



## From Iceberg Lettuce to Snow Peas, NC Triangle Area Farmer's Markets Offer Fresh Healthy Options Through the Winter Season



[Kala Ambrose](#), Yahoo! Contributor Network

Nov 24, 2010 "Contribute content like this. [Start Here.](#)"

**MORE:** [cam newton](#) [Obama](#) [john boehner](#) [macbook](#) [Brett Favre](#)

When the state slogan is "*Goodness Grows in North Carolina*", you know that the abundance of Farmer's Markets in the Raleigh, Durham and Chapel Hill area will deliver the best, fresh local produce, meats, wines and dairy products. Looking for delicious local grown foods during the winter months? Here's a list of Farmer's Markets in the Triangle area, which remain open throughout the year.

### **Durham Farmers Market**

Durham Central Park

501 Foster Street

Durham, NC

[www.durhamfarmersmarket.com](http://www.durhamfarmersmarket.com)

Open rain or shine and all 12 months of year, the Durham Farmer's Market offers a variety of fresh produce, herbs, dairy products, desserts, local honey and much more. Vendors must be located within 70 miles of the market and must grow or produce the items they sell. The Durham Farmer's Market has really created a community feeling where people gather not just to purchase delicious, fresh food, but also to enjoy live music, meet up with friends and neighbors and enjoy weekly cooking demonstrations from local chefs in the area, including a wonderful program to teach children ages 9-13 how to cook and prepare local foods. It's a great day out and a tasty way to do it. Note, the Market has a roof but is still open to the outdoors, so dress accordingly for the cooler weather.

### **Carrboro Farmer's Market**

301 West Main Street on the Town Commons

Carrboro, NC

[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)

Now in its 32nd year-round season, the Carrboro Farmers Market features local grown produce, which must originate from a 50-mile radius of Carrboro. Perhaps the success of the Market is in part that the market itself is vendor-run and overseen by a board of directors who are voted in by the general membership. The market offers innovative events including a culinary series with local chefs, food tastings and events with master gardeners. One of my favorite features are the Truck Bucks, a currency created by the Carrboro Farmer's Market, which are used like cash to shop throughout the market, with plenty of offerings including: cheese, meats, fresh baked goods and local wines as well as flowers, plants and personal items including soap, pottery and quilts. It's fun to shop with these wooden tokens and they make great gifts for the holidays!

### **Raleigh Farmers Market**

1208 Farmers Market Drive  
Raleigh, NC

[www.ncagr.gov/markets/facilities/markets/raleigh/index.htm](http://www.ncagr.gov/markets/facilities/markets/raleigh/index.htm)

One of only five Farmer's Markets owned and operated by the State of NC Department of Agriculture, this Market is vast and well located in a climate controlled indoor setting. You'll find most any fresh product here grown or crafted locally including: NC wines, soaps and lotions, baked goods and all types of produce. Many local chefs in Raleigh do their shopping for fresh produce and ingredients here weekly and the market itself hosts three restaurants where you can sample fresh seafood and enjoy breakfast and lunch every day. My favorite things include the unique decor found at [Market Imports](#), including fountains, pottery, furniture and stone and ironwork available for sale.

### **Western Wake Farmers Market**

1225 Morrisville Carpenter Road  
Cary, NC

[www.westernwakefarmersmarket.org](http://www.westernwakefarmersmarket.org)

The Western Wake Farmer's Market reflects the revolution of the *thinking green and acting local* movement. Created by a local group of mothers who wanted to establish a space to purchase fresh healthy food for their families, they share a collective vision to reach out in service to the community. They offer demonstrations on how to adopt healthy food practices and participate in a variety of campaigns throughout the year to gather donations of farm fresh food to provide to people in need around Wake County through the local food banks. Western Wake Market offers all of the fresh produce and local products that you would imagine along with some of my favorite vendors including the Spain Farm, Kalawi Farms peaches and La Farm Bakery.

### **North Raleigh Farmers Market**

Falls River Town Center at Falls River Avenue  
Raleigh, NC

[www.northraleighfarmersmarket.com](http://www.northraleighfarmersmarket.com)

The North Raleigh Market is the newest year-round market on the list to reach the

Triangle and has been received with a warm welcome by local residents. Each farmers market has a unique style and flair and the North Raleigh Market does not disappoint, with a wonderful variety of vendors including Homestead Harvest Farm, Cane Creek Farms and Busy Bee Apiaries. My favorite feature is that **Falls River Books** is an active participant and partner of this market. It's a lovely combination to see the mind and spirit being feed with books while the body is nourished with fresh produce.

*Note: While the markets are open year-round, days and times vary according to holidays and other seasonal events. Check their website to confirm before heading out to the market.*

#### DISCLOSURE OF MATERIAL CONNECTION:

The Contributor has no connection to nor was paid by the brand or product described in this content.

The screenshot shows the footer of a Yahoo! page with a dark blue background. It is divided into three main sections: 'ASSOCIATED CONTENT FROM YAHOO!', 'ALSO ON YAHOO!', and 'YAHOO! CONTRIBUTOR NETWORK'. Below these is a copyright notice and a row of links.

ASSOCIATED CONTENT FROM YAHOO!		ALSO ON YAHOO!			YAHOO! CONTRIBUTOR NETWORK	
Entertainment	News	Autos	Maps	Shopping	Join / Sign In	Community
Auto	Sports	Finance	Movies	Sports	Publish	Forum
Business	Tech	Games	Music	omg!	Text	Promotional Tools
Creative Writing	Travel	Groups	My Yahoo!	Travel	Audio	RSS & Widgets
Health	Audio Library	Health	News	TV	Image	Contests
Home Improvement	Slideshow Library	Mail	Shine	Contributor Network	Slideshow	Contributor Search
Lifestyle	Video Library	All Yahoo! Services »			Video	Featured Contributors
					Assignment Desk	
					Help	

Copyright © 2010 Yahoo! Inc. Yahoo! Travel. All rights reserved.  
Questions or Comments   Privacy Policy   About Our Ads   Terms of Service   Copyright/IP Policy   Disclaimer   Careers

URL:[http://www.associatedcontent.com/article/6052446/from\\_iceberg\\_lettuce\\_to\\_snow\\_peas\\_nc.html?cat=8](http://www.associatedcontent.com/article/6052446/from_iceberg_lettuce_to_snow_peas_nc.html?cat=8)