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Saturday, May 2
5 Porch Farm, Spring Hill

2026 Creek Dinner
Friday, July 24 and Saturday, July 25
Hachland Hill, Joelton



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NASHVILLE

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SUBSCRIPTIONS
Edible Nashville is published quarterly,
4 times per year, by JGM, LLC.
Subscriptions are \$36.
Subscribe online at ediblenashville.com

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FROM THE EDITOR

The steak, not just the sizzle.

At two recent restaurant visits, we were seated by young women who were very busy taking photos of their food with their phones equipped with light gizmos that, frankly, were a bit of a nuisance. In our digital world, sadly, Instagram scrolls trump real experiences.

It is my hope with this magazine that our stories slow you down just enough to savor the joys and surprises we discover along the way. More often than not, it's the people we meet. Sometimes we want a quiet retreat from the world, but typically when exploring, we're curious. About the place. The people. And of course, the food. So we ask questions. And talk. And taste. A lot.

We talked a lot to the staff at the charming and gorgeous McLeMore Resort on Lookout Mountain, just over two hours from Nashville. Gorgeous views, yes, but the people made the place. Our server, Carrie, at Auld Alliance, loves mixology, and before the end of the night, we were tasting two shrubs she had brewing in the back. We also met Chef Landas Richards, who couldn't wait to serve us as he was trying out for the executive chef position at The Creag, the beautiful restaurant perched atop the golf course on the mountain. The blue cornbread was life-changing.

Closer to home, we met Chef Son at the newly opened Eleven11, who served the food himself at the tiny 11-seat restaurant, where he told us about his desire to make it like neighborhood restaurants in New York. The staff at the Chloe, a new boutique hotel in Hillsboro Village, was still buzzing about hosting the neighborhood during the ice storm, which proved to be a wonderful way to meet their neighbors and seal their place as a community spot.

With the loss of family farms at an all-time high, and everything that goes with that, we're in awe of those that are not just surviving, but thriving. Such is the Hancock Family Farm, in Springfield, Tenn. They are a fifth-generation farm growing everything from strawberries and peaches to tomatoes and corn. Take a drive out to their country store, an hour north, or visit their market at the Nashville Farmers Market downtown.

In this digital age, much of what we consume, being through Instagram or TikTok, is a myth of what something is—the flashy photos, the soundbite, the sizzle without the steak.

If you want community, you have to work at it. Explore. Wander. Taste. Share. And most of all...talk. That way you'll get the steak and not just the sizzle.

Enjoy the issue. And talk to us. We love comments.

Editor and Founder,

Jill Melton

Cover photo: Fresh Strawberry Trifle by Pastry Chef Kate Sigel at 1Kitchen.

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AMUSE BOUCHE

(e, mooz'booSH) – starters to entertain the mouth and mind



Stracciatella (*inside*)

Bye bye, burrata. Welcome, stracciatella . Derived from an Italian word meaning “to shred,” stracciatella is made by tearing fresh mozzarella into shreds and mixing with cream to form the soft, rich filling that is found inside burrata cheese. It can be used interchangeably with burrata.



What is Nuac Cham? (nook-chum)

This staple Vietnamese dipping sauce is bright and fresh, and one we use for everything from spring rolls and meatballs to seafood and salads.

We're obsessed.

3 cloves minced garlic + 3 tablespoons fish sauce + 2 tablespoons lime juice + 1 teaspoon chili garlic sauce + 2 tablespoons sugar + ½ cup water. Combine and enjoy.

Farm to Front Porch

Can't commit to a CSA this year? No worries. Una Acre Farm in Neely's Bend will deliver seasonal vegetables, flowers and herbs straight to your door on Saturdays through their à la carte “farm to front porch” menu. The flowers are particularly gorgeous. Delivery to Madison, Old Hickory, Inglewood and East Nashville. unaacrefarm.com



Celebrate Lao New Year 5/23-25

Get ready for sticky rice, papaya salad and larb this Memorial Day weekend at one of the largest Lao New Year festivals in the U.S., held at Wat Lao Buddharam in Murfreesboro.



Two Nashville Originals, One Commemorative Brew

Turnip Truck and Walker Brothers have partnered on a limited edition kombucha celebrating the store's 25 years of community, craft and local roots. **Hooray!**

Beans Creek Winery

We love a li'l roadtrip, and here's a fun combo. Take a hike in Savage Gulf State Park, then on your way home (via I-24), stop at Beans Creek Winery to cool off with some cool Tenn. wines.

[@beanscreekwinery](https://www.instagram.com/beanscreekwinery)



SPREAD MARKET & LARDER

It's picnic season. And this charming store nestled on a corner in Germantown is just the place to pick up everything you need. Homemade breads, marinated olives, spreads, herb cheese, wine, beer and sandwiches are all available and perfect for your moveable feast. Owned by locals Chad and Alex Kelly. 1330 5th Ave. North. [@spreadmarket](https://www.instagram.com/spreadmarket)

The Olive Roasted Red Pepper Parmesan Sourdough loaf from Spread Market

A ROOM OF ONE'S OWN

Art, books and curiosities mingle in this magical she-shed by photographer, stylist and proprietor of Andiamo Lodge, Colleen Duffley.



*Have a shed or li'l getaway space
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GARDENING

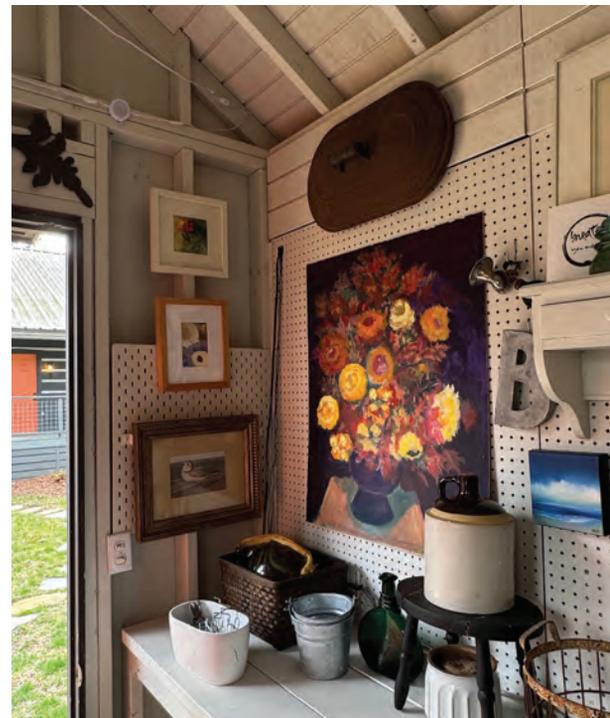


This Potting Shed began as a dream—a small, sunlit space tucked into the garden. But as dreams often do, it gathered life (and a few treasures) of its own. Over time, it became a catch-all for garden tools, curiosities and the little things I collect—my husband jokingly calls me a hoarder, but I use every piece, scattered throughout the lodge and our home.

Too charming to remain “just a shed,” it has now transformed into a secret corner of creativity and calm. Guests can wander in, pluck a book or magazine from the shelves, and stretch out in the hammock with the gentle rustle of leaves overhead. Or, they can explore the art supplies tucked inside, dabbling in color, texture and imagination. There’s even an old printmaker’s set and a stamp pad, waiting to inspire little bursts of creativity during a stay.

The Potting Shed is no longer just a space—it’s a small, magical world that beckons your curiosity. Next time you visit Andiamo Lodge, peek inside...and let yourself be surprised. ✕

Andiamo Lodge
Mentone, Ala.
@andiamolodge



Left: Part of an old bird cage makes a new bulletin board. Middle and Right: Pegboard allows tools and art to hang side by side.

