

THE PALISADES RESTAURANT | EGGLESTON, VA

Local native Shaena Muldoon returned home to create The Palisades Restaurant in Pyne's General Store. In keeping with tradition, Muldoon retained exposed brick walls, wood floors and the pressed tin ceiling of the building, while local historical memorabilia decorate the vintage space. The contemporary menu offers unique cuisine utilizing local pork, beef, trout and produce from the New River Valley. They also offer cosmopolitan delicacies such as duck, wild boar, venison, and gourmet seasonal pizzas. Celebrity Chef Charity Dinners featuring world-renowned chefs are held annually to benefit local charities and engage the community, as well.



RED RIVER ROCKHOUSE | CAMPTON, KY

Although climbers and hikers frequent eastern Kentucky for adventure, one just as exciting gastronomic adventure awaits others at the Red River Rockhouse, a trendy gastro-pub where owner Aaron Brouwer and wife Tina have accomplished a longterm goal of restaurant ownership. The appealing menu in this casual, family-owned eatery primarily consists of local produce and meat, sustainably-sourced fish, organic items, regional craft beers and locally-roasted coffee. Brouwer further extends his commitment to sustainability by furnishing the dining area with reclaimed and repurposed art and architectural elements and implementing a recycling program which is diligently practiced by the staff. Ordinary foods are transformed into extraordinary items here!



ALBANY BISTRO | DECATUR, AL

Chef Jakob Reed's respect for the land's bounty was honed during his childhood by working in family gardens and provided the roots for Albany Bistro. Creating a network of growers in North Alabama and Middle Tennessee, Reed offers classic comfort food with a twist and seasonal menus, as well. His cooking classes and farm-to-table events help educate the community about the personal and community benefits of eating local food. Hailed by South Magazine as one of the South's Greatest Chefs in 2015, Reed's enthusiasm for seasonal, southern-inspired gastronomic goodness livens up Decatur's restaurant landscape.



TOMATO BAR & BISTRO | PITTSBURGH, PA

Named for the Pittsburgh Tomato Festival, the Tomato Bar and Bistro was founded by regional natives, brothers Andy and Michael Partash. Featuring an early 1900s theme, the building calls to mind pubs and historic storefronts from the city's past. Many of the varied menu items make use of tomatoes, in creative and surprising flavor combinations. Other savory selections include varieties of mac and cheese, mussel plates, sandwiches, Kobe beef burgers, and small plates. Sip a regional craft beer or one of the many imports and drafts on the outdoor patio and score a front row seat for the Tomato Festival.



COUNCIL HOUSE CAFÉ | FRENCH CAMP, MS

Located in an 1820s log cabin on the historic Natchez Trace, the Council House Café stands out not only because it is staffed by the French Camp Academy boarding school students, but also because they're famous for their homemade, preservative-free breads (a tradition at the Academy for over 50 years). Operating for more than 40 years, the rustic café menu features sandwiches prepared with their homemade breads, soups and salads. Profits from the café are used to fund student scholarships at the school, while students receive hospitality training through their work.



BISTRO ROCA | BLOWING ROCK, NC

Be sure to peruse the dog photos in Antlers Bar, when you visit Bistro Roca, nestled in near the Blue Ridge Parkway. With a bar billed as "North Carolina's longest continually serving bar" (since 1932), long-term residents Cindy and Cobb Milner's restaurant offers a casual atmosphere with gourmet fare. Faithful to supporting the local economy, much of their produce and meat is sourced from nearby family farms, and the menu boasts flavors of Mediterranean, French, and Southern fare that changes seasonally. On Monday nights during the season, cyclists meet there to embark on a 30-mile ride that includes a portion of the scenic Blue Ridge Parkway.



