



# TAR HEEL GUIDE

## to Restaurants and Caterers using Local Food

*Please note, for this guide, at this time, we define local as Orange, Chatham, Durham, Alamance and Wake Counties.*

*Participating Businesses Support Local Farmers*



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the guide**



**restaurants  
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**local food  
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**T**here is a growing interest in consuming local food, in consideration of environmental and health-related benefits, as well as contributing to the local food economy. To support these efforts, this is an informal **Tar Heel Guide to local businesses that strive to use as much local farm product as possible for catered lunches and events.** In addition there are restaurants listed that may not cater but that support local farms and offer a place to meet over a meal. All of the businesses listed in this guide are willing to work with UNC-Chapel Hill and have signed a pledge indicating their support of using local foods.



If you're interested in sustainable issues ask your caterers and restaurants if they can say the following:


**PLEDGE**  
On behalf of my business, I agree to make a good faith effort to source products from local farmers and producers that use sustainable farming practices whenever possible.







**In addition to taking the Tar Heel Pledge to make a good faith effort to source local products, many of the businesses included in this guide also abide by these local foods philosophies.**



## LOCAL FOODS PHILOSOPHIES

- ▶ Our business often chooses to buy local farm products instead of other options, even if it might mean higher initial cost or more logistical challenges for us.
- ▶ Our business is committed to buying more local farm products this year than we did last year.
- ▶ Our business is committed to offering at least two ingredients from local farm product on our menu throughout the main growing season (April through September).
- ▶ Our business is committed to buying meat that has been humanely raised.
- ▶ Our business prioritizes buying certified organic products whenever possible.
- ▶ Our business prioritizes buying farm product that has not been treated with synthetic fertilizers or pesticides.
- ▶ We source the majority of our ingredients from local farms.
- ▶ We attempt to conduct our business in an environmentally sustainable way.
- ▶ Our business is locally owned.



# Why support caterers and restaurants that buy local, and sustainable food?



***It is important to support caterers and restaurants that buy local food because you are:***

## **Supporting Local Economies**

Spending locally means money stays in our community, supporting farms and businesses, and thereby helping them reinvest in the community.

## **Building Community**

Knowing the people who produce our food creates a strong tie to our neighbors, enhancing stability and livability.

## **Preserving Farms**

Thriving farms keep land in agricultural use and safe from development.

## **Minimizing Pollution**

Less travel time means less use of energy for refrigeration and gas, ultimately minimizing pollution attributable to transporting food.

## **Practicing Environmental Stewardship**

Family farms value fertile soil and clean water and act as stewards of the land.

## **Improving Health and Well-being**

Local food tastes great because it is typically harvested recently and is full of flavor. Plus, reduced storage and travel time help locally grown products retain higher nutrient values.

## **Preserving Genetic Diversity**

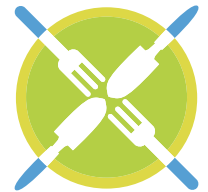
Family farms often grow heirloom varieties that taste great and practice rotational farming to cultivate diverse crops.

## **Maintaining Regional Character**

Local food systems are based on the diversity of local businesses contributing to a different market mix in each region and shaping each community's personality.

## **Practicing Safety**

Buying local means that you know the source of your food and can see firsthand how it was grown, harvested and prepared.



## CHATHAM COUNTY

### ANGELINA'S KITCHEN

23 Rectory St.  
Pittsboro, NC 27312  
919-545-5505

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

e: [angelinaskitchenpittsboro@gmail.com](mailto:angelinaskitchenpittsboro@gmail.com)

—E Fresh and local Greek food with a base menu that incorporates many local ingredients. Each day several specials are prepared using produce grown only a few miles away. Owners Angelina and John maintain relationships with farmers that last all 12 months.

#### SERVICES

Catering, delivery to UNC  
In house dining  
Large event accommodation  
Economy meals  
Individual servings  
Family meals

#### MEALS PROVIDED

Lunch  
Dinner  
Snacks



#### ACCEPTABLE PAYMENT METHODS

Invoicing to UNC  
Credit Card  
Check



### GENERAL STORE CAFÉ

39 West St.  
Pittsboro, NC 27312  
919-542-2432

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

e: [jorgie@thegeneralstorecafe.com](mailto:jorgie@thegeneralstorecafe.com)

—E In the heart of downtown Pittsboro, The General Store Café buys from nearby farmers to create their delicious dishes. The café also has live music three times a week.

#### SERVICES

Catering, delivery to UNC  
In house dining  
Large event accommodation  
Economy meals  
Individual servings  
Family meals

#### MEALS PROVIDED

Breakfast  
Lunch  
Dinner  
Snacks

#### ACCEPTABLE PAYMENT METHODS

Invoicing to UNC  
Credit card  
Check

## restaurants & caterers

## DURHAM COUNTY

### BEAU CATERING

155 Poppy Tr.  
Durham, NC 27713  
919-818-6173

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

e: [j.beaubennett@gmail.com](mailto:j.beaubennett@gmail.com)

—E Established by a chef that grew up in North Carolina, but has spent time in California, Beau Bennett fuses simple, seasonal and fresh ideas with traditional southern dishes. He has partnered with a long time friend and farmer to grow food specifically for his catering company.