WHERE WE'RE EATING NOW

By JILL MELTON, CARRINGTON FOX, SARAH WILSON, OLIVIA ESCUDE AND ROBYN SINGER



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Sarah Wilson
Contributor



Olivia Escude
Contributor



Guest Columnist
Robyn Singer
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The Chloe

Sushi-San, 12 South [@therealsushisan](#)

Coming in hot from Chicago, Sushi-San is bringing fun energy and culinary chops. With a lively atmosphere, hip-hop soundtrack and even a walk-up soft-serve window, this sushi spot is as fun as it is delicious. Behind the playful vibes is a commitment to quality, with fish flown in through a direct partnership with the Yamasaki family at Tokyo's Toyosu Market. The restaurant also boasts one of the largest Japanese whisky selections in the country, featuring more than 180 bottles. On a recent visit with friends, highlights included beautifully curated sashimi sets,

bluefin chili ponzu with watermelon and chili crunch, tuna crispy rice, and specialty nigiri like Hokkaido scallop with nori-infused French butter and lime zest. Even the yuzu tomato with fried shallots proved unexpectedly delightful. —RS

Junior, East Nashville [@junior_nashville](#)

From Chef Philip Krajeck of Rolf and Daughters and Folk comes Junior, an intimate and unassuming gem tucked inside the former Piggly Wiggly off Dickerson Pike. Sure, rideshare drivers may mistakenly drop you near the neighboring liquor store, but once you

step inside, you'll quickly realize you've found something special. Describing itself as modern American with French and Basque influences, Junior seats just 50 guests, creating a lively atmosphere where conversations between strangers at the bar feel inevitable. It was recently named one of USA Today's restaurants of the year, landing on the list of top places to eat in America. Order generously. The tagliatelle with lamb ragu, dry-aged angus and Wagyu beef cuts (with off-the-menu fries and escargot aioli), and the decadent chocolate soufflé are all standouts: thoughtful, indulgent, and quietly exceptional. —RS

Charmers, Germantown [@charmernashville](#)

From the team behind East Nashville's Peninsula comes Charmers, a riverfront bar above the Cumberland River in Neuhoff District, which rewards explorers. Spotting the neon sign on your first try feels like a small victory, but once inside, you're welcomed with inventive cocktails, killer views and one of the city's best burgers paired with craveable salt-and-vinegar curly fries. Do not skip the housemade horseradish sauce for dipping: It's a game changer. Unpretentious and quickly becoming a beloved local hangout, Charmers leans into a playful *Star Wars* cantina aesthetic and features a riverfront patio that invites lingering. Equal parts neighborhood bar and destination, it's a refreshing and much-needed addition to the waterfront dining scene. —RS

Prime + Proper, Downtown [@primeandproperrestaurants](#)

Located inside Grand Hyatt Nashville at Nashville Yards, Prime + Proper Steakhouse brings Detroit luxury dining

to Music City as the brand's first location outside its hometown. The service is impeccable with a legion of waiters parading to the table. The space—in the former home of Sean Brock's Bar Continental—has been totally reimaged, featuring the city's largest restaurant dry-aging facility, where premium cuts are butchered and aged on site in striking display cases. Guests can choose from USDA Prime beef, rare cuts such as Australian and Japanese Wagyu, pristine seafood and indulgent offerings such as a trio of caviar. Wood-fired scallops, colossal prawns, chilled shellfish towers and pristine daily catches, along with playful selections like crab beignets and chicken-fried lobster, showcase a seafood program that rivals the steakhouse's beef offerings. Members of the exclusive Knife Society enjoy access to rare selections and personalized service. —RS

Eleven 11, East Nashville
@eleven11nashville

"I wanted this place to be reminiscent of the small neighborhood restaurants in New York City," Chef Son Pham (originally of Catbird Seat) said warmly as we sat down at the intimate counter for 11. Indeed it is. (And a bit sneaky to find, with a small door between Fancypants and FLWR in the old Piggly Wiggly off Dickerson). Seated at the counter, just feet from the kitchen, we watched the chef fan flames of a small Japanese grill for the 65-day aged ribeye and piped a beautiful foam onto savory shrimp toast



Elliston Place Soda Shop

with milk bread. With a small menu of Vietnamese-inspired dishes (nine, to be exact), we tried most of them. Sea scallop in blood orange ponzu was fresh and bright. Whole fried redfish in a bright pool of nuoc cham is petite and perfect for leisurely noshing as you pick fish off the bone. Don't skip dessert. Ginger ice cream with tofu, caramel and shortbread was light, cold and perfect. The adjacent bar, which they call a discotheque, is open to 2 a.m. and super vibey. We'll be back for drinks and dancing, for sure. —JM

Moto Moda, Wedgwood Houston
@motomodashop

A motorcycle-themed pizza joint is not where we would typically gravitate, but this painstakingly rehabbed warehouse with beautiful vintage bikes and great natural light is a gorgeous destination behind the original Dozen location. Owner Jimmy Connor has been in the apparel and bike business for years and decided to add pizza to it, bringing in Wes Scoggins, aka "the Jewish cowboy chef," to wrangle thick slabs of sourdough fermented focaccia and New York-style pies. Dare we say, it's a perfect place for boys, young and old. —JM

The Sicilian Butcher,
 Wedgwood Houston
@thesicilianbutcher

Have a hankering for old-fashioned, big, Italian American food with rich red sauce, meatballs, clam sauce, pizza and pasta? This is your spot. Started in Texas by Chef Joey to honor his master chef father, Tomaso Maggiore, this spot in Wedgwood Houston is as big as we

imagine Chef Joey, whose photos adorn the walls alongside snapshots of his father. Grilled bread and Sicilian olives and artichoke hearts started us off with a bang. From there, we only made a small dent in the menu, tasting charred octopus, Sicilian meatballs and arancini. All were fantastic. The menu is vast, and we'll be back to try the signature dishes including rigatoni, lasagna and three-meat fazzoletti. But we'll need to take a walk first. —JM

Leche de Tigre, Smyrna
@lechedetigre615

A Peruvian friend recommended this café as the best place to get ceviche and leche de tigre, or "tiger's milk," the classic Peruvian dish of fish in a bright marinade of lime juice, peppers and vegetables. On an uncharacteristically hot Friday in March, we were craving ceviche, and since we were in Lent, it had to be fish. My friend was not wrong. We settled in with a cold mango fresca and ordered leche de tigre: think white gazpacho served in a giant parfait glass with a spoon. It consists of a beautiful creamy broth (although it contains no dairy) and chunks of sweet potato, fish, shrimp and red onion throughout. Refreshing and rich at the same time. Chaufa (Peruvian fried rice) was a perfect combination of savory rice with shrimp, barbecued mussels, bass and calamari. We started with the fried yuca (think French fries) served with the best chunky, fresh, mayo-based dipping sauce. Chef-owner Roberto was excited to greet a new customer and tell us about his culinary journey and the restaurant. There is a second location in The Wash on Gallatin Pike in East Nashville. —JM



Eleven 11

The Countrypolitan, *Downtown*
@countrypolitannashville

My dog and I enjoyed every meal we ate in the farm-to-table-themed restaurant in the historic bank that now houses a hotel, aka Hotel Indigo. Thanks to Winter Storm Fern, we had the opportunity to sample pretty much the entire menu over the better part of an icy week downtown. Pan-seared Bucksnort trout, blueberry-and-wine short ribs, pork ribeye with romesco, grits and broccolini and a burger with pimento cheese and bacon on brioche eased the stress of so much weather-induced dislocation. Come to think of it, those evenings with fellow storm stayercationers listening to live music—including a particularly timely, grateful rendition of “Wichita Lineman”—rank among the most Nashville nights my dog and I have ever known. —CF

The Bread Basket, *Signal Mountain, Tenn.*
@thebreadbasket423

Signal Mountain, Tenn., just west of Chattanooga, has been home to this family-owned bakery since 1989. Son Anson now carries on the family business started by his parents, Marie and Charlie. My own family goes every chance we get. The cream cheese muffins are impossibly tender. The cinnamon apple bread is the loaf you bring home “for the family” and then quietly slice into again after dinner. Their sourdough rises for two full days, and it shows in that chewy, tangy bite. Everything is handmade. For me, it’s

Elliston Place Soda Shop, *Midtown*
@epsodashop

This vintage soda shop, in Nashville since 1939, still has its chops (and some of its servers). On a recent Sunday, while on a pancake hunt, we came up short at many places—with waits or only waffles—and ended up at this classic. Just coming off a big crowd, our breakfast of a cheese omelet, pancakes, biscuits and cheese grits was delivered in record time, from some of the nicest servers (all Vandy students) ever. No fancy bottomless mimosas here, just solid Southern food. —JM

The Chloe, *Hillsboro Village*
@thechloenashville

What a surprise this is. A 20-room boutique hotel that bridges two bungalows with a light-filled, cozy restaurant and bar. The place exudes warmth and comfort the minute you walk through the comfy, couch-lined lounge through the bar to the restaurant. It’s a much-needed addition to what was a local neighborhood now occupied by mainly chain restaurants. Springing from their sister hotel in New Orleans, the Sazerac is perfect, as are the French Creole touches on the menu. A puddle of romesco holds charred broccoli and cauliflower with mint, and red snapper is served atop a court bouillon with rice, shrimp and oysters. We might just suggest some bread (French, of course) to sop

up all the yummy sauces. Be sure to save room for apple beignets for dessert. —JM

