

## Meet the Farmer

**Hayes Lindsay**

**Fat Radish Farm**

Zebulon, NC 27597

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Farmer Hayes' great, great grandfather Charles David Beddingfield started farming north of Zebulon in the late 1800s. The next two generations continued farming and practicing methods passed down from previous generations. The farm was briefly leased out to local farmers, until Hayes moved to the farm in 2010 with the intentions of continuing the family farm. He began farming with a strict regenerative method that is beneficial to plants, animal, people and the land.



## What's Growing?

Farmer Hayes grows a wide variety of vegetables and fruits year-round. The produce items listed below are available in season: arugula, basil, beets, broccoli, cabbage, carrots, chicken, collards, cucumbers, eggs, eggplant, green onions, hot peppers, kale, kohlrabi, leeks, lemon balm, lettuce, melons, mustard greens, okra, onions, oregano, parsley, parsnips, peas, potatoes, radishes, rosemary, sage, salad greens, salad mix, spinach, sweet potatoes, tomatoes, and watermelon.



## Buying from Fat Radish Farm

Child care facilities may order produce for delivery on Tuesday anywhere in Wake County with a minimum order of \$50 or stop by the roadside stand, which is open Tuesday-Friday 2-6 pm and Saturdays 9 am-3 pm.

On Saturdays, he also sells his produce at the Western Wake Farmers' Market in Morrisville, Zebulon Farm Fresh Market

in Zebulon, the Saturday Market at Rebus Works in Raleigh's Boylan Heights, and Franklin County Farmers' Market in Louisburg.



# Farm to ChildCare

YUMMY, FRESH, HEALTHY... NC FRUITS AND VEGETABLES!