

## Visit a Mid-Week Phoenix Farmer's Market

Written by Rachel Roland

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Rachel Roland is a mom on a mission - exploring beautiful Arizona (and beyond!) with her two little companions, Jeremiah and Sarah, in search of the best restaurants, attractions, and products for you and your children. See what she has in store for your family today!



Looking for something to do in the middle of the week with the kids? Look no further than the [Town & Country Farmer's Market](#)! This is held every Wednesday from 10am-2pm and features produce from McClendon's Select Produce and Pinnacle Farms. We visited when it was hot, and all the vendors are lined up in front of the stores, which means they're under misters...so perfect when it's 100 degrees outside!



One thing the kids love about visiting the Town & Country Farmer's market is...the samples! [Nuna's Flavors](#), Phoenix-made vinaigrettes and sauces was our first stop. We tried her cous-cous - out of this world! (Okay, I like the samples, too!)



We also stopped at [Raimondo's Gluten Free Cuisine](#) to sample meatballs and gluten-free lasagnas. I love to cook, and I've tried many times to make a veggie-only lasagna - and it's never turned out. The Raimondo's lasagna, though, is out of this world. These would be great to pick up for a busy night to throw in the oven. The kids loved all the samples, too - especially the meatballs!



It wouldn't be a trip to the Town & Country Farmer's Market without stopping for some [Absolutely Delightful honey](#) - which is local Arizona honey! Honey is a staple in our house (we're trying to eliminate white sugar) and the kids love the little honey straws you can buy at the market.

In addition to all the local vendors selling everything from supplements to meals, you can also buy produce. While we were there, we visited Pinnacle Farm's HUGE produce stand to buy some Arizona-grown watermelon and cantelopes as well as zucchini. During the summer, though, you have to understand that the Phoenix climate is quite unforgiving when it comes to plants. (Just ask my poor garden!) Some of the produce at Pinnacle Farm's stand was from out of state - mostly organic, mostly from California, so not too far. It's definitely more local than from another country!

You can find the Town & Country Wednesday Farmer's Market at 2021 E. Camelback Road in Phoenix. It runs every Wednesday throughout the year and is from 10am-2pm. It's a great experience for the kids!



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Photo courtesy [Red Phoenix Photography](#)

I'm Rachel - a mom, wife, and 'green' blogger at [Small Steps On Our Journey](#). If you want me to come visit your place of business, have any questions on this article or suggestions for a future article, you can email me at [rroland@azfoothills.com](mailto:rroland@azfoothills.com), tweet me at [@rachelroland](#), or connect with me on [Facebook](#).