### Durham Farmers’ Market
Pavilion at Durham Central Park
501 Foster Street
Durham, NC 27701
Wednesday, 3:30-6:30 p.m.
April – Sept. Saturday,
8 a.m. or 10 a.m.– noon, year-round
Contact: (919) 667-3099
www.durhamfarmersmarket.com

### Chapel Hill Farmers’ Market
A Southern Season parking lot
201 S. Estes Dr.
Chapel Hill 27514
Saturday, April – Nov.,
8 a.m.-noon and
Dec. – March: 10 a.m.-noon Tuesday,
May-Nov, 3-6 p.m.
Contact: (919) 533-9496

### Cary Farmers’ Market
301 S. Academy Street
Cary, N.C. 27511
Saturday, April – Nov.
8 a.m.-noon
Tuesday,
3-6 p.m.
Contact: (919) 684-3136
caryfarm@caryfarmersmarket.com

### Carrboro Farmers’ Market
Town Commons
301 West Main St.
Carrboro, NC 27510
Wednesday, 3:30-6:30 p.m.
April – Sept.
Saturday, 9 a.m.-noon, year-round
Contact: (919) 280-3326

dcf

### Duke Farmers’ Market
Lawn off Research Dr. between the Nanaline H. Duke and Bryan Research buildings, Duke Hospital
Friday, 11 a.m.-2 p.m.,
April – Sept. Or, order from the Mobile Market for pick-up at the Gardens. Contact: (919) 684-3136

dcf

### Raleigh Downtown Farmers’ Market
City Plaza on the 400 block of Fayetteville St., Raleigh, N.C.
Wednesday, 10 a.m. - 2 p.m.
April – Oct.
Contact: (919) 821-6979
Or, visit Raleigh Farmers’ Market and North Raleigh Farmers’ Market.

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### Want Fresh? Buy Local.
**Eat Sustainably**
- Support local, sustainable agriculture
- Less dependence on fossil fuels
- Local = fresher food, tastier and healthier

**Why buy locally?**
- Support local communities
- Quality, fresher produce

**Support local, sustainable agriculture**
- Local = fresher food
- Quality, fresher produce

**Eat Sustainably**

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### Seasonal Produce Guide

#### Spring: March-May
- Spinach
- Broccoli
- Peas
- Tomatoes
- Red Potatoes
- Radishes
- Garlic
- Peppers
- Okra

#### Summer: June-Aug.
- Watermelon
- Melon
- Corn
- Green Beans
- Peppers
- Tomatoes
- Salsify
- Collard Greens
- Squash
- Cucumbers
- Peas
- Carrots

#### Fall: Sept.-Nov.
- Sweet Potatoes
- Cabbage
- Green Beans
- Apples
- Sweet Potatoes
- Beans
- Tomatoes
- Peppers
- Cucumbers
- Squash
- Peas
- Carrots
- Collard Greens
- Broccoli

#### Winter: Dec.-Feb.
- Kale
- Collard Greens
- Beets
- Mustard Greens
- Spinach
- Sweet Potatoes
- Peas
- Carrots
- Collard Greens
- Broccoli

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### Sustainable Duke Seasonal Produce Guide
Ready to eat local around Durham? Get familiar with seasonal produce and shopping at farmers’ markets with this handy pocket guide!

To use your pocket guide:
1. Cut along the outer black line
2. Fold along the dotted lines
3. Keep it in your wallet!