

## GREY GHOST BAKERY

Owner and baker Katherine Frankstone's parents taught her to bake cookies when she was five years old, eschewing her desire for an Easy-Bake Oven in favor of the real thing. The recipes she learned have been in her family for generations, and now she is kind enough to share her treats with all of us. After her sons went to college, Katherine decided the time was right to follow her dream to own her own business. After a few recipe tweaks and some rounds of taste tests with her team (read: college-kid approved), Katherine brought her cookies to market. Each cookie is still carefully hand-rolled in South Carolina.

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## SUNBURST TROUT FARMS

This family-owned business in Canton, North Carolina, is more than 60 years old, and third-generation brothers Wes and Ben Eason are carrying on their family's tradition of raising the highest quality trout in its natural habitat, with no additives or growth accelerants. Restaurants around the country vie for their products, which now include their highly lauded caviar and protein-packed trout jerky.

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## GOO GOO CLUSTER

One of our favorite chocolaty, nutty sweets, the Goo Goo Cluster was created by the Standard Candy Company in Nashville, Tennessee, in 1912. This treat is made with milk chocolate, caramel, peanuts, and marshmallow. It was the first combination candy bar. The Goo Goo Cluster has become a Southern tradition and, of course, a part of any Music City visit.



Photo courtesy Red Truck Bakery

## RED TRUCK BAKERY

This rural bakery began in Brian Noyes' home kitchen in northern Virginia's Piedmont region, but the immediate popularity of his homemade breads and jams at farmers' markets soon made a full-blown bakery necessary. Made by classically trained bakers, the fresh fruit pies and lofty loaves have a hint of nostalgia and a casual country air.