarmstn.com  
(423) 743-7511

600 TN Hwy 107, Unicoi

We opened Scott's Farm Market in 2015. We offer strawberries, green beans, tomatoes, sweet corn, several popular varieties of heirloom tomatoes, yellow squash, zucchini, peppers, cucumbers,

## Union

## Washington

**482 Hwy 107, Jonesborough**  
We grow produce for local and wholesale markets. Our farm stand is open seasonally when our produce is available. Follow us on Facebook for updates.

# SEASONALITY CHART

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## WHEN CAN I FIND IT?

[illegible]

KNOX COUNTY FARMERS' MARKETS			EASTSIDE SUNDAY MARKET		
	WINTER MARKET		MARKET SQUARE FARMERS' MARKET	WFM	
			NEW HARVEST FARMERS' MARKET		
			EBENEZER ROAD FARMERS' MARKET		

**Grocers & Farm Stores 37**

Local ingredients are often featured on menus of restaurants and food trucks in our region. Whether using them as a fundamental part of menu creation or incorporating them into a special, the businesses listed here use ingredients grown or raised on a farm in East Tennessee. When you visit, be sure to ask, “What’s local today?”

Notice a listing without an address? That’s because they’re mobile, either serving food from a truck or cart or are creating meals to take home or catering events. Visit their websites or social media to find their next location or hire them to prepare a locally grown meal for your next event!

# Restaurants, Food Trucks, & Caterers



## Bledsoe

### OREN'S ORCHARD CAFE

woodensapplehouse.com  
woodensapplehouse@yahoo.com  
(423) 447-6376

6351 New Harmony Rd, Pikeville

We are a homestyle "meat & three" restaurant. Our menu includes country staples, daily specials, and an extensive dessert menu featuring seasonal produce from our farm. Open seasonally, please call ahead.

## Blount

### AMICI

amicimaryville.com  
info@amicimaryville.com  
(865) 724-1710

1420 E Broadway Ave, Maryville

Our menu revolves around pizza and pasta, all made in-house with locally sourced, seasonal ingredients. Our pizzas feature a crispy, St. Louis-style crust and our menu also features small plates, beer, and wine. We are open for dinner and carryout.

### THE BARN AT BLACKBERRY FARM

blackberryfarm.com  
outsidedining@blackberryfarm.com  
(865) 273-8513

1471 W Millers Cove Rd, Walland

Housed in a turn of the century bank-style barn located in the center of our Farmstead, the James Beard Award-winning restaurant offers multi-course menus of our Foothills Cuisine®. Dinner is available to guests and non-guests with a reservation.

### THE BIRD & THE BOOK

southlandbooksandcafe.com  
southlandchapter2@gmail.com  
1509 E Broadway Ave, Maryville

We have beers, wines, ciders, and local kombucha. Our full-menu features locally sourced when available, seasonal produce with vegetarian, vegan, and gluten-free options. We serve made-from-scratch breads and desserts. We are dog-friendly and family-friendly!

### DANCING BEAR LODGE & APPALACHIAN BISTRO

dancingbearlodge.com  
info@dancingbearlodge.com  
(865) 448-6000

137 Apple Valley Way, Townsend

True to the farm-to-table experience, the Appalachian Bistro uses fresh produce grown on-site and sources the highest quality local ingredients to create renowned dishes that are as inviting to the eye as they are to the palate.

### LAMBERT'S SOUTHERN PIES & BAKE SHOP

lambertspies.com  
lambertspies@outlook.com  
(865) 981-9700

131 E Broadway Ave, Maryville

A locally owned bakery, located in Downtown Maryville, offering handmade pies, desserts, and breakfast and lunch options for dine-in or carryout. Our menu items are all made in-house daily and vary based on seasonality and local availability.

## RT LODGE

rtlodge.com  
rtlodge@rtlodge.com  
(865) 981-9800

1406 Wilkinson Pk, Maryville

Join us for an evening of regionally inspired seasonal dishes provided by our talented chef Trevor Stockton and his team. Enjoy the Lodge as a true retreat – come early and stay late enjoying wine or cocktails by the outdoor fires and cozy bar.

### SOUTHLAND BOOKS & CAFÉ

southlandbooksandcafe.com  
southlandcafecatering@gmail.com  
(865) 984-4847

1505-1507 E Broadway Ave, Maryville

Best known for house-made chicken salad, coffee, and pimento cheese. Our breads and desserts are made from scratch, and we offer seasonal farm-to-table produce when available. We also offer gluten-free, vegetarian, and vegan options.

### THE WALNUT KITCHEN

thewalnutkitchen.com  
publicrelations@thewalnutkitchen.com  
(865) 980-8228

606 High St, Maryville

Nestled at the foothills of the Smoky Mountains, The Walnut Kitchen is where culinary artistry meets hometown comfort. We facilitate an unmatched farm-to-table seasonal menu, featuring local produce, Tennessee dry-aged beef, and amazing cocktails.

## Cumberland

### WOODY MARKET

woodymarkettn.com  
abmonk@gmail.com  
(931) 456-5621

8772 Hwy 127 N, Crossville

A small, country market in north Cumberland County dedicated to supplying fresh local produce, grocery items, and a few classic southern dishes.

