



# Tammy Bednar TL Country Heirlooms

## Mountain-Grown Products at the Peak of Freshness

Everyone has a story. For Tammy Bednar, the tale involves a cross-country journey to return to a simpler place and time. Tammy and her younger sister, Lauri, grew up on the front range of the Colorado Rockies. They spent summers high in the mountains, helping in their grandparents' garden and enjoying life in their small town of about 300 residents.

By 2013, the sisters were living together again and deciding how they would like to spend their retirement. While looking for farms online, they found a prospect in Troutdale, Virginia (Grayson County). Each took a week off from work to go check out the property. They liked what they saw so much that they decided to make the purchase before they even got back home. Both felt the scenic Appalachian farm and the small town life they once knew and loved drawing them to Southwest Virginia.

The sisters began selling produce at the Independence Farmers Market and learned about NRCS through other vendors. Tammy invited Galax District Conservationist Jeb Minarik to her farm in 2014 to discuss options for extending her growing season. With Minarik's help, she was able to obtain funding for a seasonal high tunnel.

Now in their second full season at the market, Tammy and her sister are known for their low cost, high-quality heirloom products and soaps. They have woven themselves into a tight-knit community where people help one another, and want their goods accessible to all. Though retirement is still a few years away, they look forward to seeing how the next chapter of their lives unfolds.



### Farm Products

- Eggs
- Heirloom Veggies
  - Fingerling and assorted potatoes;
  - Beans;
  - Tomatoes;
  - Okra;
  - Sweet peas;
  - Zucchini;
  - Cucumber; and
  - Sweet potatoes
- Heirloom Apples
- Heirloom Grapes

### Installed Practices

- Seasonal High Tunnel for Crops