TASTE OF THE CATSKILLS | DELHI, NY

Combine a family farm in the Catskills with tasty local food, beer, and wine, and the result is the Taste of the Catskills Festival that is attended by thousands. The festival is sponsored by the environmental group, Catskills Mountainkeepers, to celebrate farming in this scenic area and empower communities. Attendees learn about how food travels from farm to fork and share in a harvest dinner of local produce, all on the family-owned Maple Shade Farm. Organizers include workshops on cooking, farming, brewing and wine-making, energy conservation, and demonstrations of regional arts and crafts to celebrate and gather support for this special place.



This is just a sampling of what the Appalachian Region has to offer! For a complete listing of more than 900 local food destinations, including festivals and events, visit:

visitappalachia.com

FINGER LAKES WINE COUNTRY | STEUBEN & SCHUYLER COUNTIES, NY

The Finger Lakes Wine Country provides wine lovers with a reason to sip along its three wine trails and to explore, as well. Dozens of award-winning wineries dot the landscape and grapes grown in differing soils around each lake possess unique viticulture characteristics used by vintners to create original, award-winning blends. Many vineyards emphasize sustainable agricultural practices and organic farming methods. Plenty of wine festivals, museums, art studios, natural areas, unique lodging, and tempting restaurants, including farm-to-table eateries, have earned the region a TripAdvisor award as a "Top Wine Destination in the US."



CITY SCAPE WINERY | PELZER, SC

The young owners of City Scape Winery, Josh and Deb Jones, followed their dreams to become vintners. Using grapes from their vineyard, nearby farms, and other vineyards around the state, they pride themselves on producing small batches of seasonal wines. With an educational goal, the Jones also sponsor hands-on, wine-making classes for those wanting to bottle their own. Visitors love their sustainable, friendly landscape maintenance staff—a herd of goats who sustain the weeds. Winning the "Best of the Upstate" award for several years, this winery provides an entertaining and educational destination for the community and visitors.



THUNDER ROAD WINE TRAIL | TENNESSEE

Named Thunder Road for the back roads used to transport moonshine in the past, this Tennessee Wine Trail takes travelers to five wineries. It's not surprising wine-making is one of Tennessee's most successful agritourism industries. Eagle Springs Winery, Watauga Lake Winery, The Winery at Seven Springs Farm, Goodwater Vineyards, and Spout Spring Estates Winery each offer award-winning wines based on soil type and climate. Several of the vintners practice sustainable farming, sell their own farm produce, and have built their facilities with reclaimed building materials. These wineries offer wine-making classes, festivals, art classes, and wine and food pairing dinners.



BEER CHEESE TRAIL | CLARK COUNTY, KY

Once the best-kept secret of the Bluegrass state, this popular cheese spread is featured on the Beer Cheese Trail. Clark County is deemed to be the official birthplace of beer cheese more than 70 years ago, and foodies will appreciate its rich flavor and history. Although the beer cheese spread uses the same basic recipe, each venue on the trail creates its own signature spread with the addition of secret ingredients. Don't even think about asking for their recipe. Follow the trail to discover local eateries - each claiming to serve the best beer cheese!



THE FARMER'S DAUGHTER | CAPON BRIDGE, WV

Family owned and operated by Pete and Kate Pacelli, Farmer's Daughter features locally-sourced meats, produce, and dairy items, filling the need for an area market. It began with the Pacelli's dream to create a traditional neighborhood grocery store featuring local items, including a butcher shop, coffee counter and gathering place, and was accomplished when the business was begun with a Kickstarter campaign. Pete offers over 40 different kinds of sausage and makes several cured meats, while soups and sandwiches are also available. They have created a market for local farmers' produce and a needed food and goods market.



JAEMOR FARMS | ALTO, GA

Operated for four generations, the Echols family farm transitioned from a roadside peach stand to Jaemor Farms - a market selling produce and other local items from their 350-acre homestead. The Echols family grows more than 32 peach varieties, but their pie kitchen, boiled peanuts, fresh apple cider, and regional culinary products attract visitors, as well. Use of sustainable farming methods, adoption of technological changes, and water conservation help keep the farm fertile and enhance the local environment. Seasonal festivals, U-pick produce days, corn mazes, pumpkin patches, food preserving classes, and field trips provide for year-round education and entertainment.