## Hawkins

### MCKINNEY'S RESTAURANT & TAVERN

halespringsinn.com  
info@halespringsinn.com  
(423) 272-5171

110 W Main St, Rogersville

McKinney's offers food and drinks made with the freshest ingredients and of the highest quality. Two dining rooms, a tavern area, as well as an outdoor patio area serves delicious meals. McKinney's invites you to come as you are!

## Jefferson

### THE CREEK CAFE

thecreekdowntown.com  
libby@thecreekcafe.com  
(865) 308-9084

110 E Old Andrew Johnson Hwy, Jefferson City

Located in the Historic Mossy Creek District, come enjoy our relaxing atmosphere and great food, including our specialty coffee drinks, grilled sandwiches, and ice cream. We use real ingredients, like our own sourdough and Grainger Co tomatoes.

## Knox

### A DOPO SOURDOUGH PIZZA

adopopizza.com  
info@adopopizza.com  
(865) 321-1297

516 Williams St, Knoxville

A dinner-only, wood-fired pizzeria in downtown Knoxville that specializes in sourdough, Neapolitan-style pizzas. Our pizzas have a bubbly, charred crust and are minimally topped. We also serve vegetable dishes, small-batch gelato, wine, and beer.

### AWAKEN COFFEE

facebook.com/awakencoffeeoldcity  
(865) 951-0427

125 W Jackson Ave, Knoxville

We are a non-profit coffee shop & church open to all people. We source our coffee & espresso from Stay Golden & Quills Coffee and our dairy from Cruze Farm. We also serve locally made pastries from Mer-Mer's Bakery & gluten-free pastries from Benefit Your Life.

### BISTRO AT THE BIJOU

thebistroatthebijou.com  
bistroatthebijou@bellsouth.net  
(865) 544-0537

807 S Gay St, Knoxville

Owner Martha Boggs uses produce from her personal garden to create a seasonal menu and rotating daily specials. They have live jazz on select nights and a legendary Sunday brunch.

### CHIVO TAQUERIA

chivotaqueria.com  
info@chivotaqueria.com  
(865) 444-3161

314 S Gay St, Knoxville

We feature our interpretation of tacos fused with local ingredients. Relying on the concept of "nose-to-tail" whole animal usage and working directly with local farms, we use fresh and local ingredients to make creative, authentic dishes.

### CRUZE FARM DAIRY DRIVE-THRU

cruzefarm.com  
howdy@cruzefarm.com  
(865) 333-1265

2721 Asbury Rd, Knoxville

Cruze Farm at Asbury is our hometown ice cream shop and drive-in. We are continuing the wonderful memories and spreading joy with fresh-churned ice cream and dairy products made with milk from our local dairy farm. Come see us!

### CRUZE FARM ICE CREAM

cruzefarm.com  
howdy@cruzefarm.com  
(865) 333-1265

445 S Gay St, Ste 3, Knoxville

Visit Cruze Farm for fresh soft serve ice cream made with milk from our local dairy farm. We have three locations in East Tennessee: Downtown Knoxville, East Knoxville, and Sevierville. For more information, please visit our website.



## DAZZO'S PIZZA

thebistroatthebijou.com  
(865) 525-2105

710 S Gay St, Knoxville

We use only top-quality ingredients in every dish. Our dough, sauces, fresh mozzarella, and meatballs are completely homemade! In season, we use tomatoes and basil from our own garden. Enjoy, and just give pizza a chance!

## EMILIA

emiliaknox.com  
info@knoxmason.com  
(865) 313-2472

16 Market Sq, Knoxville

Emilia is Chef Matt Gallaher's take on traditional-contemporary Italian cuisine. All pastas are made in-house, breads are sourced from sister restaurant, Paysan, and the menu showcases the best imported Italian products and local farms and producers.

## FARM-TO-GRIDDLE CREPES AND GOURMET STREET FOODS

hootowlblue@gmail.com  
(865) 246-9975

Knoxville

Gourmet savory, sweet and vegetarian crepes, empanadas, tacos, quesadillas, soups and stews, Asian noodle bowls, and special plates. Most days, you can find us parked at Architectural Antics at 820 N. Broadway. Now offering Noodles North!

## GOOD GOLLY TAMALE

goodgollytamale.com  
goodgollytamale@gmail.com  
(865) 337-5771

112 S Central St, Knoxville

Our tamales are made with organic, non-GMO corn masa and locally farmed meats. We also offer vegan and vegetarian tamales. Stop by our storefront in the Old City to dine in or pick up packages of frozen tamales to prepare at home.

## GOODNESS TO GO

goodnesstogocatering.com  
goodnesstogocatering@gmail.com  
(865) 253-7099

7664 S Northshore Dr, Knoxville

### Goodness To Go Markets at Choto

(865) 671-1315

1604 Choto Market Way, Knoxville

Homemade and baked fresh daily! Located in Rocky Hill, we use locally sourced & all-natural ingredients to create fresh baked bread, meals to go, soups, salads, & bakery items. Featuring Cruze Farm Dairy, Sweetwater Valley Farms, & Southern Natural.

