



F.A.R.M. Cafe is TURNING 14!!!!!!

We're not sure how it's possible, but F.A.R.M. Cafe is gearing up to celebrate fourteen years of community, connection, and Real.Good.Food. From the bottom of our hearts, thank you for making this milestone possible. What began as a bold social experiment has grown into a beloved community cornerstone thanks to support from all of you fine folks. Every meal shared, every hour volunteered, and every dollar donated has made this work possible.

Join us for a birthday celebration on Tuesday, June 16th, for a special PATTY MELT REUBEN throwback menu.

Can't attend but want to send love from near or far? **Consider donating \$14 in honor of our fourteenth birthday.** Every donation helps meet the rising needs of our community.

This year alone, FARM Cafe has served 5,904 out of 8,813 meals (67%!) at low or no-cost. Your support allows us to continue offering nourishing meals to diners that need a helping hand- whether someone contributes through service or pays what they can personally afford.

The celebration doesn't stop there! We have a ton of special events, Buy Boone Lunches, pop-ups, and more happening this summer! We hope you'll join us for the great food, meaningful connections, and community that makes F.A.R.M. Cafe so special.

Cheers to 14 years and many more!

With love and gratitude,

F.A.R.M. Cafe

[Click Here to Donate. Every Bit Helps.](#)

Board Member Spotlight

What can we say about **Carol Coulter!!!** Carol has been a part of the F.A.R.M. Cafe community from the start. Over the last ten years as a F.A.R.M. Cafe board member, she has been integral in developing programs like F.A.R.M. Full Circle, acquiring funding, and offering endless support to the staff and volunteers. She was even a long-time producer and supplier of delicious goat cheese and caramel through Heritage Homestead Goat Dairy.

Carol has been and continues to be an incredible mentor, sharing advice and guidance as staff grown into new leadership roles. While Carol has finished her final term as a board member, we have to tell y'all how deeply we appreciate her service and how excited we are for her new endeavors. The Ashe County Park pool, among other projects, is in motion thanks to Carol and her fellow cohorts!

Thank you, Carol! So much love from the entire FARM Board, staff, and community!!!



Upcoming Events



- Wednesday (6/3) FARM slinging meals at the App Football Club game!
- Thursday (6/4) Kids Can Cook at the Children's Playhouse
- Saturday (6/6) FARM slinging meals (again!) at the App Football Club game!
- Monday (6/8) Blowing Rock Rotary Club Buy Boone Lunch
- Wednesday (6/3) FARM slinging meals (one last time!) at the App Football Club game!

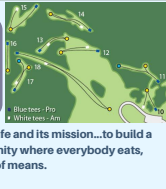
- Thursday (6/11) First Baptist of Boone Buy Boone Lunch
- Friday (6/12) FARM Board of Directors Volunteer Day
- Monday (6/15) Samantha Childress and Megan Roberson Buy Boone Lunch!
- **Tuesday (6/16) FARM BDAY CELEBRATION!!!!**
- Wednesday (6/17) 828 Real Estate Buy Boone Lunch
- Tuesday (6/23) Good Friends Musicians Jam during lunch
- Saturday (6/27) Farmer Foodshare Donation Station at the Farmers Market
- Wednesday (7/1) Nonprofit Coffee Hour at FARM Cafe
- Saturday (8/1) FARM Cafe Classic Disc Golf Tournament at Ashe County Park!

The Fifth Annual

FARM CAFE CLASSIC

DISC GOLF TOURNAMENT

SATURDAY
August 1st, 2025
ASHE COUNTY PARK



Blue Tees - Pro
White Tees - Am



Blue Tees - Pro
White Tees - Am

All proceeds benefit F.A.R.M. Cafe and its mission...to build a healthy and inclusive community where everybody eats, regardless of means.

Sponsorship Opportunities

ACE SPONSOR

Overall event sponsor. Logo, name, or graphic of your choice will be included on all event banners, t-shirts, and other promotional materials. Ace sponsors will also be acknowledged through an honorary Buy Boone Lunch event at FARM Cafe. Sponsors will be highlighted during all social media/press sharing. Includes four registration spots for players representing your business!

\$1000

EAGLE SPONSOR

Primary sponsor for the disc golf hole of your choice. Logo, name, and/or graphic of your choice + any individualized information about your organization will be included on signage at the sponsored hole/basket. Each business will be highlighted with a personal social media post and be acknowledged during any press sharing for the event. Includes two registration spots for players representing your business!

\$500

BIRDIE SPONSOR

Birdie level contributors will co-sponsor a hole with one or more organizations/businesses. The logo, name, and/or graphic of your choice will be displayed on signage at the sponsored disc golf tee. Birdie sponsors will receive acknowledgement through social media leading up to the event, including one personalized post highlighting your business or organization. Includes two registration spots for players representing your business!