#### SERVICES

Catering, delivery to UNC  
Large event accommodation  
Economy meals  
Individual servings  
Family meals

#### MEALS PROVIDED

Breakfast  
Lunch  
Dinner  
Snacks

#### ACCEPTABLE PAYMENT METHODS

Invoicing to UNC  
Credit card  
Check





### **PIEDMONT RESTAURANT**

401 Foster St.  
Durham, NC 27701  
919-683-1213

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

e: [info@piedmontrestaurant.com](mailto:info@piedmontrestaurant.com)

—E Featuring an Italian inspired menu, with simple dishes composed of local and seasonal ingredients, Piedmont also boasts an array of house-made charcuterie dishes.

#### **SERVICES**

In house dining  
Large event accommodation  
Individual servings  
Family meals

#### **MEALS PROVIDED**

Brunch on Saturday and Sunday  
Lunch  
Dinner

#### **ACCEPTABLE PAYMENT METHODS**

Invoicing to UNC  
Credit card

## **ORANGE COUNTY**

### **1.5.0**

36 Lenoir Hall  
Chapel Hill, NC 27599  
919-843-7855

[www.dining.unc.edu/locations/1.5.0.-at-lenoir-mainstreet](http://www.dining.unc.edu/locations/1.5.0.-at-lenoir-mainstreet)

e: [lmholmes@aux-services.unc.edu](mailto:lmholmes@aux-services.unc.edu)

—E 1.5.0. features locally grown and harvested food freshly prepared by experienced chefs. Its seasonal menu also includes organic produce, cage-free eggs and chicken, grass fed beef and sustainable seafood.

#### **SERVICES**

Catering, pick up only  
In house dining  
Large Event Accommodation  
Individual Servings

#### **MEALS PROVIDED**

Lunch  
Dinner  
Snacks

#### **ACCEPTABLE PAYMENT METHODS**

Invoicing to UNC  
Credit card

## **restaurants & caterers**



### **411 WEST ITALIAN CAFE**

411 W. Franklin St.  
Chapel Hill, NC 27516  
919-967-2782

[www.411west.com](http://www.411west.com)

e: [ikbusbee@hotmail.com](mailto:ikbusbee@hotmail.com)

—E An Italian restaurant that specializes in seasonal fresh pastas, wood-fired pizzas, fresh seafood, steaks, and specials inspired by the flavors of Italy and the Mediterranean.

#### **SERVICES**

In house dining only  
Large event accommodation  
Individual servings  
Family meals

#### **MEALS PROVIDED**

Brunch on Sunday  
Lunch  
Dinner  
Snacks

#### **ACCEPTABLE PAYMENT METHODS**

Invoicing to UNC  
Credit card



### ACME FOOD AND BEVERAGE

110 E. Main St.  
Carrboro, NC 27510  
919-929-2263

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

e: [kevin@acmecarrboro.com](mailto:kevin@acmecarrboro.com)

— A restaurant that focuses on southern fare made with seasonal and local ingredients. Acme also boasts an extensive wine list with many bottles hailing from small, family run wineries.

#### SERVICES

Catering, delivery to UNC  
In house dining  
Large event accommodation  
Individual servings  
Family meals

#### MEALS PROVIDED

Brunch on Sunday  
Lunch  
Dinner

#### ACCEPTABLE PAYMENT METHODS

Invoicing to UNC  
Credit card  
Check

### FOSTER'S MARKET

750 MLK Jr. Blvd.  
Chapel Hill, NC 27514  
919-967-3663

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

e: [cateringch@fostersmarket.com](mailto:cateringch@fostersmarket.com)

— Martha Stewart reviewed this local business as serving "good, honest food" that is "deliciously simple." Homemade sandwiches, salads, soups and more.

#### SERVICES

Catering, delivery to UNC  
In house dining  
Large event accommodation  
Economy meals  
Individual servings  
Family meals

#### MEALS PROVIDED

Breakfast  
Lunch  
Dinner  
Snacks

#### ACCEPTABLE PAYMENT METHODS

Invoicing to UNC  
Credit card

## restaurants & caterers

### GLASSHALFULL

106 S. Greensboro St.  
Carrboro, NC 27510  
919-967-9784

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

e: [mickey@glasshalf.net](mailto:mickey@glasshalf.net)

— A wine bar, wine shop and restaurant that features house made cocktails, an intriguing wine list, small plates, large plates and desserts.

#### SERVICES

In house dining only  
Large event accommodation  
Economy meals  
Individual servings

#### MEALS PROVIDED

Lunch  
Dinner

#### ACCEPTABLE PAYMENT METHODS

Invoicing to UNC  
Credit card



### **JESSEE'S COFFEE AND BAR**

401 E. Main St.  
Carrboro, NC 27510  
919-929-0445

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

e: [thekindcoffee@yahoo.com](mailto:thekindcoffee@yahoo.com)

—E A recently opened business in downtown Carrboro, Jessee's not only features house-roasted coffee, but delicious bagels, sandwiches and salads as well.