## HEN+HOC BUTCHER

henhocbutcher.com  
jeff@henhocbutcher.com  
(865) 313-2006

123 S Central St, Knoxville

Hen+Hoc Butcher is the latest Old City Knoxville venture for Chef Jeffrey DeAlejandro with charcuterie and butchery by Jon Newman. The shop also offers whole animal meats from local and regional farms, house-made deli meats, and pick-up lunch items.

## J.C. HOLDWAY

jcholdway.com  
info@jcholdway.com  
(865) 312-9050

501 Union Ave, Knoxville

James Beard Award Winning Chef/Owner Joseph Lenn celebrates regional & seasonal foods from the Southeast cooked by wood-fire. Named one of Eater.com's 12 Best New Restaurants in 2017.

## K BREW

knoxvillebrew.com  
hi@knoxvillebrew.com

### K Brew Downtown

(865) 448-7567

507 S Gay St, Knoxville

### K Brew Ebenezer

(865) 401-8028

1000 Ebenezer Rd, Knoxville

### K Brew North Knoxville

(865) 448-7498

1138 N Broadway St, Knoxville

### K Brew West Hills

(865) 448-7993

7822 Kingston Pk, Knoxville

We offer the finest espresso, coffee, and bagels in a setting that is perfect for hanging out. With local suppliers for our dairy, honey, and food menu, you will experience our passionate barista and bakery team hand craft amazing food for you!

## KAIZEN

knoxkaizen.com  
(865) 409-4444

127 S Central St, Knoxville

Kaizen is a laid-back Asian restaurant from Chef Jesse Newmister located in the heart of the Old City. We work with local farms and farmers' markets to find the freshest ingredients whenever possible.

## KNOX MASON

knoxmason.com  
info@knoxmason.com  
(865) 770-5988

507 S Gay St, Knoxville

We are a full-service restaurant and bar. Chef Matt Gallaher's contemporary, seasonal menu changes regularly, demonstrating our commitment to relationships with local farms and purveyors. Check out our new location inside the Embassy Suites Downtown.

## MAMA C'S GLUTEN FREE GOODIES

mamacsglutenfree.com  
mamacsgfgoodies@gmail.com  
(865) 851-7578

7355 Chapman Hwy, Knoxville

Mama C's is a 100% gluten-free bakery that the whole family will love. We offer a full line of made-from-scratch baked goods including breads, cookies, bagels, cakes, cinnamon rolls, pies, cupcakes, and much more.

## NORTHSHORE BRASSERIE

northshorebrasserie.com  
(865) 539-5188

9430 S Northshore Dr, Knoxville

We are a French-inspired bistro with casual dining in an upscale setting. Our Chef takes advantage of the broad array of local East Tennessee produce and meats to create his seasonal plates.

## OLD CITY JAVA

oldcityjava.com  
hello@oldcityjava.com  
(865) 523-9817

109 S Central St, Knoxville

Old City Java is a coffeehouse with a focus and dedication to craft. We work with Cruze Farm for our milk, as well as other local farms for ingredients in our baked goods. Our coffee is responsibly sourced by Durham, NC based Counter Culture Coffee.

## OLIBEA

olibeaaoldcity.com  
(865) 200-5450

211 S Central St, Knoxville

OliBea is a quaint breakfast and lunch restaurant known for rigorous farm-to-table sourcing, in-house butchery, and seasonal menus. Offering daily specials, catering, special events, and one of the Best Biscuits in America according to USA Today.

## OLIVER ROYALE

oliverroyale.com  
royale@theoliverhotel.com  
(865) 622-6434

5 Market Sq, Knoxville

Oliver Royale is the handiwork of Executive Chef Darin Hoagland, who utilizes local purveyors based on seasonality to craft his seasonal New American menus. Open for lunch and dinner, plus weekend brunch.

### OSTERIA STELLA

osteriastella.com

(865) 247-4729

108 W Jackson Ave #2, Knoxville

Osteria Stella offers a genuine Italian culinary experience with everything from stocks to pasta to the ladyfingers in the tiramisu are made lovingly in-house. The kitchen uses top-quality ingredients, primarily imported from Italy or locally sourced.

### THE PLAID APRON

theplaidapron.co

info@theplaidapron.co

(865) 247-4640

1210 Kenesaw Ave, Knoxville

The Plaid Apron is a community-focused restaurant bridging the gap between farmer, restaurant, and mouth led by Chef Drew McDonald. We serve lunch, brunch, and dinner with a local focus.

### SIMPL

simplonsevier.com

simplonsevier@gmail.com

(865) 474-1405

1120 Sevier Ave, Knoxville

At our restaurant in South Knoxville, we source 80% of our ingredients locally for our weekly, rotating menu focused on small, tapas-style plates that are great for sharing. We also offer 100% organic & biodynamic wines and a seasonal cocktail menu.

### SISTER SOUTH FINE FOODS

sistersouthfoods.com

jessica@sistersouthfoods.com

(865) 257-0644

Knoxville

Sister South Fine Foods is a tiny diner on wheels. We make farm-to-table treats using the finest local and seasonal ingredients.

