

10 BEST THINGS TO EAT AT METRO PHOENIX FARMERS MARKETS

BY ALLISON YOUNG FRIDAY, NOVEMBER 27, 2015



This is not your school bake sale — you can eat like a king or queen at your local farmers market. Nestled between the organic produce and locally-made jewelry stands are some serious food stalls that serve up everything from sublime macrobiotic meals to authentic French cuisine.

So pack your tote full of fresh flowers and produce while you pack your stomach with thoughtful food made with fresh, local ingredients at farmers markets across metro Phoenix.

b Naked Chocolates

The “Naked Ladies” at the b Naked stall will stop you dead in your tracks. Try the Naked Blonde and you’ll see what we mean, a raw macaroon that turns strands of coconut, maple syrup, and vanilla bean into an orgy (pun intended) of flavors. For a more upscale affair the Chocolate Pecan Tart is a must, a pecan-date shell filled with a sinfully decadent cream made of cashews, maple syrup, and raw cacao. Creator Sue Berliner, who has a knack for creating healthy delights, is always pushing the envelope. Her newest creation: Java Jolt, a raw chocolate ball with coffee three ways — the bean, the brew, and the grounds that’s a jolt of textures and flavor. Oh, and did we mention that everything is gluten-free, vegan, and Paleo with no refined sugar?

Where to find it: Saturday Old Town Scottsdale Farmers Market, Sunday Ahwatukee Farmers Market.