### **SERVICES**

Catering, delivery to UNC  
In house dining  
Economy meals  
Individual servings

### **MEALS PROVIDED**

Breakfast  
Lunch  
Dinner  
Snacks

### **ACCEPTABLE PAYMENT METHODS**

Invoicing to UNC  
Credit card



### **MORE INFORMATION ABOUT THIS EFFORT?**

If you or someone you know would like to be considered for inclusion in this directory and/or would like help in increasing the use of local foods in their business, please contact the Center for Health Promotion and Disease Prevention, University of North Carolina, Chapel Hill:

[robin\\_crowder@unc.edu](mailto:robin_crowder@unc.edu).

## **restaurants & caterers**

### **JUJUBE**

1201 Raleigh Rd.  
Chapel Hill, NC 27517  
919-960-0555

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

e: [cdeal@jujuberestaurant.com](mailto:cdeal@jujuberestaurant.com)

—E Though rooted in the flavors of China and Vietnam, this restaurant buys ingredients that were grown in North Carolina soil. You'll find both classic Asian dishes as well as one of a kind creations on the menu.

### **SERVICES**

Catering, delivery to UNC  
In house dining  
Large event accommodation  
Individual servings  
Family meals

### **MEALS PROVIDED**

Lunch Dinner

### **ACCEPTABLE PAYMENT METHODS**

Invoicing to UNC  
Credit card  
Check



### LANTERN

423 W. Franklin St.  
Chapel Hill, NC 27516  
919-969-8846

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

e: [info@lanternrestaurant.com](mailto:info@lanternrestaurant.com)

—E Celebrated chef Andrea Reusing serves simple, authentic Asian cuisine. Her restaurant goes beyond the promise of buying local when possible, with locally grown produce and locally raised meats dominating the menu in all seasons.

### SERVICES

In house dining  
Large event accommodation  
Individual servings

### MEALS PROVIDED

Dinner

### ACCEPTABLE PAYMENT METHODS

Invoicing to UNC  
Credit card



### MEDITERRANEAN DELI

410 W. Franklin St.  
Chapel Hill, NC 27516  
919-967-2666

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

e: [medeli@bellsouth.net](mailto:medeli@bellsouth.net)

—E A Chapel Hill staple since 1992, the menu features fresh, local ingredients and pita bread that is baked every morning using locally milled flour.

### SERVICES

Catering, delivery to UNC  
In house dining  
Large event accommodation  
Individual servings  
Family meals

### MEALS PROVIDED

Lunch  
Dinner  
Snacks

### ACCEPTABLE PAYMENT METHODS

Invoicing to UNC  
Credit card  
Check

## restaurants & caterers

### NEAL'S DELI

100-C E. Main St.  
Carrboro, NC 27510  
919-967-2185

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

e: [info@nealsdeli.com](mailto:info@nealsdeli.com)

—E Son to Southern cooking legend Bill O'Neal, Matt and wife, Sheila has opened up shop serving food prepared in the urban and European tradition. The menu features local and seasonal farmer's market sides, Gugelhupf bread and Giacomo meats.

### SERVICES

Catering, delivery to UNC  
In house dining  
Individual servings  
Family meals

### MEALS PROVIDED

Breakfast  
Lunch  
Dinner

### ACCEPTABLE PAYMENT METHODS

Invoicing to UNC  
Credit card  
Check





### PANZANELLA RESTAURANT

200 N. Greensboro  
Carrboro, NC 27510  
919-929-6626

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

e: [panzanella@weaverstreetmarket.coop](mailto:panzanella@weaverstreetmarket.coop)

—E One of the only restaurants to be part of a coop in the nation, Panzanella serves up Italian and Mediterranean inspired food often featuring local ingredients. They also have farmer's dinners monthly, featuring food exclusively from one nearby farm.

#### SERVICES

In house dining  
Large event accommodation  
Individual servings  
Family meals

#### MEALS PROVIDED

Brunch on Sunday  
Lunch  
Dinner

#### ACCEPTABLE PAYMENT METHODS

Credit card  
Check

### SANDWHICH

431 W. Franklin St.  
Chapel Hill, NC 27516  
919-929-2114

[www.sandwich.biz](http://www.sandwich.biz)

e: [info@sandwich.biz](mailto:info@sandwich.biz)

—E Sandwhich's menu is full of creative sandwiches and soups comprised of many local ingredients. Their menu also includes house-made potato chips and desserts.

#### SERVICES

Catering, delivery to UNC  
In house dining  
Individual servings  
Family meals

#### MEALS PROVIDED

Lunch  
Dinner coming soon

#### ACCEPTABLE PAYMENT METHODS

Invoicing to UNC  
Credit card  
Check

### SPICE STREET

201 S. Estes Dr.  
Chapel Hill, NC 27514  
919-928-8200

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

e: [l.johnson@ghgrestaurants.com](mailto:l.johnson@ghgrestaurants.com)

—E With an amazingly wide variety of menu selections, from wood-fired pizza, steaks, seafood, sushi to Mediterranean cuisine, Spice Street can accommodate just about any palate.