### STOCK & BARREL

thestockandbarrel.com

inquiry@thestockandbarrel.com

(865) 766-2075

35 Market Sq, Knoxville

We follow a farm-to-table concept by working with farms and businesses around the Knoxville area to create craft gourmet burgers using all-local beef from Mitchell Family Farm. We also offer a full bar with the finest bourbons and modern cocktails.

### TAKO TACO

takotacoknox.com

(865) 545-4625

235 W Depot Ave, Knoxville

Tako Taco is a restaurant inspired by the conviviality of street food. Contained within the dishes are the flavors, ingredients, & conversations found in cultures & locales both near and far. We hope to add to the energetic vibe and hum of downtown.

### THE TOMATO HEAD

thetomatohead.com

talktous@thetomatohead.com

The Tomato Head Gallery Shopping Center

(865) 584-1075

7240 Kingston Pk, Ste 172, Knoxville

The Tomato Head Market Square

(865) 637-4067

12 Market Sq, Knoxville

We believe less-processed food tastes better and is much healthier. You'll notice this difference in our house-made dressings and handcrafted pizzas, salads, and sandwiches. You will taste the fresh, seasonal, East TN produce in our dishes!

### THREE RIVERS MARKET DELI

threeriversmarket.coop

info@threeriversmarket.coop

(865) 525-2069

1100 N Central St, Knoxville

In-store cold and hot food offerings made with seasonal, local, and organic ingredients. Vegan, vegetarian, and meat dishes, soups, sandwiches, salads, and dips are prepared fresh in our kitchen. Daily menus on website and Facebook. Everyone welcome!

### TOOTSIE TRUCK

tootsietruck.com

tootsie@tootsietruck.com

(865) 771-8028

Knoxville

Tootsie Truck serves delicious farm-to-table dishes that feature some of the best ingredients East Tennessee has to offer. We specialize in catering and can be found at the Market Square Farmers' Market and area food truck parks.

### TREETOP COFFEE SHOP

treetopcoffeeshop.com

treetopcoffeeshop@gmail.com

(865) 297-4389

Knoxville

Treetop Coffee Shop is both a mobile coffee vendor offering catering services & brick and mortar shop located in Sequoyah Hills. We feature a variety of coffees and espresso-based drinks using Cruze Farm milk products.

### VG'S BAKERY

vgsbakery.com

vgsbakery@icloud.com

(865) 671-8077

11552 Kingston Pk, Knoxville

Full line retail bakery featuring 100% "Made from Scratch" pastries, pies, cookies, breads, cakes, cupcakes, and much more.

### VIDL

vidloldcity.com

jenna@cooktobewell.com

(865) 247-6562

111 E Jackson Ave, Ste 103, Knoxville

Casual plant-based restaurant offering creative and delicious meals using locally sourced ingredients. Dine-in and grab-and-go menus daily.

### WILD LOVE BAKEHOUSE

wildlovebakehouse.com

wildlovebakehouse@gmail.com

(865) 200-8078

1625 N Central St, Knoxville

Scratch-made, small-batch baked goods, made fresh daily using the finest ethically grown local and regional ingredients. Rotating seasonal selection of single origin coffee (batch & manual brew), espresso, and loose-leaf tea.

## Sevier

### THE APPALACHIAN

theappalachianrestaurant.com

info@theappalachianrestaurant.com

(865) 505-0245

133 Bruce St, Sevierville

Executive Chef David Rule brings a modern approach to traditional, locally sourced Appalachian ingredients and seasonal dishes with an emphasis on smoky flavors coming from a large wood-burning hearth that is positioned in the heart of the kitchen.

*Help us Rebuild*  
OUR SLOW FOOD TEAM!

Slow Food Tennessee  
Valley is seeking Board

Members:

- Secretary
- Treasurer
- Volunteer Coordinator
- Grants Administrator
- Snail of Approval Police



We are your local chapter of  
the international  
organization founded in Italy  
in 1986.

Have fun with other foodies  
and get exclusive access to  
workshops and events.

Support your local food shed:  
all proceeds from Slow Food  
events go toward our  
Community  
Enrichment Grants, which  
award funds to  
organizations, businesses,  
farms and schools working to  
improve access to **Good,  
Clean and Fair** food in  
Knoxville and the surrounding  
areas.

Contact us at  
SnailofApproval@gmail.com

We look forward to  
*savoring* with you!





## Restaurants, Food Trucks, & CATERERS

**KNOXVILLE'S SHARED COMMERCIAL KITCHEN**  
**We make it easier to start and grow food businesses in East Tennessee!**



**MAKE CHANGE THROUGH FOOD**  
therealgoodkitchen.com • (865) 249-7237 • @realgoodkitchen

### CRUZE FARM SEVIERVILLE

cruzefarm.com

howdy@cruzefarm.com

(865) 333-1265

1642 Pkwy, Sevierville

Cruze Farm Sevierville brings our fresh-churned ice cream and farm-fresh dairy products, made from milk from our local dairy farm, to our store in the gateway of the Smoky Mountains.