FIREFLY FARMS | ACCIDENT, MD

Featuring artisanal goat cheese, FireFly Farms products have garnered national and international awards. Each type of cheese boasts a distinct regional flavor from fresh local goats' milk. Mike Koch and Pablo Solanet use traditional techniques to craft, age, and package the cheeses by hand. They encourage farmers to maintain humane animal husbandry practices, respect seasonal milk production cycles, and "upcycling" the whey by-product as feed for local livestock, are evidence of their commitment to sustainability, local economic growth, and family agricultural enterprises.



WHITE HOUSE FRUIT FARM | CANFIELD, OH

This third generation family farm with over 100 acres of fruit and produce, reinvented itself to survive and now boasts a signature apple crop of more than 20 varieties. The Hull family runs one of the largest farm markets in Ohio, selling other fruits and vegetables alongside their apples. Seasonal events such as a pumpkin patch, pick-your-own, wagon rides, and festivals draw crowds year-round, who also come for the free food samples, deli meat selection, local maple syrup, Ohio food products, and delicious bakery goods. Visitors appreciate the family's commitment to keeping farming a viable way of life.



HATFIELD & MCCOY MOONSHINE | GILBERT, WV

Using the original 'shine recipe of Devil Anse Hatfield, family descendants opened the Hatfield & McCoy micro-distillery to produce small batch craft moonshine. Keeping it local, they use 100% West Virginia-grown corn and distill the devil's brew in copper kettles as has been method for more than 150 years. These Hatfield descendants are proud to produce legal moonshine with the state's blessing, continuing the southern tradition. The two families - made famous for their 19th century feud - have finally made peace by making an old way of life, new.



CALL FAMILY DISTILLERS | WILKESBORO, NC

Finally making their family's bootlegging history legitimate, Brian and Brad Call opened a moonshine distillery in the "moonshine capital of the world." It's a family tradition that goes back eight generations as Rev. Dan Call taught Jack Daniels how to make the famous brew. Visitors can tour antique 'shine stills, as well as view a 1961 Chrysler that was used for bootlegging. Utilizing the largest direct steam injection still in the state, the distillery reinvents the traditional recipe with flavors such as cherry, strawberry, and apple pie. With a focus on local, they use white corn meal from nearby historic Linney's Mill.



BIG FISH CIDER COMPANY | MONTEREY, VA

Cider is making a comeback, and Kirk Billingsley of Monterey is responsible for its return in Highland County, VA. After years of growing apples and making cider at his home, he capitalized on cider's renewed popularity by founding Big Fish Cider Company, which is housed in a landmark building. The business is the result of Billingsley's vision to keep in step with the growth of the local foods movement. The company grows some of its own apples and buys local apples, as well. Cider is deeply rooted in Appalachian history as a traditional drink of choice when friends and families dined together.



BACK FORTY BEER COMPANY | GADSDEN, AL

Jason Wilson and Jack Folmer decided to quit corporate jobs and pursue their vision to bring craft beer to Alabama, founding the Back Forty Beer Company. Focused on educating consumers, they began with classic beers that evolved to meet preferences. The brewery owners have worked to change the state's beer laws to allow for higher alcohol volumes, larger containers and tasting rooms at breweries. With national distribution channels, the business was named one of the "Top 100 Small Businesses" in the nation. The hometown brewery hosts creative dinners combining family farmed foods with their craft beer.



Bon APPÉTIT APPALACHIA!

The Bon Appétit Appalachia! campaign is a project of the Appalachian Regional Commission (ARC), a regional economic development agency whose mission is to innovate, partner, and invest to build community capacity and strengthen economic growth in Appalachia. Particular gratitude is extended to ARC's Tourism Advisory Council.