#### SERVICES

Catering, delivery to UNC  
In house dining  
Large event accommodation  
Individual servings  
Family meals

#### MEALS PROVIDED

Breakfast  
Lunch  
Dinner

#### ACCEPTABLE PAYMENT METHODS

Invoicing to UNC  
Credit card  
Check



### **TYLER'S TAPROOM**

102 E. Main St.  
Carrboro, NC 27510  
919-929-6881

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

**e:** [ciara@tylerstaproom.com](mailto:ciara@tylerstaproom.com)

☛ Tyler's offers a seasonal menu of American comfort food, featuring local ingredients. It also promises one of the most unique beer selections in the area with up to 80 craft and import beers on draft.

#### **SERVICES**

Catering, pick up only  
In house dining  
Large event accommodation  
Individual servings

#### **MEALS PROVIDED**

Brunch on Sunday  
Lunch  
Dinner

#### **ACCEPTABLE PAYMENT METHODS**

Credit card  
Check

### **WEATHERVANE**

201 S. Estes Dr.  
Chapel Hill, NC 27514  
919-913-1221

[www.southernseason.com/cafe.asp](http://www.southernseason.com/cafe.asp)

**e:** [specialevents@southernseason.com](mailto:specialevents@southernseason.com)

☛ First established in 1975, Weather-vane offers a menu centered around local and seasonal ingredient focused dishes.

#### **SERVICES**

Catering, pick up only  
In house dining  
Large event accommodation  
Individual servings  
Family meals

#### **MEALS PROVIDED**

Brunch on Saturday and Sunday  
Lunch  
Dinner

#### **ACCEPTABLE PAYMENT METHODS**

Invoicing to UNC  
Credit card  
Check

## **restaurants & caterers**

### **Wake County**

#### **GREEN PLANET CATERING**

623 Glascock St.  
Raleigh, NC 27604  
919-832-6767

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

**e:** [info@greenplanetcatering.com](mailto:info@greenplanetcatering.com)

☛ With their motto being, "saving the planet one meal at a time," this catering company focuses on delivering high quality catering services that feature pesticide-free foods from Maple Creek Farms, their cooperative farm.

#### **SERVICES**

Catering, delivery to UNC  
Large event accommodation  
Economy meals  
Individual servings  
Family meals

#### **MEALS PROVIDED**

Breakfast  
Lunch  
Dinner  
Snacks

#### **ACCEPTABLE PAYMENT METHODS**

Invoicing to UNC  
Credit card  
Check





## LOCAL FOODS INITIATIVES

**T**here are many new and exciting things happening in local foods. For information about how you can get involved start by checking out the organizations listed below. Please note, the list of local foods initiatives in this area is practically endless; if you need help finding information in a particular area please send an email to **Robin Crowder at the Center for Health Promotion and Disease Prevention at UNC Chapel Hill, robin\_crowder@unc.edu.**



### Initiatives

#### ABUNDANCE FOUNDATION

[http:// theabundancefoundation.org](http://theabundancefoundation.org)

#### AMERICAN LIVESTOCK BREEDS CONSERVANCY

[www.albc-usa.org](http://www.albc-usa.org)

#### BOUNTIFUL BACKYARDS

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

#### CAROLINA FARM STEWARDSHIP ASSOCIATION (CFSA)

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



#### CENTER FOR ENVIRONMENTAL FARMING SYSTEMS (CEFS) FARM TO FORK STATEWIDE INITIATIVE

<http://www.cefs.ncsu.edu/>

#### COOPERATIVE EXTENSION OFFICES

[www.ces.ncsu.edu](http://www.ces.ncsu.edu)

#### EASTERN CAROLINA ORGANICS

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

#### FLO (FAIR LOCAL ORGANIC) FOOD AT UNC-CHAPEL HILL

<http://studentorgs.unc.edu/flo>

e: [jtreaks@email.unc.edu](mailto:jtreaks@email.unc.edu)

#### LOCAL FARMERS MARKETS

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

#### NORTH CAROLINA CHOICES

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

#### THE NICHOLAS SCHOOL FOR THE ENVIRONMENT

[www.nicholas.duke.edu](http://www.nicholas.duke.edu)

#### ORANGE COUNTY ECONOMIC DEVELOPMENT

[www.co.orange.nc.us/ecodev](http://www.co.orange.nc.us/ecodev)

e: [nranells@co.orange.nc.us](mailto:nranells@co.orange.nc.us)

#### RURAL ADVANCEMENT FOUNDATION INTERNATIONAL (RAFI)

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

#### SOUTH EASTERN EFFORTS DEVELOPING SUSTAINABLE SPACES (SEEDS)

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

**SLOW FOOD TRIANGLE**  
[www.slowfoodtriangle.org](http://www.slowfoodtriangle.org)  
e: [info@slowfoodtriangle.org](mailto:info@slowfoodtriangle.org)