### ENGLISH MOUNTAIN TROUT FARM & GRILL

englishmountaintroutfarm.net

crford43@gmail.com

(865) 429-5553

291 Blowing Cave Rd, Sevierville

English Mountain Trout Farm & Grill is in one of the most scenic areas of East Tennessee. Come spend some time with us and catch a few rainbow trout in our pond, then kick back and relax while we cook them up for you! (Call for seasonal hours)

## Washington

### GOURMET & COMPANY

gourmetandcompany.com

john@gourmetandcompany.com

(423) 929-9007

214 E Mountcastle Dr, Johnson City

Gourmet and Company sets the standard for dining and retail in Johnson City and the Tri-Cities region of East TN. The restaurant's dinner menu incorporates as much local produce as is seasonally possible in simple, elegant presentations.



**MARKET SQUARE FARMERS' MARKET**  
MARKET SQUARE  
IN DOWNTOWN KNOXVILLE  
*May - November*  
*Wednesday 10 am - 1 pm*  
*Saturday 9 am - 1 pm*  


**NEW HARVEST FARMERS' MARKET**  
NEW HARVEST PARK  
4775 NEW HARVEST LN,  
KNOXVILLE  
*April - September*  
*Thursday 3 pm - 6 pm*

**WINTER FARMERS' MARKET**  
MARKET SQUARE  
IN DOWNTOWN KNOXVILLE  
*December - March*  
*Saturday 10 am - 2 pm*  


**SNAP ACCEPTED, DOUBLED UP TO \$20 PER DAY, AND MONTHLY NOURISH KIDS CLUB AT EACH MARKET**  
**NOURISHKNOXVILLE.ORG (865) 805-8687 MARKETSN@NOURISHKNOXVILLE.ORG**

**VG's**  
BAKERY

# HANDCRAFTED BAKED GOODS

GWIN FAMILY OWNED & OPERATED  
SINCE 1999



DELICIOUS, CUSTOMIZED CAKES  
FOR ANY OCCASION  
EMAIL KATIE  
[VGsBAKERY@ICLOUD.COM](mailto:VGsBAKERY@ICLOUD.COM)

**VISIT US!**  
IN THE KOHL'S SHOPPING CENTER  
11552 KINGSTON PIKE  
KNOXVILLE, TN  
HOURS: 10-4 WED-FRI; 8-12 SAT

865-671-8077  
[VGsBAKERY.COM](http://VGsBAKERY.COM)



@VGsBAKERY  
#IYKYK



**E**ast Tennessee's food producers create a wide variety of products, from frozen treats made with local dairy to wines preserving local fruits. Producers listed here incorporate ingredients from local farms, or are farms themselves creating value-added products from ingredients they grow themselves. All are dedicated to making delicious goods to be consumed on the spot or taken home to include in your own meals. Look for these products at local farmers' markets, neighborhood grocers, online stores, or, in some cases, their very own brick-and-mortar or on-farm winery!

# Artisanal Food & Beverages

## Blount

### BLACKBERRY FARM

blackberryfarm.com  
(865) 984-8166

1471 W Millers Cove Rd, Walland

Through our line of farmstead cheeses, charcuterie, and preserves, we seek to preserve the wellspring of farm goods when they are at their peak, and we hope to cultivate lasting relationships with the local farming community.

### BLUE GOOSE VINEYARDS

bluegoosevineyards.com  
bluegoosevineyards@gmail.com  
(865) 456-7815

3334 Old Niles Ferry Rd, Maryville

We craft traditional Appalachian muscadine wines that you will find both intriguing and enjoyable. Although our vines create some sweet wines, even those with the driest palette finds our wines to have complex and enjoyable flavors that they are ready to take home. With our wine selection totaling thirteen labels and two growing operations, we have the best local variety in town.

### CADES COVE CELLARS

cadescovecellars.com  
info@cadescovecellars.com  
(865) 325-9463

7126 E Lamar Alexander Pkwy, Townsend

We are a family-owned-and-operated winery in the foothills of the Great Smoky Mountains. We offer many types of locally crafted wines, many made from local fruits from aged, dry wines to fruity, sweet wines. We are open daily and offer free tastings.

### DSB PROVISIONS

dsbprovisions.com  
dustin@dsbprovisions.com  
(865) 518-1611

Maryville

We raise non-GMO-fed pastured chickens and use their eggs to make fresh pasta. We also grow vegetables for sauces to go with it.



## Cumberland

### SUNRISE DAIRY

(931) 277-3777

574 Bud Tanner Rd, Crossville

Sunrise Dairy is a family-run farm dedicated to producing top-quality milk for your family. We use a low-temperature pasteurization process and our milk is sold in returnable glass bottles. We offer a variety of milk products, including butter.

## Grainger

### SPOUT SPRING ESTATES WINERY AND VINEYARD

spoutspringestates.com

belt.alice@gmail.com

(865) 719-7485

430 Riddle Ln, Blaine

The winery and vineyard are located just 35 minutes from downtown Knoxville. All of the wine sold here is made on the farm from grapes grown on the farm. Wines sold are Chardonnay, Riesling, Cabernet Sauvignon, Sangiovese, Stuben, Muscadine, Japanese Wineberry, Blackberry, and Blueberry. Open Tuesday - Saturday, noon-dark, and Sundays, 1 pm - 5:30 pm.

