



We nourish community | Open year-round

Market Vendors: November 15, 2025

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>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	This week: Eggs – Lots of eggs Frozen Chicken Whole and Half birds Carcass for soup Liver Beef Late Feb Pork Bone in pork Chops Butt steaks Ground pork Ribs Goat Ground Stew meat Stew meat with bones Lamb Ground Stew meat Stew meat with bones Soup Bones Pork Sausage Mild Country - bulk Hot Country – bulk Mild Italian – bulk and link Hot Italian – link Andouille – bulk and link Green Hatch Chili – bulk Apple brat – bulk Pizza sausage(just add cheese!) – bulk Little link Breakfast sausage	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 <u>Mike's Bees</u> Local honey
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Community Built Enterprises- Since 2014, we've worked to restore our 175-year-old

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farm in NY by bringing maple syrup production back. We continue to explore sustainable, environmentally-responsible products and partnerships with this farm and others.

Several years ago we planted elderberry bushes at the farm, and began making "EldaBlue", our elderberry blueberry syrup blend produced in NC and NY. It's made with the juice of real elderberries and NC-picked blueberries, local honey, lemon juice, fresh ginger, cinnamon and clove.

Let us share what we've learned about syrup production, cooperation, and the importance of preserving natural places, and natural foods!!!

This week: Eldablue (elderberry/blueberry syrup blend), maple syrup - amber, dark, very dark and bourbon-barrel-aged

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Culture Soap- Culture Soap produces natural and naturally derived bath and body products, including natural soaps and body washes, body scrubs, bath salts and more. Each product is produced in small batches to guarantee quality and made right here in Raleigh, NC.

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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, duck eggs, beets, collards, broccoli

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Just Like in Italy- Meet Chef Patrik, the heart and soul behind Just Like in Italy:

Growing up in Turin (Torino), in northern Italy, I was raised in a family where great food wasn't just a passion—it was our way of life. As restaurateurs, my family taught me that authentic Italian cuisine is about tradition, love, and bringing people together.

My culinary journey has taken me from Spain to France to the USA, but one thing has remained constant: my commitment to authenticity. Whether I'm creating a mouthwatering dessert, crafting Italian focaccia, or preparing savory treats, I'm sharing a piece of my heritage, a taste of my homeland, a moment of pure Italian joy. That's why I named my business "Just Like in Italy"—because I want you to experience that same magic I felt in my family's kitchen in Turin.

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Today, I bring these authentic Italian flavors to the Triangle area through premier markets, restaurants, and straight to you. True Italian cuisine isn't just about the recipe—it's about creating moments of happiness, one delicious bite at a time. Taste the difference that passion, tradition, and authenticity make. Enjoy delicious treats Just Like in Italy.

Michael's English Muffins- Bringing you the freshest English Muffins in Raleigh, NC. Unlike anything you have ever tasted!

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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: Lemon Blueberry bread & muffins; Pumpkin bread & Belgian Minis

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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.

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: Cabbage, peppers, cherry tomatoes, kale, collards, sweet potatoes, butternut squash

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Triple Creek Quail - I have been breeding and raising Jumbo Coturnix quail for eggs for 5 years. I also sell dehydrated quail feet as pet treats. Locally farm raised, no antibiotics or hormones added EVER!

I will also be supplying a limited supply of Capt Rick's Seafood at my tent. Something you don't see? Please contact me or fill out an order form at my tent 🏠

This week: Flounder, salmon, shrimp, red snapper

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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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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.

This week:Appalachian heirloom string beans, snow peas, spinach, spring mix lettuce, collards, kale, parsnips, carrots and more. Pre-order online at www.zf.farm to secure your order, some things are limited quantity!

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Wake County Solid Waste - Compost Bucket Giveaway!

Bianca will have food scrap collection pails and compost samples, plus brochures on using compost in your garden. It's a soil-lebration of the partnership between WWFM, Wake County Solid Waste, and CompostNow to turn wasted food into healthy soil!