**STUDENT ACTION  
WITH FARMWORKERS**  
[www.saf-unite.org](http://www.saf-unite.org)



**UNC-CHAPEL HILL  
GILLINGS SUSTAINABLE  
AGRICULTURE PROJECT**  
[www.gillingsproject.wordpress.com](http://www.gillingsproject.wordpress.com)  
e: [robin\\_crowder@unc.edu](mailto:robin_crowder@unc.edu)

**UNC EMPLOYEE AND  
STUDENT GARDEN**  
[www.facebook.com/pages/UNC-Employee-Garden/131019563969](https://www.facebook.com/pages/UNC-Employee-Garden/131019563969)  
e: [clorch@email.unc.edu](mailto:clorch@email.unc.edu)

## local food resources



## CENTER FOR HEALTH PROMOTION AND DISEASE PREVENTION

University of North Carolina at Chapel Hill  
Campus Box 7426  
Chapel Hill, NC 27599-7426

**Web:** [www.hpdp.unc.edu](http://www.hpdp.unc.edu)  
**Facebook:** [www.facebook.com/unchpdp](https://www.facebook.com/unchpdp)  
**Twitter:** [www.twitter.com/unc\\_hpdp](https://www.twitter.com/unc_hpdp)  
**You Tube:** [www.youtube.com/HPDPatUNC](https://www.youtube.com/HPDPatUNC)

**Information about local foods initiatives:**  
email: [robin\\_crowder@unc.edu](mailto:robin_crowder@unc.edu)  
phone: 919-843-8885



**F**armers Markets and Community Supported Agriculture (CSAs) shares are a great way to buy local foods. Newer farmers markets — like the South Estes Farmers Market — are starting up regularly to join those existing markets — like the Carrboro Farmers Market and Durham Farmers Market — that have been around for many years. Look online for more complete directories of local markets, however, the list below will get you started. For those folks who don't have enough time to shop at markets, or for people looking to supplement their regular shopping excursions, CSAs offer a perfect solution. Join a CSA and get a regular selection of fresh fruits and vegetables delivered weekly throughout the season.

#### Farmers Markets

Please note, for this guide, at this time, we define local as Alamance, Chatham, Durham, Orange and Wake Counties. For a more complete list please visit <http://ncfarmfresh.com/>.



## Alamance County

### BURLINGTON FARMERS MARKET

2389 Corporation Parkway  
Burlington, NC 27215  
336-357-3194

<http://www.burlingtonoutletvillage.com/shop/6/Farmers-Market/>  
Sundays 1–5 pm (April–October)

### SAXAPAHAW FARMERS MARKET

1616 Jordan Dr.  
Saxapahaw, NC 27340  
336-376-5694  
[www.rivermillvillage.com/farmers.html](http://www.rivermillvillage.com/farmers.html)  
Saturdays 5–8 pm (May–August)

## Chatham County

### CAROLINA BREWERY FARMERS MARKET

Parking lot of Carolina Brewery  
120 Lowes Dr.  
Pittsboro, NC 27312  
919-545-2330  
[www.carolinabrewery.com](http://www.carolinabrewery.com)  
Saturdays 8 am–noon (May–October)



**Chatham County, continued**

**FEARRINGTON VILLAGE FARMERS MARKET**

2000 Fearington Village Center  
Pittsboro, NC 27312  
919-923-6262

<http://chatham.ces.ncsu.edu/growingsmallfarms/fearington.html>

Tuesdays 4 pm–early evening  
(April–November)

**PITTSBORO FARMERS MARKET**

191 County Garage Rd.  
Pittsboro, NC 27312  
919-542-6465

<http://chatham.ces.ncsu.edu/growingsmallfarms/pittsboro.html>

Thursdays 3:30–6:30 pm  
(April–November)

**SILER CITY FARMERS MARKET**

118 W. 2nd St.  
Siler City, NC 27344  
919-742-5442

[www.ces.ncsu.edu/chatham/ag/SustAg/silercitymarket.html](http://www.ces.ncsu.edu/chatham/ag/SustAg/silercitymarket.html)

Saturdays 10:00–1:00 pm  
(April–November)



**Durham County**

**DUKE FARMERS MARKET**

In front of the Medical Center  
Bookstore, between Duke Hospital  
and the Medical Center  
Durham, NC 27710

[www.hr.duke.edu/farmersmarket](http://www.hr.duke.edu/farmersmarket)

Fridays 11–2 pm (April 24–July 31),  
every other Friday (Aug. 14–Sept. 25)

**DURHAM FARMERS MARKET**

501 Foster St.  
Durham, NC 27701  
919-667-3099

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

Saturdays 8 am–noon  
(April–November),  
Saturdays 10 am–noon  
(December–March),  
Wednesdays 3:30–6:30 pm  
(May–September)

**Orange County**

**CARRBORO FARMERS MARKET**

301 W. Main St.  
Carrboro, NC 27510  
919-280-3326

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

Saturdays 7 am–noon (year-round),  
Wednesdays 3:30–6:30 pm  
(seasonal, starting in April)

