We want to connect you with the freshest, healthiest, best-tasting foods in the Upstate so you can feel good about where food comes from and where your money goes.

Our Farm to Fork maps make it easy for you to search for the best food, fun, and values around, making the local choice the easy one!

Foodies, prepare your palates for a taste of the Upstate. If you're looking for healthy, delicious dining options, local restaurants are your answer. By partnering with regional farmers, local restaurants support the regional economy while providing you with the freshest, tastiest meals available. Don't think that dining local means you're limited to collard greens and peaches; Upstate restaurants are serving everything from veggie bowls and small-batch brews to locally raised burgers and exquisite desserts. Find dozens of options for a family-friendly dinner, a romantic date night, or a drink with friends.

Each market is unique: some are indoors, some are outdoors, and the products sold vary by location and season. In the Upstate, farmers markets often feature local and seasonal fruits, vegetables, meats, artisan crafts and other goods (jams, jellies, salsas, and more) grown or made by the people of Upstate SC. Most often, local farm owners are on-site with their products, so you can learn more about what you're purchasing, where it came from, and how it was grown. You'll also save money by reducing transport, storage, and refrigeration costs, making your deals even sweeter. Find a farmers market near you and bring the freshest goods to your kitchen today.

Visit us on Wellborn Street just off the Swamp Rabbit Trail and connect with us on Facebook at www.facebook.com/feedandseedsc.