RESTAURANTS
MARKETS

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.

At Feed & Seed, we believe in local provisions for all. That means we are on a mission to grow opportunity for producers and consumers of fresh edible goods in Upstate South Carolina. We connect our community, resources and tables. Building our local food system means thriving businesses for producers, delicious healthy food for consumers, and a stronger local economy for all. That's what the people of Upstate South Carolina deserve.

To connect you with the local food system, we made this cool series of maps: Farms, Restaurants and Markets. Each has special themed tours to help connect everyone in the Upstate —whether you are a lifelong local or weekend visitor-to local foods and the people who produce them. Check out our latest endeavor: the Feed & Seed Food Hub, where you can purchase local seasonal foods in our market or enjoy a fresh meal at our locally sourced cafe.

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

Lace up your boots for a trip to the farm. While every farm is different, the stops on this map will help you find places to pick-your-own produce, interact with livestock, and even take a hayride. Many farms also host seasonal events, such as corn mazes, pumpkin patches, and music festivals.

Learn about local crops, farm animals and the people of the Upstate's long-standing family farms during your group excursions, class field trips, and family outings. Use this map to plan a trip and see them all!
Learn more about the FEED & SEED initiative and their impact on the South Carolina Upstate Community.