**ENO RIVER FARMERS MARKET**

144 E. Margaret Ln.  
Hillsborough, NC 27278  
[www.enoriverfarmersmarket.com](http://www.enoriverfarmersmarket.com)

Saturdays 8 am–noon (April–November)

*Orange County, continued*

**HILLSBOROUGH FARMERS MARKET**

Home Depot parking lot at  
N.C. 86 and I-85  
Hillsborough, NC 27278  
919-732-8315

[http:// hillsboroughfarmersmarket.org](http://hillsboroughfarmersmarket.org)

Saturdays 8 am–noon  
(March 21–November),  
Saturdays 10 am–noon  
(December–March),  
Wednesdays 4–7 pm (beginning in May)

**SOUTHERN VILLAGE FARMERS MARKET**

Market St.  
Chapel Hill, NC 27516  
[www.southernvillagefarmersmarket.com](http://www.southernvillagefarmersmarket.com)  
Thursdays 3:30–6:30 pm (May 7–fall)

**SOUTH ESTES FARMERS MARKET**

University Mall  
Chapel Hill, NC 27514  
[http:// southeastesfarmersmarket.org](http://southeastesfarmersmarket.org)  
[www.farmersoforange.org](http://www.farmersoforange.org)  
Saturdays 8 am–noon (April–November),  
Saturdays 9 am–noon (December),  
Saturdays 10 am–noon (January–March),  
Tuesdays 3–6 pm (April–November)



*local food resources*

**Wake County**

**APEX FARMERS MARKET**

220 N. Salem St.  
Apex, NC 27502  
919-772-5472  
Saturdays 9–2 pm

**CARY DOWNTOWN FARMERS MARKET**

744 E. Chatham St.  
Cary, NC 27511  
919-616-7728  
[http:// caryfarmersmarket.com](http://caryfarmersmarket.com)  
Saturdays 8 am–12:30 pm  
(April–November),  
Tuesdays 3–6 pm (April–November)

**HOLLY SPRINGS FARMERS MARKET**

128 S. Main St.  
Holly Springs, NC 27540  
919-567-4010  
[www.hollyspringsnc.us/farmersmarket](http://www.hollyspringsnc.us/farmersmarket)  
Saturdays 8 am–noon (May–October)



### Wake County, continued

#### MIDTOWN FARMERS MARKET

The Commons at North Hill  
4160 Main at North Hills St.  
Raleigh, NC 27609  
919-538-1106

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

Saturdays 8:00–noon (April–November),  
Tuesdays 3:00–7:00 pm (starting in May)

#### MOORE SQUARE FARMERS MARKET

200 S. Blount St.  
Raleigh, NC 27601  
919-832-1231

[www.godowntownraleigh.com/farmers-market](http://www.godowntownraleigh.com/farmers-market)

Wednesdays 10–2 pm (April–August)



#### NORTH HILLS FLOWER MARKET

4160 Main at North Hills St.  
Raleigh, NC 27609  
919-719-5471

[www.ces.ncsu.edu/chatham/ag/SustAg/NorthHillsFlowerMarket2009.pdf](http://www.ces.ncsu.edu/chatham/ag/SustAg/NorthHillsFlowerMarket2009.pdf)

Thursdays 11–5 pm (May–July)

#### NORTH RALEIGH FARMERS MARKET

3900 Merton Dr.  
Raleigh, NC 27609  
Saturdays 8 am–noon,  
Wednesdays, 4–7pm

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

#### STATE FARMERS MARKET

1201 Agriculture St  
Raleigh, NC 27603  
919-733-7417

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

Mondays–Saturdays 5 am–6 pm  
(year-round), Sundays 8 am–6 pm

#### WAKE FOREST FARMERS MARKET

150 S. White St.  
Wake Forest, NC 27587

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

Saturdays 8 am–noon (April–November),  
3rd Saturdays 10 am–noon (January–  
March), Special holiday markets  
1st & 3rd Saturdays in December

#### WESTERN WAKE FARMERS MARKET

1225 Morrisville Carpenter Rd.  
Cary, NC 27519  
919-460-9191

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

Saturdays 8 am–noon (May–November)





**C**SA (Community Supported Agriculture) programs offer an opportunity to get affordable produce delivered regularly to your home, or to a convenient drop-off point in your neighborhood. Regardless of the CSA, prices are relatively inexpensive compared to buying retail, and you can choose to have delivery weekly, semi-weekly, monthly, or seasonally. Options depend on the program and some farms offer half shares in addition to full shares. A full share typically represents enough produce for a family of four for a week. Some farms offer add-on services: in addition to receiving produce CSA participants can add on fresh flowers, honey, cheese or value added products like jams and jellies. CSAs are available during the main growing season from spring through early fall. In addition, winter CSAs are available and increasing in popularity.



### **DIRECT FROM FARMS**

You can choose a CSA for a particular farm (or sometimes a few farms working together), where your delivery contains produce from those farms only. Your delivery "subscription" helps fund the farms' operations for that period of time. Typically farms provide newsletters and recipes along with boxes of produce to help participants learn about agriculture and how to prepare the food each week. Often times CSA participants claim that they get much more produce than they could imagine and find themselves sharing the abundance with friends and family.

