



Formerly located at Moore Square, the Raleigh Downtown Farmers Market is a vibrant new addition to City Plaza and is downtown Raleigh's premier venue for locally grown produce and artisan food.

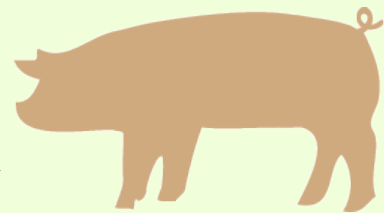
## GRAZEFEST at the Market: June 23

*A Celebration of Grass-Fed and Pasture-Raised Foods  
from North Carolina's Small Farms*

### Featuring

- Ice Cream Eating Contest with Lumpy's Ice Cream
- EGGstravaganza: Egg relays & veggie Trivia for kids
- Chef Demonstration by Sarig Agassi of Zely & Ritz
- Mozzarella Stretching Demonstration with Portia McKnight, Chapel Hill Creamery
- Lunch vendor Coon Rock Farm featuring their own sausage
- Bluegrass music by Old Habits

Visit [RaleighEatLocal.com](http://RaleighEatLocal.com) for more details.



## Meet Our Farmers

### *Portia McKnight and Flo Hawley: Chapel Hill Creamery*

Tucked away in the heart of Orange County's old dairy country, is Chapel Hill Creamery. It is part dairy farm, part cheese making facility, and totally delicious.



What began nine years ago as a dream and a love of cheese has turned into a successful yet unpretentious agricultural inspiration. Portia McKnight and Flo Hawley met and worked together at Wellspring Grocery and later Whole Foods. While in these jobs, they developed a deep appreciation for and learned how great cheese was made. They compared cows to determine which breeds' milk made the best cheese. They studied what those cows needed to eat, how they were raised, and which climates best suited them. The pair then focused on learning the processes used to make the cheeses they loved and in 2001, Portia and Flo were ready. They purchased 37 acres of land in Chapel Hill's "dairy land" and put their new knowledge to use.

Today, there are 26 Jersey Cows (chosen based on their reputation for rich milk and ability to withstand North Carolina's climate) who provide the milk for all of Chapel Hill Creamery's cheeses. No outside milk is used at all. These renowned cows feed themselves by grazing through a rotation of 30 paddocks featuring a special blend of grass planted just for them. They graze twice a day, each time in a different pasture. This allows the cows to eat the best part of the grass yet enable the grass to regenerate before the pasture is needed again. Portia and Flo developed this intensive rotational grazing system to ensure that the cows will have access to high quality grass during their milking season, which is from March through December. The cows also provide the grass with natural fertilizer that is spread out on the pastures.

Chickens and pigs are also raised on the farm. The chickens offer a natural way to keep the fly population in check as well as provide the owners with fresh eggs. The pigs feed on whey, the byproduct of cheese making. So, there is no waste. Additionally, Flo and Portia have been adding solar panels to provide green energy for the cheese making facility, furthering their goal of reducing their carbon footprint.

Chapel Hill Creamery's cheese can be found at the Carrboro and Durham Farmer's markets, Whole Foods, and A Southern Season, as well as the Raleigh Downtown Farmer's Market. You will also find their cheese on many local restaurant menus, including Poole's Diner, Zely and Ritz, Watts Grocery, and Weaver Street Market and Café. One of the Creamery's most

popular cheeses is its fresh mozzarella which comes in half pound balls, one pound logs, and cherry sized "CilieGINE". Other popular choices are New Moon (a buttery, semi ripened cheese with a bloomy rind), Asiago (a hard, aged cheese), Hickory Grove (the raw milk, washed rind, aged, meltable cheese), Farmer's Cheese (a refreshingly tangy, salt brined cheese), and Carolina Moon (a spreadable, French style cheese). They also produce wonderful feta and camembert.

The farmstead's fundamental principal is summed up with a single question, what is your proudest accomplishment over these last nine years? The answer comes quickly, "Raising cows that are healthy and happy while improving the quality of our land." And you can taste it in their cheese.

### *Tasting Tips*

- Slice the Hickory Grove and melt it on top of your next hamburger or in your grilled cheese sandwich.
- Crumble the Farmers Cheese over salads, chili, quesadillas, and tacos.
- Grate the Asiago over pasta instead of using parmesan.
- Try the New Moon instead of brie.
- Spread Carolina Moon on toasted baguette slices with tomato, olive oil, and cracked black pepper.

*"Meet Our Farmer" and tasting tips by Brian Adornetto. Brian is a professional chef, culinary instructor, freelance food writer, and food editor for the Raleigh Downtowner. For more information on Brian, please visit his website, [www.loveatfirstbite.net](http://www.loveatfirstbite.net)*

## When can I get some fresh corn?

*Use our cool webpage tools to get answers to all your questions*

Did you know you can get information about the vendors and products sold at the market online?

Want to know when you can find your favorite foods at the market? Discover what's fresh at the market by using our [product search tool](#). Search any product-asparagus to zucchini and find out the product's expected seasonal availability, which vendors sell the product, and when the vendors carrying the product will be at market.

Check out our website, [www.RaleighEatLocal.com](http://www.RaleighEatLocal.com) to find an interactive market map that allows you to see which vendors will be at the market each week, and even which stall they will be in!

**Interactive  
Market Map**

Our farmers won't have corn until late June/ early July, but the taste of summer is certainly here with crispy cucumbers, summer squash, string beans, and more. Check out the market to taste what's fresh this week!

## We want to hear from you!

Visit our Facebook and Twitter pages for the most recent news about the market, and tell us what you think. We love wall posts and tweets!

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