## Greene

### GIBSON BERRY FARM

GibsonBerryFarm.com

gibsonberryfarm@gmail.com

(828) 385-4442

Greeneville

A family-operated Certified Organic farm. We grow berries (blueberry, strawberry, blackberry, black raspberry), melons, ginger, & grain. We make elderberry syrup, vegan gummies, & stoneground flour. Find us @North AVL Tailgate or order online.

### THE OLE FARM HOUSE

facebook.com/theolefarmhouse

info.theolefarmhouse@gmail.com

(423) 639-7616

630 Johnson Rd, Greeneville

We are a small, family-owned operation raising goats and growing vegetables. We also make goat milk soaps, ceramics, and pottery. We make fresh homemade sourdough bread and sourdough cinnamon rolls, artisan breads. We sell USDA-certified goat meat.

### SENTELLE'S HOMEMADE SAUSAGE

sentelleshomemadesausage@yahoo.com

(423) 329-1306

234 Dude Ln, Bulls Gap

Our hogs are USDA-inspected and we built our own TDA-inspected processing building on our farm so we do all of the butchering ourselves. You can be assured of the finest quality pork products we can offer.

## Jefferson

### MISTY MORNING FARM STAND

mistymorningfarm15@gmail.com

(260) 667-4125

722 W Highway 25 70, Dandridge

We are a local farm with an off-site, year-round retail farm stand, producing seasonal produce, locally grown plants, deli foods, baked goods, homemade ice cream, dry goods, and handmade local items.

### RUSHY SPRINGS FARM

rushyspringsfarm.wordpress.com

rushyspringsfarm@gmail.com

(865) 674-7004

230 S Rushy Springs Rd, Talbott

Grower of vegetables and medicinal and culinary herbs. Specializing in rare & proprietary chiles, heirloom tomatoes, garlic, & onions. Maker of Tennessee Jim's World Class Salt Brine Fermentation Chile Sauces, dried chilies, & chile powders.

### STOOKSBURY DAIRY CREAMERY

stooksburycreamery.com

(865) 850-2689

865 Seahorn Rd, Jefferson City

Stooksbury Dairy Creamery is a family-owned dairy. We are famous for our old-fashioned cream-line whole milk and decadent chocolate milk. We gently pasteurize our milk on-site at our farm in Jefferson City, TN.

## Knox

### THE BE WELL BOX

vidloldcity.com

jenna@cooktobowell.com

(865) 394-1430

111 E Jackson Ave, Ste 103, Knoxville

Currently offering The Be Well Box, an assortment of locally sourced, plant-based meal components for mix-and-match meals that are creative and delicious! Pick-up location at Vidl.

### BLUE SLIP WINERY AND BISTRO

blueslip.com

lslocum@blueslip.com

(865) 249-7808

300 W Depot Ave, Knoxville

Blue Slip Winery and Bistro is located in the lower level of The Historic Southern Railway Station in downtown Knoxville. We have Tennessee wines, a bistro with a full bar, an event space, and free at-the-door parking!

### CRUZE FARM

cruzefarm.com

howdy@cruzefarm.com

(865) 333-1265

Knoxville

Family dairy farm where we milk Jersey cows, pasteurize our milk, and make fresh churned ice cream. Our cows are on pasture 365 days a year. Our milk is not homogenized so the cream rises to the top. Visit our shops or find our milk at local stores.

### FROG JUICE KOMBUCHA

frogjuicekombucha.com

frog@frogjuicekombucha.com

(865) 999-6086

2150 N Central St Unit E, Knoxville

We are Knoxville's first local kombucha company! We use Fair Trade & locally sourced (whenever possible) ingredients. We love supporting local farmers because regional produce increases the bioavailable benefits of our kombucha, jun, and fire cider.

### GOOD GOLLY TAMALE

goodgollytamale.com

goodgollytamale@gmail.com

(865) 337-5771

112 S Central St, Knoxville

Our tamales are made with organic, non-GMO corn masa and locally farmed meats. We also offer vegan and vegetarian tamales. Stop by our storefront in the Old City to dine in or pick up packages of frozen tamales to prepare at home.

### HEN+HOC BUTCHER

olibealoldcity.com

jeff@henhocbutcher.com

(865) 313-2006

123 S Central St, Knoxville

Hen+Hoc Butcher is the latest Old City Knoxville venture for Chef Jeffrey DeAlejandro with charcuterie and butchery by Jon Newman. The shop also offers whole animal meats from local and regional farms, house-made deli meats, and pick-up lunch items.

### KNOX WHISKEY WORKS

knoxwhiskeyworks.com

(865) 525-2372

516 W Jackson Ave, Knoxville

KWW is a small batch, craft distillery harnessing the collective skill, passion, and expertise of East TN to create authentic, distinct, and delicious hand-crafted spirits. We utilize non-GMO heirloom corn grown for us by Riverplains Farm.

### KNOXVILLE HONEY CO

knoxvillehoneyco.com

jchianelli35@gmail.com

(865) 300-7006

Knoxville

We are a family-owned-and-operated business. We want to be your one-stop shop for local honey and hive products. We offer local honey, honeycomb, pollen, pollination services, honey bees, and queens. Wholesale, retail, and bulk honey.

