

Home Grown in Durham

Durham County is the ideal destination to experience agricultural products straight from the source. Stroll through the bustling Farmers' Market and shake hands with the people who pulled fresh produce from the earth that morning. Experience soothing breezes from the front porch of a dairy farmstead where a popular local chef cooks a locally-sourced dinner. Stop and smell the roses and the tulips and the magnolias at one of the premier public gardens in the United States. All this and more are waiting for you in Durham.



Sarah P. Duke Gardens

Here is a sample itinerary.

SATURDAY: Morning at the Market

Durham Farmers' Market

501 Foster St., Durham

www.durhamfarmersmarket.com

Get your first taste of the Bull City at the Durham Farmers' Market. Expect to find fresh, locally-grown produce and herbs (including organic), and other decorative plants, eggs, meats, cheeses, and more from over 60 local vendors. The Market features regular cooking demos by local chefs, many of whom source fresh produce on site for use in their respective restaurants. This popular market is a staple Saturday activity for many locals and has been featured in publications ranging from the *New York Times* to *Bon Appétit*. **Hours:** Saturdays, 8am-12pm (Apr-Nov), 10am-12pm (Dec-Mar); Wednesdays 3:30pm-6:30pm, (May-Sep).

SATURDAY: Lunch Downtown

Take Your Pick: Farm to Table Lunch

www.bit.ly/downtowndurham

Now that you've had a taste of Durham, it's time for a meal! The Durham Farmer's Market is located within a five-minute walk to many of the city's finest downtown restaurants. Thanks to a thriving colony of imaginative chefs and a passionate community of locavores, it's no wonder that Durham has been named the "Foodiest Small Town in America." Consult www.bit.ly/downtowndurham for recommendations and find out what all the buzz is about!

SATURDAY: Afternoon in the Gardens

Sarah P. Duke Gardens

Anderson St., Durham • 919-684-3698

www.gardens.duke.edu

55-acre gardens known as one of the premier public gardens in the U.S., with 200+ colorful plant varieties viewable from more than five miles of walkways and paths. Seasonal plantings and fruits and vegetables in the Charlotte Brody Discovery Garden ensure that each visit is a new experience. Walking and trolley tours available; call for information.

Hours: Monday-Saturday, 9am-5pm, Sundays 12pm-5pm.

Here is a Sunday Itinerary

SUNDAY: Afternoon in Bahama

Blue Whistler Farm

9923 N Roxboro Rd Bahama NC • 690-272-0181

www.bluewhistlerfarm.com

Blue Whistler Farm features regular opportunities to visit the farm, including Open Farm + Market days, when you can cuddle piglets, purchase farm fresh goods, and observe the resident animals. Blue Whistler also hosts day camps for kids. Check its website for upcoming events.

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Visit www.TriangleGrown.com for more farm and food related events and things to do!

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