Big Bob Gibson’s Bar-B-Q, *Decatur, Ala.*
@bigbobgibsonbbq

When the sandhill cranes returned to Wheeler National Wildlife Refuge in Decatur, Alabama, this winter, we made a pilgrimage to view the graceful birds at their seasonal home along wetlands of the Tennessee River. Sights and sounds of the mass migration exceed all expectations, if you’ve never been there. Same could be said of smoked meats and signature white sauce at Big Bob Gibson’s just down the road. The century-old barbecue enterprise served a Sunday lunch that was worthy of our field trip across state lines and left us marveling about coconut pie, brisket and smoked chicken on the plate, as well as majestic murmurations of migratory birds on the wing. —CF

El Palenque, *Green Hills*
@palenquenashville

I’m confident that fajitas and enchiladas are excellent at this low-key landmark, but nothing can distract me from the deep bowl of steaming chicken broth, strung with white meat, studded with rice and bobbing with cool hunks of buttery avocado. No stronger or more curative wintertime elixir is available without a prescription. Take two sips with some chips and salsa and call me in the morning. —CF



Moto Moda

their Black Magic Cake: a dark, deeply chocolate Bundt that's so moist and rich that I dream about it long after the last bite is gone. (I recently received one for my birthday and was told to slice it and freeze the slices for late-night indulgences. It lasted just a bit longer). —SW

ABA, Wedgewood Houston
@abarestaurant

Full disclosure, I was skeptical at best of this Instagram hot spot across from Pastis in construction-riddled (and parking-deprived) Wedgewood Houston. But a friend made a reservation, and we found ourselves there on a cold Monday night. Due to the temps, we were seated inside instead of on the “bumpin’” patio. Among ficus trees aplenty and evocative lighting, we sat down for a shared-plate dinner. The food was indeed good, as one would expect of a production by Lettuce Entertain You, one of Chicago’s most successful hospitality companies. We lapped up everything with the exceptionally tender, housemade pita bread. Smoky garlic hummus (one of six kinds) with preserved lemon and chili oil was terrific, as was whipped feta spread. —JM

Miss Lucille's Café, Clarksville
@misslucillescafe

Nothing stirs up an appetite like a good treasure hunt, and in Clarksville, I love to shop around at Miss Lucille’s Marketplace, a warehouse-sized wonderland of antiques, vintage finds and local boutiques. But on the rare occasion I leave the market empty-handed, I never skip a stop at the café tucked inside the market. My standing order is the Mockingbird: a blackberry-lavender latte that strikes the perfect balance between floral and fruity. The café itself blends Southern charm with a touch of industrial flair. The menu leans Southern-inspired but casts a wide net. You’ll find hearty biscuits and gravy, fluffy pancakes and a lineup of sandwiches, salads and rice bowls that make lunch just as tempting as breakfast. Over the years, Miss Lucille’s has met every craving and occasion: a warming bowl of tomato soup with grilled cheese on a chilly day, an Asian-inspired chicken rice bowl to power another round of shopping, and leisurely patio breakfasts that send my out-of-town guests home raving. It’s equal parts gathering place and indulgence. —OE



Trailhead Beer Market & Gato Peligroso Food Truck,
Knoxville @trailheadbeer
@gatopeligrosokno

Located in South Knoxville near the banks of the Tennessee River and just minutes from Ijams Nature Center, Trailhead Beer Market has been a beloved neighborhood hangout since 2015. Self-described as a little “scruffy,” this casual craft beer spot sits on the edge of the Urban Wilderness, where hikers, paddlers and cyclists drift in still flushed from the trails. Inside, the vibe is cozy and unpretentious; outside, a dog-friendly patio hums with conversation.

The curated beer selection—available for both on- and off-premise enjoyment—pairs perfectly with weekly Vinyl Night on Tuesdays and Sunday “bring your own meat” grilling. On fall Saturdays, expect a sea of orange as they stream every University of Tennessee, Knoxville football game. Board games and giant Jenga keep kids (and grown-ups) entertained long after sunset. Sometimes live music, too.

Parked in the lot, the Gato Peligroso food truck delivers bold weekly specials—think

taco of the week, soup simmered low and slow and a burger of the week. My recent salmon burger was worth the drive. Casual, welcoming and deeply community-centered, it’s Knoxville at its best. —SW

O-Ku, Germantown @okunashville

In the heart of Germantown, we ducked in after the Nashville ice storm, our cheeks still stinging from the wind, and settled into a sleek, quiet space. The sushi is pristine, clean and fresh, exactly what we craved. O-Ku specializes in upscale, contemporary Japanese cuisine. Ironically, at a sushi-heavy table, my favorite bite was duck skewers: tender, savory and rich with flavor. Still, every dish we sampled felt intentional and polished. Cocktails were equally lovely—balanced, aromatic and beautifully presented. I always go for something with gin.

The only drawback? The paid parking lot nearby isn’t validated by the surrounding businesses, which takes a little shine off the experience. Even so, O-Ku delivers an elevated, memorable meal—one that warms you from the inside out, no matter the weather. —SW



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VINTAGE FARM KITCHEN

Architectural salvage, resourcefulness and a lot of chutzpah create the soul of a vintage kitchen at 5 Porch Farm.

Words JILL MELTON | Photos KACIE CHAMBERS

When farmer Justine Moreau began cultivating 39 acres in Spring Hill, Tenn., in 2023, she knew that the farm kitchen would be an important element of her agricultural enterprise. The barn is new construction, completed in 2025. However, the thoughtful design and use of architectural salvage make the structure feel and look like it is over one hundred years old.

And while she tried to source “made in the U.S.” products whenever possible, that didn’t stop her from painting and designing it in yellow (Behr Sunflower Seed) and green (Benjamin Moore Emerald Isle) colors inspired by Monet’s dining room in Giverny, France. “Yellow and green are also quintessential farm colors: John Deere tractors, corn fields, etc.,” Justine notes.

The kitchen anchors the rear of the spacious barn that is designed to accommodate a variety of events. “The farm kitchen is a working kitchen—canning, freezing, slaughtering, catering—and I wanted a memorable, fun room that feels like a warm hug in the winter,” Justine says.

The majority of the kitchen is architectural salvage from the 1880s to the 1930s. Ceiling tin covers one wall, and the trim around windows and doors, including rosette blocks on the upper corners and plinth blocks at the bottom corners, was salvaged from a late-1800s farmhouse in southern Illinois.



One of the green hutches was “for free” on the side of the road in College Grove. It needed some work, but it was in decent shape. The other hutch is one half of a butler’s pantry sourced from Front Street Antiques in Memphis.

“I bought the island from a young man who makes custom work benches in Berry Hill. It is 8 feet by 3 feet and on casters, so it easily rolls into the barn’s main room, as needed,” Justine says, adding that she chose stainless steel for countertops because it is so easy to clean.

The scalloped brackets on the shelves and island came from the charming front porch of a house built in 1890 in Eagleville, Tenn. Meanwhile, the rest of said charming porch makes up one of the five porches at 5 Porch Farm, giving vintage materials a new life while adding a hint of history to the present. ✕

5 Porch Farm
Spring Hill, Tenn.
@5porchfarm





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AT NOSSI COLLEGE OF ART & DESIGN education extends far beyond the classroom. Through an ongoing partnership with the Nashville Farmers Market, Nossi Culinary Arts students take part in the market's monthly events such as the Strawberry Festival, Tomato Festival, and Watermelon Festival, bringing seasonal ingredients and creative energy directly to the community. The experience is intentionally hands-on and public-facing, building confidence in teamwork and communication in a real-world environment.

At Nossi, culinary education is immersive and career-focused. Small class sizes, direct mentorship from working chefs, and opportunities like the Nashville Farmers Market events ensure that students graduate prepared to lead in kitchens, restaurants, catering operations, and food media.

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EAT, PAINT, LOVE

Franklin artist Kate Lewis imagines Italy in *The Italian Summer Kitchen*. With these recipes, you can too.

Words **CARRINGTON FOX** | Photos **TERESA BLACKBURN** | Illustrations **KATE LEWIS**



While Franklin resident and artist Kate Lewis doesn't fancy herself much of a cook, she spent the better part of two and a half years working on a cookbook, *The Italian Summer Kitchen: Timeless Recipes for La Dolce Vita* by Chef Cathy Whims.

