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Market Vendors: July 18, 2026

Market Hours: 8:00am-12:00pm

Please note: Some items may be popular or available in limited quantities. Contact the vendors to reserve your favorites and shop early for best selection.

<u>Cary Caramel Company</u>- Since Christmas of 2015, I have been making caramels to give away along with my wife's Christmas cookies in our neighborhood in Cary, NC. It wasn't until the Christmas of 2021, when a friend asked to buy a bunch of them, that gave me the idea of turning it into a business. In Jan 2022 I launched the business and a few months later my beautiful wife Karen joined the fun. Since then, we have worked at being able to provide our caramels to more than just family and friends. We have moved from our home kitchen to a commercial kitchen to provide our customers with the highest-quality ingredients and service. Thank you for choosing Cary Caramel Company. Dermot and Karen Allen Owners of Cary Caramel Company	Website Instagram Facebook
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<u>Coleman Girls Farm</u>- Small diversified farm raising animals with respect and love. Taking care of the soil, the air and the water for future generations. Know your farmer. Call to make an appointment to come see how we do things. Website Instagram Facebook	PREORDER PLEASE SO I CAN PACK IN THE COOLER - TEXT (631-291-3362) This week: Eggs Frozen chicken Beef: Stew meat, T-Bone, Liver Goat: Sold out 🐐 Lamb: Stew meat with bones Pork: Bone in pork Chops, Butt steaks, Ground pork, 4lb butt, 7lb ham, 7lb loin roast Pork Sausage (bulk): Mild Country, Hot Country, Mild Italian, Andouille, Green Hatch Chili Pork Sausage (link): Bratwurst, Mild Italian, Hot Italian, Andouille, Green Hatch Chili, Habanero BBQ	Also this week: Coleman Girls' Farm Handmade Goat milk soaps, lotion bars, and lip balms Now under the Coleman Girls' Farm tent: <u>Shellymac Farms</u> Baked goods Shelby's jams <u>Hillsborough Cheese Co.</u> Goat Cheese: Plain Honey Fig <u>Mike's Bees</u> Local wildflower honey & Sourwood, Hot honey, Cinnamon creamed honey, Bourbon Barrel Honey
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Dee's Kitchen- Dee's Kitchen provides yummy fresh, from scratch baked goods using high quality ingredients. All of our products are vegan(no dairy, eggs, honey or any other animal derived product); mostly organic and non-GMO; contain whole grains; have no added oils and use raw or unrefined low glycemic sugars. DK also caters to the gluten free and allergen friendly lifestyle.

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Gabor Farms- We are not a big farm, but we have a big heart and big ideas on making food accessible, affordable and exciting. We farm on three locations in Richmond County, NC. Our primary location hosts our mushroom grow rooms which consist of 40' temperature controlled shipping containers, and our sterile lab which is housed in a separate building complete with classroom setting.

We grow vegetables in open fields, caterpillar tunnels and are rebuilding our hydroponic greenhouse this fall. Our seedlings get their start on a heat mat then spend 1-2 weeks in the nutrient rich channels where they get their initial boost and growth. Normally we pot and sell from this stage to other growers, but have been experimenting with other methods this year, including placing plant cuttings in our mushroom grow room to enhance and speed up root growth.

This week: **mushrooms, peaches, cherry tomatoes**

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Hasena Farms- At Hasena Farms, we grow Japanese and Asian vegetables, herbs, and cut flowers on our small family-run farm in Efland, NC. Over the past year, we've been proud to share our harvest weekly at Western Wake Farmers Market, growing alongside our community and learning what truly belongs on the table. Each crop we raise carries a story rooted in tradition, memory, and curiosity for new flavors. We farm thoughtfully and sustainably and believe good, honest ingredients have the power to connect people and brighten everyday meals. We hope to see you at the market!

This week: **Japanese eggplants, white eggplants, Japanese bell peppers, cucumbers, shishito, baby arugula, okra, parsley, head lettuce**

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Hummus Y'all- Hummus Y'all brings fresh, flavorful hummus bowls to the farmers market, made from scratch with simple, high-quality ingredients and bold Middle Eastern-inspired flavors. Our bowls start with ultra-creamy hummus and are topped with a colorful mix of seasoned chickpeas, roasted vegetables, caramelized onions, and our signature green schug, all served with authentic pita bread.

Fully vegan and always made without preservatives or artificial ingredients, Hummus Y'all is all about honest food, warm hospitality, and turning a beloved staple into a satisfying, complete meal.

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Kalawi Farm- Kalawi Farm is a fourth generation peach farm that has strong family roots. Jan Williams grew up on a peach farm. Her father and grandfather were peach growers as well. Jan married Art Williams. After teaching for 10 years, she decided to go back to her

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roots. In 1985 Jan and Art started the business of Kalawi Farm and named it after their first three children: Ka- for their oldest Katie, La- for their second daughter Laura and Wi- for their third child Will. In 1991, the Ice Cream Shop was opened and named after their fourth child Ben. Will and Ben now help us manage the farm. We look forward to seeing our customers each year from near and far!

