



Fork Fungi and Gardens

Fork Fungi and Gardens is owned and operated by Adam and Amanda Lowder on Fork Rd. in Norwood, NC. Adam has a Masters' Degree in horticulture from NCSU and comes from a family with strong agricultural roots. Adam and Amanda participated in a shiitake mushroom grower workshop offered by NC Cooperative Extension and NCA&T State University in Anson County in February 2012.. They began their farm operation in March 2012 with log preparation and inoculation of the mushroom spawn. The incubation time is approximately 6-18 months. Stanly County's warm, humid climate is conducive to growing mushrooms. The Lowder's harvested their first mushrooms in the Spring of 2013. Their second harvest in the Fall of 2013 yielded approximately 75 pounds of fresh, local shiitake mushrooms. Their recent harvest sold in just a day to repeat customers. The Fork Fungi and Gardens markets their mushrooms to local restaurants, local produce outlets, the Stanly County Farmers' Market and on-farm sales through friends and family.