According to Whims, "These pages all take their inspiration from that 'la dolce vita' vibe that characterizes the spirit of Italy in the summer." She describes the season's slowing down, appreciation of the table and putting aside familiar routines in favor of al fresco dining. She writes, "There's almost a sense of romanticism to how Italians approach summer, which is why each recipe in this book is illustrated with dreamy watercolors."

The more than 80 watercolors in Lewis' signature unfussy style mirror Whims' equally unfussy recipes. Approximately half of the illustrations are devoted to

"When blessed with a prolific zucchini plant, don't fret that you're running out of ideas to use them up. Just pick them young and eat them raw in super-easy, super-fresh salads. Raw zucchini soaks up flavors like a champ."

—Cathy Whims

landscapes—lots of beach umbrellas and olive groves to inspire picnics and al fresco dining. The remaining artworks celebrate ingredients and dishes—lots of fresh vegetables and seafoods tangled into pasta and risotto, alongside rustic breads. And so much *zucca*, also known as zucchini, whose blossoms Whims describes as "jubilant, sunshiny."

The bright illustrations are whimsical companions to the recipes, vibrant Mediterranean dishes that key on simple, fresh ingredients. Whims' debut cookbook is a travelogue of markets, restaurants, home cooks and dishes from around Italy, where Whims often travels and hosts culinary tours when not at her Italian restaurant Nostrana in Portland.

Here are a couple of "zucca" recipes excerpted from the book, perfect for the young, tender squash coming into season in Tennessee soon. Add a bright, herb-infused chicken that will be the workhorse recipe of your summer and you're living "la dolce vita." ✕



Recipes excerpted from *The Italian Summer Kitchen: Timeless Recipes for La Dolce Vita*, by Cathy Whims, Countryman Press, 2025



ZUCCHINI CARPACCIO WITH TOMATO VINAIGRETTE

Tomato Vinaigrette

- ¼ cup tomato paste
- 1 cup extra-virgin olive oil
- 1 garlic clove, minced
- ¼ cup red wine vinegar (see Note)
- ¼ cup finely grated Parmigiano-Reggiano
- ¾ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon dried Sicilian oregano

Zucchini Carpaccio

- 2 medium zucchini
- 12 ounces fresh mozzarella and/or burrata, torn into pieces (optional)
- 1 cup shaved Parmigiano-Reggiano
- 1 cup loosely packed fresh basil leaves, torn
- Extra-virgin olive oil for drizzling

1. For the tomato vinaigrette, whisk together the tomato paste and ½ cup of the olive oil in a heavy-bottomed skillet or saucepan until well combined. Warm the mixture over low heat, stirring as needed to prevent sticking, for about 15 minutes, to infuse the oil with the tomato flavor. Keep the temperature low to prevent browning. Remove from the heat and let cool. Whisk together the garlic, red wine vinegar, Parmesan,

salt, pepper and oregano in a medium bowl. Whisk into the cooled tomato oil. Gradually whisk in the remaining ½ cup of olive oil. The texture will be quite thick. If you prefer a thinner consistency, whisk in a little water. Allow the vinaigrette to sit for at least an hour to allow the flavors to meld. (Makes about 1 ½ cups; will keep refrigerated for 1 week.)

2. To make the carpaccio, soak zucchini in cold water for 20 minutes to hydrate and firm up. Slice the zucchini into ¼-inch-thick disks and arrange evenly on a large plate or platter. Sprinkle with salt and pepper. Add the mozzarella (if using). Spoon or drizzle about ¼ cup of the vinaigrette over the zucchini and cheese, adding more as necessary. The ingredients should be very well dressed but not submerged. Scatter the shaved Parmesan and torn basil leaves over the platter. Drizzle with olive oil and season with salt and pepper. Serve with crusty bread to mop up all of the delicious vinaigrette.

Note: A fruity vinegar works best in this recipe. If you don't have one, add a pinch of sugar or spoonful of honey.





GRILLED VINEGAR-MARINATED CHICKEN (Pollo Alla Diavola)

Serves 4

A marinade of zingy, oregano-infused vinegar and a generous rub of fresh herbs make for the most succulent grilled chicken, while the spicy kick from red pepper flakes and the hint of char from the grill inspire this dish's devilish name. The chicken should marinate for at least an hour or two, and you'll need to make the infused vinegar at least two days ahead. Be sure to use dried oregano that hasn't been lingering at the back of your cupboard for eons.

½ cup red wine vinegar
1 tablespoon dried Sicilian oregano
½ cup extra-virgin olive oil
One 3- to 3½-pound chicken, spatchcocked, wing tips removed (see Note)
3 tablespoons chopped fresh sage
1 tablespoon finely chopped fresh rosemary leaves
1 tablespoon coarsely ground black pepper
2 teaspoons sea salt
1 teaspoon red pepper flakes (optional)
Grapeseed oil or other high-smoke point oil for grill grates

1. Combine the vinegar with the dried oregano in a small glass jar. Let steep at room temperature for at least 2 days and up to 2 weeks. When ready to use, stir in the olive oil. Set the spatchcocked chicken, skin side down, in an enameled or glass baking pan to catch the liquid. Drizzle the vinegar mixture over the chicken and rub it in. Allow to marinate 1–2 hours at room temperature or up to 6 hours in the refrigerator (if refrigerated, let sit out at room temperature for 1 hour before cooking).
2. Mix together sage, rosemary, black pepper, salt and red pepper flakes in a small bowl. Rub the mixture together with your fingers to lightly crush the herbs and release their oils. Remove the chicken from the pan and reserve the marinade for basting. Pat the chicken dry. Rub the herbs all over both sides of the chicken.
3. Prepare a grill (preferably charcoal or wood) for indirect cooking over medium heat (350–400F).

Scrub the grates clean and lightly oil with grapeseed oil. Place the chicken, skin-side down, on the cool side of the grill and cook with the lid on and the top vent half open until the skin releases easily from the grates, 15–20 minutes. Turn chicken over and baste with the reserved marinade. Continue to cook with the cover on 30–45 minutes more, basting with the marinade every 15–20 minutes, until a thermometer inserted in the thickest part of the breast registers at 140 and the thighs register 155.

4. Transfer chicken to a cutting board and tent with foil. Allow to rest for at least 15 minutes before carving to allow the meat time to reabsorb the juices (discard any remaining marinade). Cut the hindquarters from the chicken and separate the legs and thighs. Cut the two breast halves off the bone and cut each in half. Arrange the chicken on a platter, pour any accumulated juices over the top and serve.

Note: To spatchcock a chicken, place it breast-side down, on a cutting board, and use poultry shears to cut along each side of the backbone to remove it. Turn the chicken over and press firmly on the breastbone with the heel of your hand until it cracks and allows the bird to slightly flatten. Tuck the wing tips behind the breast or remove completely to keep them from charring.

SUMMER ZUCCHINI RISOTTO

Serves 4

Early-summer zucchini has a delicate, sweet flavor and firm texture that's wonderful in so many dishes. To celebrate its mild, vegetal sweetness, I love making risotto with it as a base and using water instead of broth so its flavor can shine. Other mild but high-quality ingredients complement it well, such as fresh, extra-virgin olive oil, rich, European-style butter and the best Parmigiano-Reggiano you can find.

12 ounces small or medium zucchini
4 cups water, vegetable or chicken broth
3 tablespoons extra-virgin olive oil
½ cup finely chopped green onion
Sea salt
3 young garlic cloves, minced
1½ cups uncooked Carnaroli or Arborio rice
3 tablespoons white wine
¾ cup finely grated Parmigiano-Reggiano, plus more for serving
3 tablespoons unsalted butter
Freshly ground black pepper
1 batch salsa di pomodoro (or tomato salsa)
12 large fresh basil leaves, torn just before serving
Flavorful, extra-virgin olive oil for drizzling

1. Place the zucchini in a bowl of cold or icy water and soak for 20 minutes (this

will freshen and firm them). Drain, pat dry and cut into ¼-inch dice. Heat water until simmering.

