

## Raleigh Farmers Market Tips

Saturday, 16 August 2008

Last Updated Wednesday, 12 November 2008

### Raleigh Farmers Market Tips!

The State Farmers Market in Raleigh is perhaps one of the most comprehensive shopping experiences in North Carolina. New Raleigh likes sustainable living, and we are dedicated to helping bring fresh, local food to your dinner table. In the coming weeks, New Raleigh will be exploring different vendors at the Farmer's Market, so that you know your choices for locally grown seasonal produce, antibiotic and hormone free meats, dairy, and eggs, locally raised honey, herbs, shrubs, houseplants, and the very wide range of lower-carbon products available to you inside the beltline. As a primer, we've put together some tips on how to use the Farmers Market effectively:

1. Eat seasonally available produce. Not only is it the ripest, freshest, best tasting, and juiciest red strawberry you've ever had, but your supporting a local farmer, and cutting down your food mileage. Click [HERE](#) to Enlarge this Seasonal Availability Chart

2. Definitely go inside, especially if you've never been. Many people don't even realize there's an entire building of indoor vendors--this is where the meats, cheeses, and treats are! 3. For the best produce selection, go early in the week. Most farmer's restock their stands with the freshest produce on Monday or Tuesday. Sometimes the produce on the weekend is not the pick of the litter--but you can bet it's still more fresh than most of what you'll find at your local grocery store. 4. Everyone's open on the weekend. Hands down, the weekend, especially first thing Saturday morning, is your best shot to get everything you need. Don't go too late on Saturday or Sunday for that special item--many vendors sell out of popular items quickly--such as local, raw honey. 5. Get cash before you go. There is a Cash Points right in the middle of the action, but the line can get really long on the weekend. 6. Country cookin' on the left, seafood on the right. The restaurants at the Farmer's Market are great for breakfast, lunch, or early dinner. Check out the Farmers Market Restaurant and the Farmer's Market Seafood Restaurant on New Raleigh for hours before you go. 7. Take your kids. This highly stimulating environment can be a great educational tool (and it's fun to look at all that stuff!) You want to taste North Carolina culture? This is IT.

Tips by VaNC 8. If you go on Saturday morning, when it is usually JAM PACKED, hold on to young kids hands TIGHT! I hate seeing the parents running through the tightly packed crowd frantically looking for toddlers. Tears me up! I understand that it is a fun environment for them to see, but hold on to them. 9. Talk to the farmers and get to know them. After a few visits, you will have your favorites and get some good info from them. 10. Be aware the first building you come to on the right, the produce HAS to be grown in North Carolina. But do not assume it is grown in a field. If you are seeing tomatoes right now, for instance, they are likely hothouse grown. Pay attention to the seasonal chart above or ask the vendor. They will tell you. 11. The second building, farther up the hill on the right, where the meat and cheese are, the produce does not have to be from NC. Not much different than buying from your local grocery store. 12. There is also a wholesale building on the FAR right, open to the public on Saturday mornings. You can buy by the case there for a better price. So, if you are canning or having a party, go there. 13. If you have not been, go to Nahunta pork center....the sausage is great, as well as other things.

Please let us know if we've left anything out&hellip;

Source: [newraleigh.com](http://newraleigh.com)

Farmers Market Profiles: In The Red Farm and Dairy

In The Red Farm and Dairy features all things goat related. From goat cheese to goat meat, The Bingham family provides natural, family-raised products in the interior section of the NC Farmers Market. In The Red Farm is owned and operated by the Bingham family--Nathan, Lisa, Jonathan, and Matthew--in Chinquapin, NC. They began raising and showing Alpine and Nubian dairy goats in 1999 as a hobby. The family soon after began making cheeses to share with family and friends. Eventually, the hobby became "too expensive," says Nathan Bingham. In 2004 the Bingham family decided to start a small dairy to "off set the hobby," and to "produce a wholesome product that can be enjoyed by everyone." In The Red has a great variety of goat cheeses including roasted garlic, southwest chipotle, rosemary garlic, dill, peppercorn, blueberry, fig and honey, and afterburner. They also sell frozen goat meat, organic free-range eggs, and cheesecakes. (I use the goat meat in a curry stew and it is fantastic). Recently, the Bingham family has started selling homemade frozen goat milk custard. All members of the family have a hand in the farm work. Nathan makes the cheese, Lisa cares for and milks the goats, and Jonathan and Matthew feed and care for all the animals. All of In the Red's products go from "raw to finished on the farm," says Bingham. "We take great pride in our goats and strive to keep them happy and healthy. We learned a long time ago that the quality of our cheese depends on the quality of our goats." The family even provides after dinner "lounging areas" for their goats. All of the cheeses are made fresh each week and new flavors are introduced seasonally and during holiday seasons. In addition to selling their own products, In The Red maintains a partnership with Chalet Bakers. Their natural breads are available at the In

The Red Farm stand. In The Red Farm is located in the interior section of the NC Farmers Market right next to the Rainbow Meadow Farms stand. If you'd like to learn more about the Bingham's farm or goats in general, Nathan has some photos at his booth and is receptive to questions. They always have samples of their goat cheese flavors set out, so give them a taste test to discover your favorites.

Raleigh Farmers Market  
1201 Agriculture St.  
Raleigh, North Carolina 27603  
[map](#)

Hours  
Monday thru Saturday 5:00am - 6:00pm  
Sundays 8:00am - 6:00pm

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