\$250

To confirm your sponsorship, please email Elena Dalton at elena@farmcafe.org with your pledge amount and a high-resolution logo

Keep up on our socials for event updates and details



Last month, we were so lucky to receive the most beautiful art by Cindy Michaud and Mary Ferrell. Inspired by the beauty made from broken parts, Cindy created this mosaic as part of the 'You Are Here' Project. We can't imagine a better representation of our little Cafe. The mosaic will be permanently installed here at the cafe with information about the larger movement. Learn more by scanning the QR code on the top-left corner of the mosaic next time you stop by!

We are so grateful for our creative and generous community.



Volunteer Spotlight



For this month's Volunteer Spotlight, we're giving a shoutout to **Clark Seredyniecki!**

Clark has been a rockstar on our breakdown crew for the past few months and always leaves the cafe squeaky clean. We love seeing their smiling face in the afternoons!

Thank you Clark!

Looking for other ways to support us? Take a look at our

Amazon Wishlist

Supplies are a necessity when it comes to feeding hundreds of individuals a week. Consider purchasing new or donating extras!

Faces of F.A.R.M.

Come to F.A.R.M. on Wednesdays and Fridays and you will find **Brian Graff** sitting at the counter talking to members of our community. As a Peer Support Specialist with AppHealthCare, he is always available to listen, offer resources and support someone on their journey; whether that be the journey to recovery, to finding stable housing, or just to talk about life. He describes his perfect day as either riding his motorcycle on the parkway, laying on the beach, or spending time with the people who are most important to him. His experiences have helped him learn that the most valuable moments in life occur when you are doing something so ordinary that you can't help but appreciate the beauty in each day. His patience and kindness stems from the discovery that life has no timeline - why rush something so special?



Brian has a unique appreciation of F.A.R.M.'s napkins and silverware. When he first started eating here, everything was a mismatch of plates, bowls, silverware and trays. Nothing polished, nothing refined. It felt like home. Over time, F.A.R.M. received generous donations of matching tableware, but he knows that no matter where things come from, when you have the right people, everything fits together perfectly.

Brian knows F.A.R.M. is more than just a place to get a good meal. F.A.R.M. is family - a family that has been instrumental in helping him be a part of a community where he knows he is supported. He believes F.A.R.M. makes you a part of something bigger than yourself: a small piece making up the whole.

Written by Susan Poorman

You can help!

Make a difference today, in the lives of many, through the power of nourishing food and community fellowship



A GIFT OF

\$12 Provides one meal for a neighbor

\$120 Covers the average number of meals served daily in exchange for volunteer labor

\$240 Subsidizes the average number of meals given each day for low or no charge

\$600 Covers the basic cost of operations for one day

Your donations matter!

To learn more about FARM Cafe, visit www.farmcafe.org



Donations to FARM Cafe, INC, a tax exempt corporation under section 501(c)(3) of the Internal Revenue Code, are tax deductible to the extent allowed by law. Tax ID 45-1272884

Fun Food Fact



Did you know sweetpotato is one word?!? It's true! Look it up on the NC Sweet Potato Commission website! Fascinating. Turns out, North Carolina is the number one sweetpotato producing state! Sweetpotoes come in orange, white, and purple and are great sources of vitamin A, potassium, AND complex carbohydrates! Filled with fiber and antioxidants, you can find sweetpotatoes in soups, enchiladas, Tikka Masala, or as a side at F.A.R.M. Cafe. Be on the lookout for some West African Peanut Soup in the coming weeks where you can get your fix of these nutrient dense veggies.

Now Booking for Summer!

Any Individual, Business, or Organization can

Buy Boone Lunch

11 -2 pm

F.A.R.M. Cafe

617 W King St. Boone NC
28607

\$600 Suggested Donation

- Cover the cost of the meal and operations for one day
- Subsidize donations for those in need of low or no cost meals
- Option to bring volunteers to staff the event

Contact Renee Boughman at renee@farmcafe.org for more information or to schedule your Buy Boone Lunch event!

Sponsor. Volunteer. Dine

[Click Here to Donate. Every Bit Helps.](#)

[Visit Our Website](#)

| [Update your preferences](#)

| [Unsubscribe](#)

Our Mailing Address:

617 W King St. Boone NC, 28607

Copyright 2026, FARM Cafe

FARM Cafe is a 501(c)(3) nonprofit. All donations in compliance with IRS Code 170 are tax deductible.

TAX ID 45-1272884

Written by Giovanna Dubuc and Elena Dalton