2. Heat olive oil in a deep saucepan over medium heat. Add the onion, sauté until soft and translucent, about 10 minutes. Add the garlic and sauté for 2 minutes more, or until just starting to turn golden. Add the diced zucchini, season with salt and sauté until the zucchini softens and wilts slightly, about 10 minutes.
3. Add the rice and sauté until the edges become translucent, about 3 minutes (don't let it burn). Add the wine and cook until evaporated, about 1 minute. Add a ladleful of the simmering liquid and cook, stirring constantly, until absorbed. Continue to add the liquid, one ladleful at a time, stirring continuously until it has almost completely evaporated. Continue 18–20 minutes, until the rice is tender but still a little firm at the very center (*al dente*). It will continue to cook for at least 3 more minutes, so don't overcook. If you run out of the hot liquid before the rice has finished cooking, use a little more boiling water.
4. Remove the rice from the heat and add the Parmesan, butter, salt and a generous amount of pepper. Stir vigorously with a wooden spoon for 1 minute. Garnish each with a spoonful of salsa di pomodoro, a sprinkle of torn basil leaves and a drizzle of your best extra-virgin olive oil. Pass more grated Parmesan at the table.

The Everlasting Bottle

I keep a bottle in the fridge that I continuously top off with leftover white wine, sparkly Prosecco or fruity rosé, so I always have a smidge at the ready for cooking. The everlasting bottle isn't a new idea—I think I got it from an old cookbook about what popes eat—but it's brilliant nonetheless.

—Cathy Whims





SALSA DI POMODORO



This tomato salsa is perfect on just about anything: this risotto, bruschetta, sandwiches or served with beef.

- 2 medium heirloom tomatoes, finely chopped
- 1 garlic clove, minced
- 6 large basil leaves, torn
- ¼ cup extra-virgin olive oil
- Sea salt and pepper

1. Combine all ingredients in a bowl. Marinate for 10 minutes before serving.



PEAKS & VALLEYS

Get your head in the clouds at this mountaintop lodge
three hours south of Nashville.

Words **JILL MELTON** | Photos **COURTESY OF MCLEMORE RESORT**





Just over two hours from Nashville, down I-24, McLemore Resort perches atop Lookout Mountain, in Rising Fawn, Ga. It's home to Cloudland, a luxury mountain lodge, multiple dining options, two golf courses, homes and a welcoming community eager to share the history of the valley below.

The Lodge

When we pulled up to Cloudland on a frigid January day, what looked like a high school baseball team of happy, rosy-cheeked young men rushed out to greet us. And that was just the beginning of the hospitality of the lodge and its staff, many of whom live in Chattanooga and “down the road on the mountain.”

McLemore Resort takes its name from John McLemore, whose family has roots dating back to the early 18th century. The story starts when his father, Charles McLemore, moved from Scotland to a cove below Lookout Mountain. Charles married a Cherokee woman named Quatsy Wolf, and they had two boys, launching a tradition of embracing different cultures and living in harmony. And that culture is celebrated throughout the lodge, where beams and floors of local spruce, chimneys of stone from a local quarry (now named McLemore Stone), and art by Chattanooga photographer Kim Hubbard honor the region's homegrown resources.

But nothing represents the mountain and valley below more than the staff, a conglomeration of young and old who found the mountain and embrace its warmth and ways. In an impersonal world of phones, screen and digital everything, Cloudland

embraces the real: telephones in the rooms, fireplaces, books and games. Scrabble boards dot tables in a library lined with books on subjects from Annie Leibovitz to the Mayflower. The vistas are epic, as are the infinity pool and hot tub with sweeping views of the mountains.

Food

When the kingdoms of Scotland and France established the Auld Alliance against England in 1295, little did they know their pact would leave its mark on a charming mountain lodge and community, while inspiring some of the best food in Georgia (and maybe the South).

Cloudland's luxurious **Auld Alliance** restaurant aptly combines French and Scottish foodways and techniques—not a combination we run into often. The *pièce de résistance* of Chef Chris Cofino's menu is the 90-day, dry-aged ribeye, which is doused in Scotch for 10 days, dried again, then sautéed. At \$6 per ounce, the 25-ounce steak, served sliced, with a perfect salt crust and butter-tender interior, can be easily shared and generously paired with Rumbledethumps—a creamy blend of potatoes and cabbage (think Ireland's colcannon) with crunchy breadcrumbs—and spinach salad with tart apples and fennel. A chocolate dessert, layered with chocolate malt ice cream from Clumpies in Chattanooga, finished our meal, along with chocolate raspberry truffles and some potato candy the pastry chef was “fooling around with.” To cap off the sweet courses, our server, Carrie, delivered two tangy shrubs she was testing for the bar—strawberry balsamic and citrus.



Being above the clouds is not just about a physical location but also a state of mind, representing the pursuit of balance and serenity in today's busy world.



The views from The Creag are unrivaled.

Chef Landas Richards



The Creag, a comfy outpost along the links, is more than a burgers-and-fries golf course grill. A highlight of the menu of elevated comfort food arrived in a cast-iron skillet: Chef Landas Richards' blue cornbread so dark and thick it looked like a chocolate brownie and was impossible to resist when slathered with honey butter. It is a worthwhile challenge to save room for pork chop Milanese, pounded and fried to perfection and plated with grits, braised collards and bourbon-stewed apple gravy.



Chef Chris Cofino



The Creag's Blue Cornbread and Honey Butter

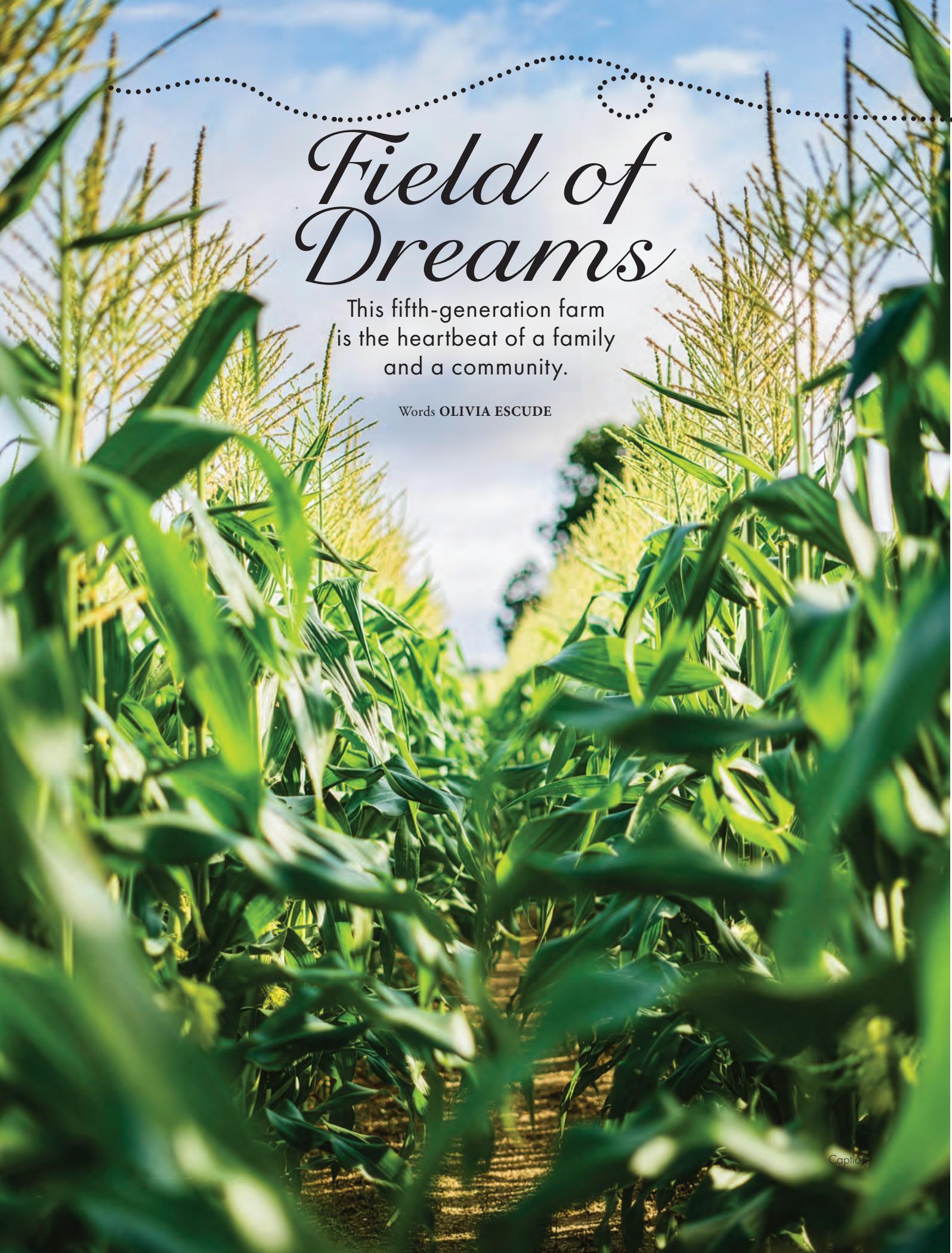
What to Do

With two championship golf courses that literally drip off the side of the mountain, getting in nine or 18 holes is a no-brainer. But hiking on the grounds and in nearby Cloudland Canyon is great as well. The infinity pool and hot tub also take advantage of the views and in January were super-inviting.

