

Mountain Sun Farm



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Mountain Sun Farm is a certified organic fruit and vegetable farm located on Lookout Mountain in Mentone, Alabama. It was established in 2017 when we moved our previous farm business (Southern Foothills Farm) after 3 years on leased land to purchased land.

As of winter 2021, we have about acres in production. The farm has ideal sandy loam and loam soils, and is at the headwaters of Little River in one of Alabama's cleanest watersheds. Sitting atop Lookout Mountain, our crops enjoy a slightly cooler and breezier climate at 1650' elevation.

Our farming methods prioritize ecological diversity and improving soil quality through intensive cover cropping, crop rotation, natural fertilizers, promoting beneficial insects, trap cropping, and only using natural pesticides that are not synthetic, not persistent, and do not have unpreventable high toxicity to non-target organisms. We use applications of beneficial soil bacteria/fungi/nematodes, plant extracts, and minerals to control plant pests and disease. We do not use any herbicides, we instead use mechanical cultivation and cover cropping for weed control. Aside from strawberries, we don't use plastic mulch on our farm.

We both graduated from Auburn University's College of Agriculture in pursuit of our long-held goal to work in organic agriculture. Liz's background is in fruit and vegetable production - she worked and learned with two of the most successful and established organic farms in our area: Randle Farms and Jenny Jack Farm. Brian's background is in environmental chemistry/microbiology - he's glad to now apply science with bare hands in the field outside of a laboratory.

The farm and farm business (and farm debts) are owned by Liz and Brian. 2022 is our 8th season farming full-time as self-employed farmers with no off-farm jobs.

You can enjoy our produce by joining our CSA or visiting Birdsong Farmer's Market in downtown Birmingham.

We also sell to Whole Foods Market in Birmingham and Chattanooga.

For more details, please visit <https://www.bleu7.com/detail/mountain-sun-farm-mentone-83>