### **DELIVERY SERVICES**

Some services deliver produce from a variety of farms over the course of the year, depending on what's in season and what's available.

### **CSAs**

Please note, for this guide, at this time, we define local as Alamance, Chatham, Durham, Orange and Wake Counties.



## **Alamance County**

### **CANE CREEK FARM**

Eliza MacLean  
Snow Camp, NC  
336-376-0811

[www.canecreekfarm.us](http://www.canecreekfarm.us)

e: [canecreekfarm@gmail.com](mailto:canecreekfarm@gmail.com)

### **CASTLEMAINE FARM**

Joann & Brian Gallagher  
Liberty, NC  
336-376-1025

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

e: [castlemainefarm@hotmail.com](mailto:castlemainefarm@hotmail.com)

### **SMITH ANGUS FARM**

Randall & Cyndi Smith  
Snow Camp, NC  
336-376-0058

[www.ncagr.gov/ncproducts/showsite.asp?ID=2586](http://www.ncagr.gov/ncproducts/showsite.asp?ID=2586)

e: [smithangusfarm@yahoo.com](mailto:smithangusfarm@yahoo.com)

## Chatham County

### **BAKER + FARMER CSA**

c/o Duck Run Farm  
Keenan McDonald  
Pittsboro, NC  
919-428-4653  
[www.bakerfarmer.com](http://www.bakerfarmer.com)  
e: [farmer@bakerfarmer.com](mailto:farmer@bakerfarmer.com)

### **BEAUSOL GARDENS**

Harry LeBlanc  
Pittsboro, NC  
919-545-0204  
[www.beausol.com/contact](http://www.beausol.com/contact)  
e: [beausolgardens@embarqmail.com](mailto:beausolgardens@embarqmail.com)

### **BLUEBIRD HILL FARM**

Norma Burns  
Bennett, NC  
336-581-3916  
[www.ncagr.gov/ncproducts/ShowSite.asp?ID=2907](http://www.ncagr.gov/ncproducts/ShowSite.asp?ID=2907)  
e: [countrymouse@rtmc.net](mailto:countrymouse@rtmc.net)

### **CIRCLE ACRES**

Noel Mooney  
Silk Hope, NC  
919-200-2298  
<http://circleacres.wordpress.com>  
e: [circleacres@gmail.com](mailto:circleacres@gmail.com)



### **DUTCH BUFFALO FARM**

Emily Lancaster & Farrell Moose  
Pittsboro, NC  
919-444-3073  
<http://dutchbuffalofarm.com>  
e: [dutchbuffalofarm@gmail.com](mailto:dutchbuffalofarm@gmail.com)

### **EDIBLE EARTHSCAPE**

Jason and Haruka Oatis  
Moncure, NC  
919-200-5046  
[www.edibleearthscape.wordpress.com](http://www.edibleearthscape.wordpress.com)  
e: [edible.earthscapes@gmail.com](mailto:edible.earthscapes@gmail.com)

### **HARLAND'S CREEK FARM FLOWER CSA**

Judy Lessler  
Pittsboro, NC  
919-542-4607  
[www.harlands-creek-farm.com](http://www.harlands-creek-farm.com)  
e: [lesslerjud@msn.com](mailto:lesslerjud@msn.com)

### **MID-CHATHAM FARMERS' ALLIANCE CSA**

c/o Harland's Creek Farm  
Judy Lessler  
Pittsboro, NC  
919-542-4607  
[www.harlands-creek-farm.com/content/2050](http://www.harlands-creek-farm.com/content/2050)  
e: [lesslerjud@msn.com](mailto:lesslerjud@msn.com)

### **PIEDMONT BIOFARM**

Doug Jones  
Pittsboro, NC  
919-444-9680  
[www.biofuels.coop/food/biofarm/csa](http://www.biofuels.coop/food/biofarm/csa)  
e: [piedmontbiofarms@yahoo.com](mailto:piedmontbiofarms@yahoo.com)

### **ROCKY RIVER FARM**

Will & Tabitha Roberson  
Siler City, NC  
919-837-5248  
[www.rockyriverfarmnc.com](http://www.rockyriverfarmnc.com)  
e: [rockyriverfarm@hotmail.com](mailto:rockyriverfarm@hotmail.com)

## Durham County

### DURHAM FARMERS MARKET COLLABORATIVE CSA

Judy Lessler  
Pittsboro, NC  
919-542-4607  
[www.harlands-creek-farm.com/content/2023](http://www.harlands-creek-farm.com/content/2023)  
e: [lesslerjud@msn.com](mailto:lesslerjud@msn.com)

### URBAN ORGANIPONICO CSA

Jeff Ensminger  
Durham, NC  
919-321-6111  
[www.neemtree.org/id20.html](http://www.neemtree.org/id20.html)  
e: [neem@mindspring.com](mailto:neem@mindspring.com)