This week: **Yellow Freestone Peaches** 🍑 , **Some White China Pearl Peaches** 🍑 , **Sweet Bicolor Corn** 🌽 , **Sugar Baby Watermelon** 🍉 , **Athena Cantaloupes** , and **Blueberry Homemade Ice Cream** 🍦 .

Loverthina's- At Loverthina's, every salsa is made with the freshest ingredients—no added sugar, no artificial preservatives—just pure, delicious goodness! Sharing her creations brings Jolanda true joy, especially when she sees people savoring every bite.

Free samples will convince you it's the best salsa out there! Want to experience the bold, fresh flavors of Loverthina's? Order your fresh salsa anytime on our website!

This week: **Six flavors of our fresh gourmet salsa and salsa samples!**

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Lima 31- Lima 31 Catering & Empanadas brings the authentic flavors of Peru to the Triangle area through handmade empanadas, traditional desserts, and catering services. Family-owned and operated, we specialize in fresh, scratch-made recipes inspired by Peruvian culture, including beef, chicken, and ají de gallina empanadas, alfajores, cheesecakes, and more. We are passionate about sharing Peruvian food and hospitality with our community, one bite at a time.

This week: **Empanadas and Peruvian alfajores**

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Oak City Spice & Snack Co. - Love big flavor without a big price tag? Oak City Spice Labs curates restaurant-quality spice blends in small batches using premium ingredients from around the world. Elevate your cooking – every dish, every time. Visit Oak City Spice Labs and unlock a world of flavor!

Oak City Gluten-Free Baked Goods- Craving delicious desserts without the gluten? Oak City Gluten-Free Baked Goods has perfected recipes that are so good, you won't believe they're celiac-friendly. We use only the finest ingredients, from finely ground rice flour to Callebaut Belgian chocolate, to ensure every bite is a flavor explosion.

This week: **Well, not exactly sure of the pound cake just yet**

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Redbud Organic Farm- Redbud Farm, owned and managed by Clay Smith and Nancy Joyner, began in 2009 to grow a wide variety of vegetables and herbs. It is located in Alamance County on the land where Clay grew up on a family farm that has been owned by the family since 1945. From the beginning of Redbud Farm, organic practices were used, and the farm has been certified organic since the summer of 2009.

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Redbud Farm is fortunate to be one of the original vendors at Western Wake Farmers Market, selling produce since May 2009. The opportunity to build relationships with customers, watch children grow over the years, and enjoy the community at WWFM is a great experience. Clay and Nancy enjoy the direct contact with people at the market and providing individuals and families with organic, local, flavorful, fresh food.

This week: **Tomatoes, potatoes, peppers, squash, zucchini, cucumbers**

Urja Bar Inc - Urja Bar is a woman-owned small business founded by Sangeeta Kamra. Our mission is to nourish your body with all natural and organic ingredients— thoughtfully crafted to ensure every bite is packed with delicious flavor and fuel for your day, never compromising on quality! Urja is a Hindi word which means ‘energy’ and Urja bar is made to provide energy to our bodies before or after workouts, during travel, or as evening snacks.

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Yukiya Bakery- Yukiya Bakery is a small minority owned business aiming to share the joy of specialty baked goods in Wake County. All products are hand-made in our inspected facilities using locally sourced, selected ingredients. Just-in-time retail ensures freshness and its unique soft texture. We got our start in the U.S. in 2022.

After a break in 2024 to figure out a way to make her passion sustainable, Yukie acquired certificates from WakeTech's Bakery and Pastry Arts program, where she was awarded two Gold Medals in competitions sanctioned by the American Culinary Federation. Yukie is a licensed Japanese Baker and a mother of two proud daughters who want to follow in her steps as an entrepreneur.

This week: **Peach cream pan, peach milk bread, peach cinnamon roll**

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Zephyr Family Farm- We focus on two main things when choosing what we grow. First and foremost we love Southern heirlooms! We grow several that are special to our family history and we enjoy sharing those connections. Whether you're from the south or not, we think it's really cool to eat a veggie that's been loved here for generations. Second, we focus on crops that help us adapt to the climate crisis. We seek out crops that can handle these changes and help us feed folks as we try to deal with this emergency. It also pushes us to learn about the wider plant world and other peoples culinary traditions. A plant might be new to me, but it's not "new". When I learn about a plant my goal is to center their traditional connections as we make new ones.

All the work on the farm is done by us (our three kids and dog are there for emotional support, lol). We currently have just under an acre in production, with another half acre in cover crop. We use only sustainable practices on our farm and passed our Certified Naturally Grown inspection in 2022. For us, sustainability looks like building soil health by reducing tillage practices to a minimum, using cover crops and crop rotation practices to manage weeds, pests and diseases, and using natural fertilizers, pesticides and herbicides very sparingly. We also constantly evaluate our practices to see where we can reduce the use of plastics and fossil fuels.

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This week: Heirloom NC cantaloupe are back! Come get your Ridgeway's before they're gone, these won't last long.	
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