### MGM LAVENDER FARMS

mgmlavenderfarm@gmail.com

(865) 659-4883

4623 McCloud Rd, Knoxville

MGM Lavender Farms is located in the North Knoxville area in the Halls Community. We offer cut and dried lavender flowers in season as well as a variety of lavender-related products such as bath & body, lip balm, pet products, candles, and many more.

### OLDE VIRDEN'S TENNESSEE PEPPER COMPANY

oldevirdens.com

info@oldevirdens.com

(888) 544-2998

206 Randolph St, Knoxville

We specialize in 100% dehydrated chili pepper blends. We source our peppers from a Grainger Co. farmer and dehydrate them within 24 hours of them being picked. Order online or find us at area retailers.

### RECLAIMING YOUR ROOTS

reclaimingyourroots.com

reclaimingyourroots@gmail.com

Knoxville

We are run by Knoxville-based herbalist Rachel Milford and offer classes about herbal medicine as well as locally made and wildcrafted medicinal herbs in the form of handcrafted tea blends, salves, syrups, and other products.

### SMOKY MOUNTAIN SPICE FACTORY

smokyspices.com

feedback@smokyspices.com

(865) 248-9996

Knoxville

We manufacture handcrafted smoked spices from peppers grown on our farm in Knoxville, TN and other local farms. We offer 18 unique spices, seasonings, and rubs with five different heat levels to choose from.

## Artisanal Food & BEVERAGES

### WILD LOVE BAKEHOUSE

wildlovebakelhouse.com  
wildlovebakelhouse@gmail.com  
(865) 200-8078

1625 N Central St, Knoxville  
Scratch-made, small-batch baked goods, made fresh daily using the finest ethically grown local and regional ingredients. Rotating seasonal selection of single origin coffee (batch & manual brew), espresso, and loose-leaf tea.

## Loudon

### THE BUTCHER SHOP AT HYDE FARMS

hydefarms.net  
(865) 229-5000

7431 Hwy 411, Greenback

Fresh-cut meat daily from 9 am - 6 pm, Mon. - Fri. and 9 am - 5 pm on Sat. We sell pork & beef from our farm as individual cuts and to wholesale clients. We also sell various homegrown vegetables, including pumpkins, strawberries, and sweet corn and artisan goods.

### CENTURY HARVEST FARM FOUNDATION

centuryharvest.org  
brenna@centuryharvest.org  
Greenback

We are a nonprofit, workforce development farm dedicated to helping folks rebuild their lives after incarceration or addiction. We offer grass-fed, high-quality beef, farm fresh produce, outdoor volunteer opportunities, and event spacing.

### SWEETWATER VALLEY FARM

sweetwatervalley.com  
(865) 458-9192

17988 W Lee Hwy, Philadelphia

Our farm is in southeast TN's dairy-rich Sweetwater Valley, known for its agricultural vitality and progress. Our cheese is produced in a state-of-the-art facility while preserving the art of cheese-making in the traditional farmstead manner.

### TENNESSEE VALLEY WINERY

tennesseevalleywinery.com  
tnwinery@earthlink.net  
(865) 986-5147

15606 Hotchkiss Valley Rd E, Loudon

We strive to bring you the very best in Tennessee wines. Our wines have won over 800 International awards. We offer a selection of over twenty different wines ranging from Riesling to Cabernet Sauvignon to Muscadine and fruit wines.

## Monroe

### TSALI NOTCH VINEYARD

tsalinotch.com  
tsalinotchjd@gmail.com  
(423) 506-9895

162 Harrison Rd, Madisonville

We are a 100% muscadine vineyard offering ten different muscadine wines to choose from. All our wines are made from fruit grown on our farm.

### WEE

weeintn.org  
weeintn@gmail.com  
(423) 371-8856

Sweetwater

WEE is a small, veteran-owned market farm that specializes in artisan pickles, relishes, fudges, and jams made in our on-farm kitchen that is USDA, TDA, & HACCP certified. We proudly belong to FVC and PickTN. We also offer handmade wood crafts.

## Scott

### DIRT HIPPIE

peacelovedirhippie.com  
chloechildres@yahoo.com  
(865) 232-4577

Oneida

Dirt Hippie provides Tennessee locals with 100% pure, raw honey. We hand craft honey and beeswax products to sweet perfection for everyday use.

## Sevier

### APPLE BARN WINERY

applebarnwines.com  
AppleBarnWinery@gmail.com  
(865) 428-6850

220 Apple Valley Rd, Sevierville

We offer a unique twist on wine. Our wine is handcrafted in small lots on the farm to provide each customer the best possible wine from local fruit. Open daily for tasting and sales, our family-oriented staff would love for you to stop by.

### HILLSIDE WINERY

hillsidevine.com  
hs@rockytopwinetrail.com  
(865) 908-8482

229 Collier Dr, Sevierville

Partnering with local grape farmers, we crush over 1,000,000 pounds of TN grapes to be made into wine annually! Come sample the excellence of our Italian style and Bubbly wines. Wine tastings are free and we have other Tennessee products to sample.