Cloudland at McLemore Resort ticks all our boxes. But don't stop there. On your way home, take the scenic route on the Lookout Mountain Parkway and explore Lookout Mountain, Ga., home to Ruby Falls, Rock City, the incline railway and more great hiking and charming homes. ✕

Cloudland at McLemore
243 Cloudland Dr.
Rising Fawn, Ga., 30738
staycloudland.com





Field of Dreams

This fifth-generation farm
is the heartbeat of a family
and a community.

Words **OLIVIA ESCUDE**



Left: Leslie "Squirrel" Hancock

Below: The Hancock Family
Back row left to right: Grace,
Reece, Lee, Matthew
Front row left to right: Kate, Jodi

The day I visited Hancock Family Farm was an overcast one in February, not one that sends you running to a farm stand for seasonal produce. As I sat in the small break room of the farm market with mom, dad, grandfather and grandson, I was struck by the gravity (and honor) of having three generations of farmers in one room. The red-roofed market was cozy and adorned with family photos and county-fair-winning artwork and ribbons from decades past. It's beloved by most everyone within the county line, as witnessed by the continually dingling chime on the front door as it opened and shut.

Open year round, stocked with fresh seasonal produce, goods from their farm and local purveyors, Hancock Family Farm Market serves as the storefront to a family-farming legacy that took root more than a century ago.

At the heart of that legacy is Matthew Hancock, who got a taste of farming as a teenager selling his freshly grown corn out of the back of his truck. Born and raised on the soil he now tends, Matthew grew up learning from both sides of his family, surrounded by community that supported the work. He can't pinpoint a single defining moment that set him on this path. "It was a lot of little things," he says. "My whole life is here, and farming just made sense."

He's quick to admit he's most at home in the fields, quietly keeping things running behind the scenes. "I like working out there, making sure everything's getting done and taken care of," he says. "I've never really felt like I fit in the city. I'd much rather be out here on the farm, doing the work."

Matthew's wife, Jodi, oversees the market and the daily rhythms that keep the farm connected to customers. Meanwhile, their four children have made their marks on the farm, as seen in details such as "Lee's candy onions," named for a son who famously snacked on onions like apples when he was young.





Matthew in the cornfield

Matthew's father, Leslie "Squirrel" Hancock, adored across Robertson County for his rugged charm and brass, squirrel-shaped belt buckle, remains an active presence on the farm, lending experience, support and plenty of personality.

"I enjoy the people as much as anything," Leslie says. "I see folks I went to school with, or someone from out of state, and before long we're swapping stories about how they got here. We might be a little nosy sometimes, but people seem to enjoy telling their story, and I sure enjoy getting to work alongside my son and my grandkids."

Matthew and Jodi's home, "the homeplace," was built by Matthew's great-grandfather in 1911 and sits at the center of the farm's peach orchards, fields and greenhouses. Nearly every part of their life and livelihood falls within a mile of these working acres: the market, their church and nearby family homes.

"When Matthew is working, we can walk outside and talk to him, and the kids are playing nearby," Jodi reflects. "I catch myself thinking sometimes about the other families here before us, Matthew's grandparents' children doing the very same thing, playing outside while their dad worked the land. It makes you feel connected to something bigger than yourself."



As spring gives way to summer, the farm enters its most vibrant season, when ruby-red strawberries swell on the stem and rows of hanging baskets spill over with blooms. Soon after, plump blackberries fill the stand, and orchard branches begin to bow under the weight of ripe, juicy peaches. And at last, the star of summer makes its farmstand debut—sweet corn, picked fresh and ready for cooking and buttering. It's a time when the farm is at its most abundant and the connection between grower and table feels especially close.

For readers looking to savor the best of Tennessee's growing season, Hancock Family Farm Market is well worth the short drive—just under 40 minutes—from the heart of Nashville. May welcomes strawberries and fresh, young greens and lettuces. June brings blackberries, peaches, Red River tomatoes and Snow White corn.

You can also find Hancock products at the Nashville Farmers Market. To stay up to date on what's in season and newly available, follow the farm on its website and social media channels.

7114 TN-49 E, Springfield, Tenn. 37172
hancockfamilyfood.com
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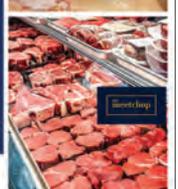
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Tennessee's Troubadour

Find the best backroad eats with Old Crow Medicine Show's Ketch Secor, the new host of *Tennessee Crossroads*.

Words **CARRINGTON FOX** | Photo **BROOKE STEVENS**



Ketch Secor

In September 2025, a new voice—something between a Southerner's drawl and fiddle's whine—welcomed viewers to an episode of *Tennessee Crossroads* on Nashville PBS. That's when Ketch Secor, two-time Grammy-winning frontman for Old Crow Medicine Show, stepped into the shoes of Joe Elmore, who hosted the program for its first 37 years.

"I feel a kinship and alignment with Joe Elmore and his vision for what this show is and what it does," Secor says. His mission? Illuminating the idiosyncrasies and innovations that define life in Tennessee. And Secor knows a lot of them. "I've been criss-crossing the state since I was very young," says the Grand Ole Opry member, a former street busker whose automobile once had Johnson City tags. As a singer-songwriter-instrumentalist, he has built his career by exploring music traditions from Memphis to Mountain City, with influences including Bessie Smith from Chattanooga, W.C. Handy from Memphis and Dolly Parton from Sevier County.

Born in New Jersey and raised in Virginia by parents who were educators, Secor attended high school at Phillips Exeter Academy in New Hampshire. In boarding school, he learned to play banjo and explored music by Bob Dylan, including a 1973 bootleg recording with the lyrical fragment "Rock Me, Momma." Teenage Secor riffed on Dylan's chorus, adding homesick verses about southbound hitchhiking. The result, "Wagon Wheel," became an Americana earworm, and Secor's sing-song itinerary "from the Cumberland Gap to Johnson City, Tennessee" became an anthem of Southern travel. So, it follows poetically that melodic storyteller Secor now takes the wheel to narrate Tennessee's beloved televised travelogue in its 39th season.



Like the best *Tennessee Crossroads* feature, Secor's path to the show starts in a low-profile landmark mom-and-pop eatery. As an advisor on Ken Burns' 16-hour Country Music documentary, Secor was traveling on the Cumberland Plateau in 2016 when he met up with public television executive Becky Magura at Ralph's Donut Shop in Cookeville. Ralph's would later appear on a 2018 Crossroads episode; Magura would later become chief executive officer of Nashville PBS and offer Secor the Crossroads position.

"Joe was a hero to so many people in Tennessee, I thought, 'I can't do Joe's show,'" Secor says of his legendary predecessor, who died in 2024. "But they convinced me that I could do it."

Since that early hesitation, things have come naturally to the new host, who can comfortably extemporize on set about minutiae of Tennessee geography. Sometimes, Secor's musical journeys and his Crossroads gig even overlap, like when he traveled to play a show in The Caverns in Grundy County and ended up producing a segment about the subterranean performance hall, which, he said, "could be the coolest music venue in the state," due to its constant 59-degree temperature. "We killed two birds with one cave," he says.

On Secor's list? The Silver Sands restaurant in Nashville where he ate meatloaf with the late singer-songwriter John Prine.

When he's not narrating highways and byways of Tennessee or sawing a fiddle on the Opry stage, the father of two works actively on the board of Episcopal School of Nashville, which he co-founded in 2016—like his educator father, the founding head of Episcopal School of Knoxville.

Upon accepting the *Tennessee Crossroads* role, Secor immediately drafted a list of 135 subjects he wanted to explore, from bald eagles at Reelfoot Lake in Obion County to hurricane-ravaged hollows of East Tennessee. Some people and places on the list Secor already knew, such as Silver Sands restaurant in Nashville, where he ate meatloaf with the late singer-songwriter John Prine, and the woodturning artisans Secor encountered as honorary chair of Tennessee Craft Week in 2020.