ALABAMA
www.northalabama.org

GEORGIA
www.exploregeorgia.org

KENTUCKY
www.kentuckytourism.com

MARYLAND
www.visitmaryland.org

MISSISSIPPI
www.visitmississippi.org

NEW YORK
www.iloveny.com

NORTH CAROLINA
www.visitnc.com

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www.ohio.org

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www.visitpa.com

SOUTH CAROLINA
www.upcountrysc.com

TENNESSEE
www.tnvacation.com

VIRGINIA
www.virginia.org

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ABOUT THIS MAPGUIDE

Appalachia offers many attractions for the traveler - captivating landscapes, sparkling waterways, abundant flora and fauna, internationally-acclaimed music, unique arts and crafts, a rich and compelling history, and much more. But perhaps the Appalachian Region's most vibrant and sustainable resources are those pertaining to food and agriculture - bountiful local farms, lively farmers markets, farm-to-fork restaurants, inventive chefs featuring local ingredients, delightful vineyards and award-winning wineries, craft breweries and distilleries, heritage food festivals, and other distinctive culinary events. Here you can experience the authenticity of Appalachia at its most intriguing.



This map celebrates one of the most exciting and innovative culinary destinations in the world. It serves as an introduction - a taste - of Appalachia's distinctive local food destinations and the farmers, food producers, chefs, and entrepreneurs who have committed themselves to local food craft and tradition. Bon Appétit Appalachia!



Visit edibleradio.com to discover memorable, innovative food and farming stories in the beautiful Appalachian region.



visitappalachia.com

FARM-TO-FORK RESTAURANTS

- 1 Albany Bistro | Decatur, AL
- 2 Big Bob Gibson BBQ | Decatur, AL
- 3 Pie Lab | Greensboro, AL
- 4 Twin Gables Inn | Vernon, AL
- 5 Harvest on Main | Blue Ridge, GA
- 6 The Sawmill Place | Blairsville, GA
- 7 The Bluebird | Stanford, KY
- 8 Red River Rockhouse | Campton, KY
- 9 Shift | Frostburg, MD
- 10 Council House Café | French Camp, MS
- 11 Neon Pig | Tupelo, MS
- 12 Ole Country Bakery | Brooksville, MS
- 13 Restaurant Tyler | Starkville, MS
- 14 Bistro Roca | Blowing Rock, NC
- 15 Frogs Leap Public House | Waynesville, NC
- 16 The Mountview Restaurant at Fontana Village Resort | Fontana Dam, NC
- 17 Origins Café at Carefree Gardens | Cooperstown, NY
- 18 Rogues' Harbor Inn, Restaurant, & Brewery | Lansing, NY
- 19 Bread Head Bakery & Coffee Shop | Dover, OH
- 20 Lake Hope Dining Lodge | McArthur, OH

- 21 Herwig's Austrian Bistro | State College, PA
- 22 Old Tioga Farm | Stillwater, PA
- 23 Tomato Bar & Bistro | Pittston, PA
- 24 Swamp Rabbit Cafe & Grocery | Greenville, SC
- 25 Summa Joe's | Anderson, SC
- 26 Cookie Jar Cafe on Johnson Family Farm | Dunlap, TN
- 27 Ivy Wild Sewanee | Sewanee, TN
- 28 Harvest at Mountain Lake Lodge | Pembroke, VA
- 29 The Palisades Restaurant | Eggleston, VA

- 30 Rising Sun Breads | Martinsville, VA
- 31 Third Bay | Martinsville, VA
- 32 Atomic Grill | Morgantown, WV
- 33 Cafe Cimino Country Inn | Sutton, WV
- 34 Dobra Zupas | Beckley, WV
- 35 Elk River Inn & Restaurant | Slatyfork, WV
- 36 Stardust Cafe | Lewisburg, WV