### KELLY'S PASTA

kellyspasta.com  
kellyspasta@gmail.com  
(865) 227-7070

1933 Pittman Center Rd Unit 5, Sevierville  
We make flavored handmade pastas. The pasta is made with a base of flour, eggs, and olive oil. The flavors are derived from herbs and vegetables grown and sourced through local farmers. Sold through specialty stores, farmers' markets, and online.

### MOUNTAIN VALLEY WINERY

mountainvalleywinery.com  
mtnvalleywinery@gmail.com  
(865) 453-6334

2174 Pkwy, Pigeon Forge

We started producing wine in 1991 and have since come out with many popular award-winning varieties. We focus on making French and German-style wines and sweet fruit wines. We continually provide great selections, much of it from local fruits.

## Union

### THE WINERY AT SEVEN SPRINGS FARM LLC

winerysevenspringsfarm.com  
wineclub@winerysevenspringsfarm.com  
(865) 745-2902

1474 Hwy 61 E, Maynardville

Come and visit East Tennessee's premier wine and vineyard location, situated on historic Thunder Road just outside Maynardville, and a short drive from Knoxville. Taste from an extensive selection of wines and tour our wine-making facility.

## For working people in this community without health insurance HEALTH CARE HAS A HOME



315 Gill Avenue  
Knoxville, TN 37917

**if** InterFaith  
HEALTHCLINIC  
865-546-7330  
www.interfaithhealthclinic.org



2607 Kingston Pike, Suite 185,  
Knoxville, TN 37919



# DOUBLE YOUR SNAP DOLLARS for Locally Grown Produce



## BUY \$1

WITH  
SNAP



## GET \$1

FREE FRUITS  
AND VEGGIES

When customers spend their SNAP or P-EBT benefits at participating farmers' markets and farm stores, they can receive up to \$20 per day in Double Up Food Bucks to spend on **FREE** locally grown fresh fruits and vegetables.

### Anderson County

#### HISTORIC OAK RIDGE FARMERS' MARKET

easttnfarmmarkets.com/locations  
info@easttnfarmmarkets.com  
(865) 839-4258

#### CLINTON FARMERS' MARKET

easttnfarmmarkets.com/locations  
info@easttnfarmmarkets.com  
(865) 839-4258

#### WINTER FARMERS' MARKET BY GROW OAK RIDGE

growoakridge.org/markets  
manager@growoakridge.org  
(865) 483-9124

#### MARKET-TO-GO BY GROW OAK RIDGE

growoakridge.org/market-to-go  
manager@growoakridge.org  
(865) 483-9124

### Greene County

#### DEPOT STREET FARMERS' MARKET, GREENEVILLE

depotstreetfarmersmarket.com  
depotstreetmarket@gmail.com  
(423) 525-2621

#### GREENEVILLE FARMERS' MARKET

greenevillefarmersmarket.com  
greenevillefarmersmarket@gmail.com  
(423) 552-3023

### Knox County

#### EASTSIDE SUNDAY MARKET, KNOXVILLE

eastsidesundaymarket.org  
eastsidesundaymarket@gmail.com  
(865) 214-7678

#### EBENEZER ROAD FARMERS' MARKET, KNOXVILLE

easttnfarmmarkets.com/locations  
info@easttnfarmmarkets.com  
(865) 839-4258

#### MARKET SQUARE FARMERS' MARKET, KNOXVILLE

nourishknoxville.org/market-square-  
farmers-market  
programs@nourishknoxville.org  
(865) 805-8687

#### NEW HARVEST FARMERS' MARKET, KNOXVILLE

nourishknoxville.org/new-harvest  
programs@nourishknoxville.org  
(865) 805-8687

#### NOURISH KNOXVILLE'S WINTER FARMERS' MARKET

nourishknoxville.org/winter-market  
programs@nourishknoxville.org  
(865) 805-8687

### Unicoi County

#### ERWIN COMMUNITY MARKET

facebook.com/riseerwin  
(423) 743-6231

### Union County

#### UNION COUNTY FARMERS' MARKET, MAYNARDVILLE

unioncofarmersmarket.com  
(865) 992-8038

#### SEVEN SPRINGS FARM STORE, MAYNARDVILLE

sevenspringsfarmtn.com  
(865) 745-2902

### Washington County

#### BOONE STREET MARKET, JONESBOROUGH

jonesboroughlocallygrown.org/boone-  
street-market  
bsm@jonesboroughlocallygrown.org  
(423) 753-4722

#### JONESBOROUGH FARMERS MARKET

jonesboroughlocallygrown.org/  
jonesborough-farmers-market  
jfm@jonesboroughlocallygrown.org  
(423) 753-2401



nourish  
KNOXVILLE

nourishknoxville.org/programs/snap  
(865) 805-8687

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# Thank you for 41 years of support!



Thanks to our friends, neighbors, and kinfolk, we are able to support a diverse and pioneering community as well as the organic farmers and food producers of Southern Appalachia.



**THREE RIVERS  
MARKET**  
the co-op

To join us, stop by 1100 N Central St.  
at the entrance of Happy Holler.  
[threeriversmarket.coop](http://threeriversmarket.coop)