"People who work with the lathe and people who work in kitchens—these are all expressions of passions from deep within. Whether you are a painter or a poet or a banjo picker, we all have something that calls us to a greater act. Those expressions tell us a lot about us and about the world we inhabit," Secor says, with an audible passion for educating audiences about the talent, tastes and traditions in his state.

Meanwhile, some of the items on his 135-strong bucket list will be new to Secor, and he's looking forward to exploring them and shining a light on what it means to be a Tennessean. He says, "I really want to have that *Tennessee Crossroads* van show up to remind people in rural outposts that people in Nashville care about you and are interested in what you're doing." ✕

**Find Secor and *Tennessee Crossroads* on WNPT
wnpt.org**



BACKROAD ROAD EATS

Over 39 seasons, *Tennessee Crossroads* has compiled an itinerary of restaurants to fuel travelers from Memphis to Mountain City. Browse the Restaurants and Food category at tennesseecrossroads.org. Here's a sampling of Middle Tennessee gems:

Riverview Restaurant & Marina, Ashland City

In the aftermath of Hurricane Katrina, a pair of New Orleans transplants restored a restaurant on the Cumberland River in Ashland City, where they serve a taste of home.

Nash Family Creamery, Chapel Hill

A family from California brought their herd of dairy cows and are making cheese and ice cream at the creamery in Chapel Hill.

The Glade Diner, Mount Juliet

Fried chicken, catfish and meat-and-threes are the specialties of this hometown diner in Gladeville, Tenn.

Soda Pop Junction, Lynnville

Hamburgers, milkshakes and a country-style Sunday buffet set a nostalgic table at this old-time soda parlor in Giles County.

Silver Sands, Nashville

This popular Nashville restaurant in Buena Vista has been serving soothing soul food for decades. Catfish plate, hot water cornbread and wings with gravy are some of the favorites.

Bad Idea Brewing, Columbia

Local hops infuse the many varieties of brews at this local spot in Columbia.

Big Al's Deli, Nashville

The small joint located in a house on 4th Avenue North just north of Germantown is serving up Southern comfort food by Big Al, himself.



Cave Dwellers

Experience music in an underground cave, 90 minutes south of Nashville.

Words and Photos **JILL MELTON**



Photo by Michael Weintrob

Most concertgoers find themselves at The Caverns on summer days to see bands such as The SteelDrivers and The String Cheese Incident. But we found ourselves there on a damp, drizzly February night to see a choir: namely, the Vienna Boys' Choir.

Angelic young voices echoing against rugged cave walls were nothing short of magical. The scant crowd, mainly boomers and some millennials, quietly listened as the conductor guided the boys—some as young as 9—through Johann Strauss, Mozart and a variety of Viennese waltzes, music not typically heard in this spot known for strings.

The Caverns is located at the base of the Cumberland Plateau near Monteagle, a little over an hour south of Nashville. The ancient underground cave system and its natural acoustics have been hosting concerts since 2018. The grounds are quite extensive and include an amphitheater, campgrounds and a yurt village, where we stayed. The famous Fiery Gizzard Trail is minutes from the grounds, as are the Great Stone Door trail and Sewanee, home of University of the South.



The Vienna Boys Choir takes a break at their Caverns appearance in February



Given the season, we were only one of three couples staying in the yurts. Our quarters were quiet and comfortable, with a deck, king-size bed, air conditioning and heat, and a bathroom with a shower bigger than mine at home. After settling in with a glass of wine (or two), we took the half-mile meandering path from the yurt village to the concert at the underground caverns, where a revolving roster of food trucks provides dinner and drinks. Try the Caverns Limestone Lager, made with spring water from the property. ✕

The Caverns
555 Charlie Roberts Road, Pelham, Tenn.
thecaverns.com

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In a world that often prioritizes speed over substance, there remains proof that good things, and excellent taste, take time. D.O. Cava and Jamón ConsorcioSerrano are two such treasures, each representing a unique blend of Spanish tradition and authenticity, guaranteed by seals that signify uncompromising quality.

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Similarly, the ConsorcioSerrano seal on Jamón Serrano is your assurance of exceptional quality. For 35 years, the Consorcio del Jamón Serrano Español has been dedicated to preserving the authenticity and excellence of this emblematic product. While European standards already require an impressive 30 weeks of curing, the Consorcio demands a minimum of 52 weeks—more than a year of patient perfection.



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Both Cava and Jamón ConsorcioSerrano are perfect examples of how time-honored craftsmanship, underpinned by the European Union’s commitment to quality and tradition, creates products that are unmatched in their category.

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2026 Guide to Farmers Markets

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Illustration Cat Kahnle



* Locations are approximate

DAVIDSON COUNTY

- 1 12 South Farmers Market**
3000 Granny White Pike
Nashville, 37212
Sevier Park
Tuesdays 4:00 pm–7:00 pm, May–October
@12southfarmersmarket
- 2 Amqui Station Farmers Market**
303 Madison St.
Madison, Tenn. 37115
Sundays 10:00 am–1:00 pm
April 19–October 31
@amquistationfarmersmarket
- 3 East Nashville Farmers Market**
511 Woodland St.
Nashville, 37206
At the corner of 5th and Woodland
Tuesdays 3:30 pm–6:30 pm, April–October,
3:00 pm–6:00 pm, November–December
@eastnashvillefarmersmarket
- 4 Farmin' in the Hall (Crieve Hall Farmers Market)**
451 Hogan Road
Nashville 37220
Thursdays 4:30 pm–7:00 pm
May 7–September 3
@farmininthehall
- 5 Growing Together Community Market**
299 Haywood Lane
Nashville 37211
Behind Christ Lutheran Church
Saturdays 9:00 am–noon
@nashvillefoodproject
- 6 Hip Donelson Farmers Market**
2705 Lebanon Pike
Nashville, 37214
Donelson Station (new location)
Fridays 4:00 pm–7:00 pm, May–August,
4:00 pm–6:30 pm, September–October
@hipdfarmersmarket

- 7 Nashville Farmers Market**
900 Rosa L. Parks Blvd.
Nashville, 37208
Farm sheds open Fridays–Sundays
9:00 am–2:00 pm, March 1–October 31
10:00 am–2:00 pm, November 1–February 28
@nashvillefarmersmarket
- 8 Richland Park Farmers Market**
4711 Charlotte Ave.
Nashville, 37209
January–March, 10:00 am–noon
April–December, 9:00 am–noon
@richlandparkfarmersmarket
- 9 Wedgewood Houston Farmers Market**
416 Chestnut St.
Nashville, 37210
The Outfield
Wednesdays 4:00 pm–7:00 pm
May–November
@wedgewoodhoustonfarmersmkt

RUTHERFORD COUNTY

- 10 Murfreesboro Saturday Market**
225 West College St.
Murfreesboro 37130
The Rutherford County Courthouse
Saturdays 8:00 am–noon, May–October
@mainstreetmurfreesboro
- 11 Smyrna Depot Farmers Market**
98 Front St.
Smyrna 37167
Smyrna Train Depot
Saturdays 8:00 am–noon,
May 9–September 19
@smyrnadepotfm

WILLIAMSON COUNTY

- 12 Arrington Farmers Market**
Food Truck Wednesdays
Delvin Farm Store
6361 Cox Road, Arrington
Wednesdays 3:30–6:00pm
Across from Arrington Vineyards
@arringtonfarmersmarkett

- 13 Franklin Farmers Market**
120 Aldersgate Way
Franklin, Tenn., 37064
Behind The Factory
Saturdays 9:00 am–noon
@franklinfarmersmkt
- 14 Nolensville Farmers Market**
7248 Nolensville Road
Nolensville 37135
Historic Nolensville School
Saturdays 9am–noon
@nolensvillefarmersmarket
- 15 The Factory Farmers Market**
230 Franklin Road
Franklin 37064
Saturdays 9:00 am–1:00 pm
@thefactoryfarmersmarket

ROBERTSON COUNTY

- 16 Robertson County Farmers Market**
4635 U.S. Highway 41
Springfield 37172
Robertson County Fair Association
Saturdays 8:00 am–noon, May–August
@Robcofarmersmarket

CHEATHAM COUNTY

- 17 Ashland City Farmers Market**
175 Old Cumberland St.
Ashland City 37015
Riverbluff Park
Saturdays 9:00 am–1:00 pm, June–August
@ashlandcitytnfarmersmarket



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The Sweet Facts

ABOUT SUGAR IN WINE

By Calvin Webster

I drink red wine because it has less sugar in it than white wine.