MARKETS & PRODUCTS

- 1 Alexander City Downtown Market | Alexander City, AL
- 2 Belle Chevre Creamery & Cheese Shop | Elkmont, AL
- 3 Gordo Farmers Market | Gordo, AL
- 4 Homegrown Alabama Farmers Market | Tuscaloosa, AL
- 5 Tuscaloosa Farmers Market | Tuscaloosa, AL
- 6 Hillside Orchard Farms/Country Store & Farm Adventure | Lakemont, GA
- 7 New Ground Market | Ellijay, GA
- 8 Beech Springs Farm Market | Winchester, KY
- 9 Beer Cheese Trail | Winchester, KY
- 10 Sunflower Sundries | Mt. Olivet, KY
- 11 Downtown Cumberland Farmers Market | Cumberland, MD
- 12 Historic Hagerstown City Farmers Market | Hagerstown, MD
- 13 Misty Meadow Farm Creamery | Smithsburg, MD
- 14 Hitching Lot Farmers Market | Columbus, MS
- 15 Tupelo Farmers Depot | Tupelo, MS
- 16 Alleghany Farmers Market | Sparta, NC
- 17 Sunburst Trout Farms | Canton, NC
- 18 Carrot Barn | Schoharie, NY
- 19 Fredonia Farmers Market | Fredonia, NY
- 20 Ithaca Farmers Market | Ithaca, NY
- 21 Golden Age Cheese | Woodhull, NY
- 22 Gallia County Farmers Market | Gallipolis, OH
- 23 4 Seasons Farm Market | Meshoppen, PA
- 24 East End Food Co-op | Pittsburgh, PA
- 25 Hank's Frozen Custard | Conneaut Lake, PA
- 26 Mansfield Growers Market | Mansfield, PA
- 27 Cowpens Farmers Market | Cowpens, SC
- 28 Hub-City Farmers Market | Spartanburg, SC
- 29 TD Saturday Market | Greenville, SC
- 30 Dandridge Farmers Market | Dandridge, TN
- 31 Mooney's Market & Emporium | Monteagle, TN
- 32 Abingdon Farmers Market | Abingdon, VA
- 33 Blacksburg Farmers Market | Blacksburg, VA
- 34 Highland Farmers Market | Monterey, VA
- 35 Independence Farmers Market | Independence, VA
- 36 Capitol Market | Charleston, WV
- 37 Fish Hawk Market | Rock Cave, WV
- 38 The Farmer's Daughter | Capon Bridge, WV

FARMS

- 1 1818 Farms | Mooresville, AL
- 2 LouAllen Farms | Moulton, AL
- 3 Burt's Farm | Dawsonville, GA
- 4 Jaemor Farms | Alto, GA
- 5 Payne Farms & Produce | Calhoun, GA
- 6 The Veggie Patch at Bouchard Farms | Commerce, GA
- 7 Country Girl at Heart Farm Bed & Breakfast | Munfordville, Kentucky, KY
- 8 Heavenly Haven Farm | Columbia, KY
- 9 Holliday Farm and Garden | Hazard, KY
- 10 Savage Farms | Louisa, KY
- 11 Aliabaad Farm | Sharpsburg, MD
- 12 FireFly Farms | Accident, MD
- 13 Pumpkin Patch Farms | Blue Mountain, MS
- 14 Reese Orchard | Starkville, MS
- 15 Hickory Nut Gap Farm | Fairview, NC
- 16 Wild Pilgrim Farmstead | Lenoir, NC
- 17 Childs Blueberry Farm | Hinsdale, NY
- 18 Farmers Museum | Cooperstown, NY
- 19 Shaver Hill Farm | Harpersfield, NY
- 20 Bissell Maple Farm | Rock Creek, OH
- 21 Shagbark Seed & Mill | Athens, OH
- 22 White House Fruit Farm | Canfield, OH
- 23 Owens Farm | Sunbury, PA
- 24 Pleasant Valley Farm | Tionesta, PA
- 25 Schramm Farm & Orchard | Harrison City, PA
- 26 Chattooga Belle Farm | Long Creek, SC
- 27 Dixie-Does Farm | Dayton, TN
- 28 Farmhouse Gallery & Gardens | Unicoi, TN
- 29 Bates Family Farm | Jonesville, VA
- 30 Ikenberry Orchards | Daleville, VA
- 31 Healthberry Farm | Dry Fork, WV
- 32 Swift Level | Lewisburg, WV
- 33 Thistle Dew Farm | Proctor, WV