## Orange County

### BLUEBIRD MEADOWS

Stuart White  
Hurdle Mills, NC  
919-357-2115  
[www.bluebirdmeadowsnc.com/csa/csa\\_main.htm](http://www.bluebirdmeadowsnc.com/csa/csa_main.htm)  
e: [bluebirdmeadowsnc@yahoo.com](mailto:bluebirdmeadowsnc@yahoo.com)

### COON ROCK FARM

Richard Holcomb  
Hillsborough, NC  
919-732-4168  
[www.coonrockfarm.com](http://www.coonrockfarm.com)  
e: [richard@coonrockfarm.com](mailto:richard@coonrockfarm.com)

### ECO FARM

John & Cindy Soehner  
Chapel Hill, NC  
919-933-4663  
[www.ecofarmnc.com](http://www.ecofarmnc.com)  
e: [EcoFarm@bellsouth.net](mailto:EcoFarm@bellsouth.net)

### ELYSIAN FIELDS FARM

Elise Margoles  
Cedar Grove, NC  
919-732-8980  
[www.elysianfarm.com](http://www.elysianfarm.com)  
e: [effarm@earthlink.net](mailto:effarm@earthlink.net)

### LIL' FARM

George O'Neal  
Hillsborough, NC  
919-428-0204  
e: [lilfarm@gmail.com](mailto:lilfarm@gmail.com)







*Orange County, continued*

**MAPLE SPRING GARDENS**

Ken Dawson & Libby Outlaw

Cedar Grove, NC

336-562-5719

[www.maplespringgardens.com/aboutus.html](http://www.maplespringgardens.com/aboutus.html)

e: [maple.spring.gardens@embarqmail.com](mailto:maple.spring.gardens@embarqmail.com)

**MINKA FARM**

Kimberly Harry

Efland, NC

919-304-4999

e: [farmer@minkafarm.com](mailto:farmer@minkafarm.com)

**TIMBERWOOD ORGANICS**

Ray Christopher

Efland, NC

919-260-1811

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

e: [Ramdas@mebtel.net](mailto:Ramdas@mebtel.net)

**WHITTED BOWERS FRUIT FARM**

Rob & Cheri Bowers

Cedar Grove, NC

919-732-5132

e: [whittedbowersfarm@mac.com](mailto:whittedbowersfarm@mac.com)

**Wake County**

**DOUBLE-T FARM**

Tom Kumpf

Garner, NC

919-239-2700

[www.double-t-farm.com](http://www.double-t-farm.com)

e: [tjkumpf@yahoo.com](mailto:tjkumpf@yahoo.com)

**FIVE POINTS CSA**

Andrea Restle-Lay

Raleigh, NC

919-280-4450

<http://tech.groups.yahoo.com/group/RaleighCSA>

**FRESHTABLES CSA FARM**

David & Greg Ward

Apex, NC

919-362-4717

**HILLTOP FARMS**

Fred & Virginia Miller

Willow Springs, NC

919-618-5601

[www.ncagr.gov/ncproducts/ShowSite.asp?ID=2279](http://www.ncagr.gov/ncproducts/ShowSite.asp?ID=2279)

e: [info@hilltopfarms.org](mailto:info@hilltopfarms.org)

**KELLAM-WYATT FARM**

Bob Kellam

Raleigh, NC

919-231-2827

[www.farmfoody.org/index.php/profile/show/1846](http://www.farmfoody.org/index.php/profile/show/1846)

e: [bob\\_kellam@msn.com](mailto:bob_kellam@msn.com)

**RARE EARTH FARMS**

Karl Hudson

Raleigh, NC

919-349-6080

[www.rareearthfarms.com/about](http://www.rareearthfarms.com/about)

e: [karlhudson@rareearthfarms.com](mailto:karlhudson@rareearthfarms.com)



## ***More information about this effort?***

### **IF YOU OR SOMEONE YOU KNOW**

would like to be considered for inclusion in this directory and/or would like help finding more information, please contact the Center for Health Promotion and Disease Prevention, University of North Carolina, Chapel Hill:  
[robin\\_crowder@unc.edu](mailto:robin_crowder@unc.edu).



*Research: Anna Child (child.anna@gmail.com)  
Design and Production: Regina McCoy (www.chaicore.com)*

### **CENTER FOR HEALTH PROMOTION AND DISEASE PREVENTION**

**University of North Carolina at Chapel Hill  
Campus Box 7426  
Chapel Hill, NC 27599-7426**

**Web:** [www.hpdp.unc.edu](http://www.hpdp.unc.edu)  
**Facebook:** [www.facebook.com/unchpdp](http://www.facebook.com/unchpdp)  
**Twitter:** [www.twitter.com/unc\\_hpdp](http://www.twitter.com/unc_hpdp)  
**You Tube:** [www.youtube.com/HPDPatUNC](http://www.youtube.com/HPDPatUNC)

**Information about local foods initiatives:**  
**email:** [robin\\_crowder@unc.edu](mailto:robin_crowder@unc.edu)  
**phone:** 919-843-8885

