

## Meet the Farmer

**Tamryn Coots**

**Cooterville Farms**

Garner, NC

919-345-1162

tamrynnc@gmail.com

Farmer Tamryn Coots moved to North Carolina in high school to and attended Cary High School and later North Carolina State University. Once her education was completed, Tamryn worked for several years as a veterinary technician. After some health issues, Tamryn decided she wanted to eat healthier and know where her food came from. With her background, it was a logical move to start farming. In 2011, she started farming full time.

### What's Growing?

Farmer Tamryn grows a variety of vegetables available from April-November. The produce items listed below are available in season: cucumbers, yellow squash, heirloom tomatoes, sweet potatoes, collard greens, Swiss chard, green beans, new potatoes, kale, super snap peas, chowder peas, zucchini, hot peppers, green peppers, loofahs, lettuce and eggs.

Cooterville Farms is also the home to cows, pigs, goats, and all types of chickens and domesticated birds.

### Buying from Cooterville Farms

Deliveries are possible on Mondays and Tuesdays in the Garner and South Raleigh areas. Minimum weekly order is \$50-\$75 per delivery.

Tamryn also sells her products at The Saturday Market at Rebus Works and the Zebulon Farm Fresh Market in Zebulon.



Cooterville Farms



Local Sustainable Natural Nourishment.



# Farm to Child Care

YUMMY, FRESH, HEALTHY...NC FRUITS AND VEGETABLES!