CRAFT BREWERIES & DISTILLERIES

- 1 Avondale Brewing Co. | Birmingham, AL
- 2 Back Forty Beer Co. | Gadsden, AL
- 3 Singin' River Brewery | Florence, AL
- 4 Dalton Distillery | Dalton, GA
- 5 Dawsonville Moonshine Distillery | Dawsonville, GA
- 6 Ale-8-One Bottling Co. | Winchester, KY
- 7 Antietam Brewery & Restaurant | Hagerstown, MD
- 8 Call Family Distillers | Wilkesboro, NC
- 9 Flat Top Brewing Co. | Banner Elk, NC
- 10 Lazy Hiker Brewing Co. | Franklin, NC
- 11 Wicked Weed Brewing | Asheville, NC
- 12 Ellicottville Brewing Co. | Ellicottville, NY
- 13 Farm House Brewery & Malthouse | Owego, NY
- 14 Ithaca Beer Co. | Ithaca, NY
- 15 Jackie O's Pub & Brewery | Athens, OH
- 16 Millersburg Brewing Co. | Millersburg, OH
- 17 Otto's Pub and Brewery | State College, PA
- 18 Sprague Farm & Brew Works | Venango, PA
- 19 RJ Rockers Brewing Co. | Spartanburg, SC
- 20 Six and Twenty Distillery | Piedmont, SC
- 21 Short Mountain Distillery | Woodbury, TN
- 22 Big Fish Cider Co. | Monterey, VA
- 23 Blue Lab Brewing Co. | Lexington, VA
- 24 The Damascus Brewery | Damascus, VA
- 25 Wolf Hills Brewing Co. | Abingdon, VA
- 26 Hatfield & McCoy Moonshine Distillery | Gilbert, WV
- 27 Smooth Ambler Spirits | Maxwelton, WV
- 28 Stumptown Ales | Davis, WV

VINEYARDS & WINERIES

- 1 Ozan Vineyard & Winery | Calera, AL
- 2 Whippoorwill Vineyards | Notasulga, AL
- 3 Wills Creek Vineyards | Attalla, AL
- 4 Engelheim Vineyards & Winery | Ellijay, GA
- 5 Three Sisters Vineyards & Winery | Dahlonega, GA
- 6 Cedar Creek Vineyards | Somerset, KY
- 7 Lake Cumberland Winery | Monticello, KY
- 8 Red Heifer Winery | Smithsburg, MD
- 9 Carolina Heritage Vineyard & Winery | Elkin, NC
- 10 Saint Paul Mountain Vineyards | Hendersonville, NC
- 11 Bully Hill Vineyards | Hammondport, NY
- 12 Damiani Wine Cellars | Burdett, NY
- 13 Merritt Estate Winery | Forestville, NY
- 14 Black Sheep Vineyards | Adena, OH
- 15 Halliday's Winery | Lake Milton, OH
- 16 Moyer Vineyard Winery & Restaurant | Manchester, OH
- 17 Bee Kind Winery | Clearfield, PA
- 18 6 Mile Cellars | Erie, PA
- 19 Shade Mountain Winery | Middleburg, PA
- 20 City Scape Winery | Pelzer, SC
- 21 Goodwater Vineyards | Mosheim, TN
- 22 Savannah Oaks Winery | Delano, TN
- 23 Stanburn Winery | Stuart, VA
- 24 Vincent's Vineyard | Lebanon, VA
- 25 Chestnut Ridge Winery | Spencer, WV
- 26 Hawk Knob | Lewisburg, WV

LEGEND

-  FARM-TO-FORK RESTAURANTS
-  MARKETS & PRODUCTS
-  FARMS
-  CRAFT BREWERIES & DISTILLERIES
-  VINEYARDS & WINERIES



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Disclaimer: This map is for reference only. It is not intended for navigational purposes.