Way back when, the USDA published a table that showed that the average red wine had less sugar than the average white wine. Case closed, right? Nope. There are far more of what we call “off-dry” styles of white wine than red wine, so when you lump them all together, the average sugar level of the white wines goes up. But here’s the thing: Who cares about the average?

The truth is that if you pick up a white wine made in a dry style (say, a bottle of Sancerre) and a red wine made in a dry style (like Kirkland Côtes-du-Rhône, the best-selling red import wine in the U.S.), their sugar levels are extremely similar, and extremely low. The Sancerre will be under 1 gram of sugar per liter. PER LITER, PEOPLE. The Côtes-du-Rhône is significantly higher by percentage, but still quite low (around 2g/L).

Where things get interesting is with popular domestic red wines. I’d rather not get any cease-and-desist letters (wine giants can be litigious), but if your preferred red wine brand sports the same letter as the heroine in a Nathaniel Hawthorne classic, you’re looking at 17g/L residual sugar. That’s roughly 20 times the sugar in a bottle of Sancerre! The sugar doesn’t stop at entry-level price points, either. Arguably the most recognizable Napa Cab in the U.S. is 9–10g/L, twelve times the sugar in that Sancerre bottle.

What if you want to ditch the sugar?

- Avoid large domestic brands: If it says “California” on it and shows up on every grocery store shelf, skip it.
- Shop small: Start a relationship with a small local wine retailer. They can reliably point you towards styles and producers who make delicious, dry wines. And skip the big-box retailer private labels in favor of small producers who bottle under their own names.



Calvin Webster is a wine writer, consultant, educator, and Master of Wine student based in Nashville. When he isn't wine-ing, he loves cooking complicated dinners and strolling the sidewalks of Germantown with his wife and three kids.



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THEY'RE MINDING THE STORE

Brad Paisley and Kimberly Williams-Paisley put an innovative spin on a food pantry

Words CARRINGTON FOX

At The Store, 98% of shoppers leave with fresh fruits and vegetables. Given that too many folks consume an abysmal amount of produce, that's success in and of itself. But improved nutrition is just one goal of The Store, the innovative spin on a food pantry founded by Brad Paisley and Kimberly Williams-Paisley. The main goal of the non-profit is to provide a dignified shopping experience for folks struggling with food insecurity.

The Store looks and functions like a traditional supermarket. Sort of. For one thing, shoppers check in upon arrival, then can let their kids play at the mini-grocery store play station. Meanwhile, volunteers, attendants and baggers on duty are likely to greet shoppers by name and even wander into conversation about the best way to sear a chicken breast. Because, more so than most traditional markets, The Store is a community.

The biggest difference between a store and The Store? In the words of Brittany Brown, director of mission advancement, "Friend, it's free." When shoppers check in, they take a printed list of foods available, along with a handheld clicker to keep track of how many items they select. A single shopper can take 30 items per visit, while a family shopper can take 50 items for a household of five. All free. Those item counts don't include hygiene and pet products, and shoppers can take all the fresh produce they want, a provision that leads almost every visitor to leave with fresh fruits and vegetables. And when they check out, they get a receipt tallying the value of their items. Just like in a store.

"It's shopping minus the money," Brown says, explaining that the process is designed to replicate traditional commerce and all the dignity that comes with making selections based on preference, rather than accepting a pre-packed box.

The Store's first location debuted in 2020, on 12th Avenue South on Belmont University's campus. The second and larger location launched this January on the campus of TriStar Cen-



ennial Medical Center. Each store can serve approximately 2,000 shoppers a year, a capacity that translates to reaching 10,000 food-insecure people between the two stores. (They currently have waitlists of more than 3,000 households.)

Shoppers come to The Store via agencies such as YWCA, Safe Haven Family Shelter, Red Cross, Metro Office of Family Safety, Nashville Cares, Project Return, Pass the Beauty, FiftyForward and I Am Next support for kids aging out of foster care, to name a few partner organizations. Eligible shoppers have income 200% or below of the poverty level, roughly under \$32,000 for an individual.

An eligible client can shop every other week for 18 months. But groceries aren't all The Store offers. In an effort to address underlying causes of food insecurity, the nonprofit partners with agencies—including Brad's alma mater Belmont University—that provide resources such as counseling, education, financial planning and nutritional cooking classes. At one end of the store, a free clothing closet is coming together, with brand-new clothing.

"It's next-level-special the way we feed people. It lifts people up," Brown says. "They come to us with this need for food, but they find all these amazing things: a place of belonging, a reminder that they matter, a sense of community."

To volunteer or to sponsor a family's groceries monthly, visit thestore.org and click Get Involved.

**For information, call 615-460-8331
2009 12th Ave. S. | 2303 Patterson St.**

What happens in the fields shapes everything we do in our kitchens.

For Colorado-based Chef Daniel Asher, the phrase No Farms No Food® belonging to American Farmland Trust (AFT) isn't just a slogan—it's reality. As a chef and restaurant founder and owner, he knows that everything we eat begins with farmers and ranchers. "What happens in the fields—weather, soil, seasonality—shapes everything we do in our kitchens," he says. "It's a relationship built on trust, reverence, and deep interdependence."

That understanding led him to become a longtime member of American Farmland Trust. To Asher, AFT stands apart as a steady, credible voice for agriculture—deeply connected to what's happening on the ground and willing to advocate for farmers at every level. AFT works to address complex challenges that America's farmers and ranchers face today in the halls of Congress, at kitchen tables, and everywhere in between.

Protecting farmland, Asher believes, is inseparable from protecting our collective health. "The wellness of our soil, water, and air is the foundation of human wellness," he says. Membership in AFT is a way to stay connected—to land, to food, and to community—at a time when those connections matter more than ever.

"Jump on in," he says. "Eat delicious local food. Protect the land. And help keep agriculture—and community—alive."

Join Chef Daniel Asher—and thousands of others—who are keeping America's farms growing strong.

*Become a member at
farmland.org/edible*



American Farmland Trust member and chef, Daniel Asher, plates River and Woods appetizers at a farm-to-table community event in Denver, Colorado.



American Farmland Trust believes in thriving farms and ranches. AFT protects agricultural land, promotes environmentally sound farming practices, and keeps farmers on their land. It is the only national agricultural organization of its kind recognizing the connection between land, practices, and farmers. Because of AFT, millions of acres of farmland that otherwise would have been converted into house lots and shopping malls remain in farming, and tens of thousands of farmers and ranchers have adopted better farming practices.

Strawberry Basil White Chocolate Trifle

FARE WELL

The season's best berries, sponge cake and a white chocolate cream collide in a trifle that celebrates the season.

Recipe PASTRY CHEF KATE SIGEL

Angel Food Cake

- $\frac{3}{8}$ teaspoon salt
- 1 cup pastry flour
- $\frac{3}{4}$ cup sugar
- $9\frac{1}{2}$ egg whites (about 1 cup)
- $\frac{1}{4}$ teaspoon cream of tartar
- $\frac{3}{4}$ cup superfine sugar

1. Line 9x13 cake pan with Silpat or parchment paper. DO NOT coat with pan spray (the cake needs something to grab as it climbs and bakes).
2. Sift salt, flour and sugar together.
3. Whisk whites and cream of tartar together. Whip, gradually adding sugar until soft peaks. Gently fold in flour mixture. Spread into pan and bake at 325 for 8–12 minutes or until cake springs back when touched gently.
4. Cool at room temp in pan, placing the pan upside down (this will allow the cake to keep its full volume). Once cool, remove cake from pan and tear or cut into small pieces.

Macerated Strawberries

- 12 cups fresh strawberries, sliced
- 1 cup fresh basil leaves, finely chopped
- $1\frac{1}{2}$ cups sugar
- 2 teaspoons salt

1. Combine strawberries, basil, sugar and salt. Let stand 30 minutes.

White Chocolate Cream

- 3 cups heavy whipping cream
 - 1 cup melted white chocolate
1. Melt chocolate, set aside. Whip cream until soft peaks form, then, while whipping, drizzle in melted white chocolate.

To Assemble Trifle

In large glass bowl, place a layer of white chocolate cream. Top with angel food cake, then macerated strawberries. Alternate layers until the bowl is full, finishing the top layer with either the whipped cream or strawberries.



Kate Sigel is Pastry Chef at 1Kitchen at 1Hotel Nashville



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