Since 1907, Pike Place Market has been the epicenter of fresh food in Seattle. Today, the Market’s many food vendors continue to provide a one-on-one shopping experience as you shop European-style for the best in produce, meat, fish and specialty ingredients.

1. Learn the Market Lingo
Farm tables: Fresh, local and seasonal. Choose from fruits, vegetables, herbs and flowers from the farmer who grew them. Inside the Main and North Arcade and on Pike Place.
Highstalls: Seven permanent produce stands offer specialties from around the world, as well as locally grown produce.

2. Shop and Eat Seasonally
Keep an eye out for seasonal items—they are fresh and often less expensive. Farmers, highstalls vendors and fishmongers are fantastic resources for cooking tips and recipe ideas that showcase the season’s bounty.

3. Try a Sample
Some vendors happily share free samples of their goods. Look for outreached hands as you stroll down Pike Place and through the Arcade, offering apple slices, dried fruits, pastas, pepper jellies and smoked fish.

4. Ask the Experts
Quality and service are paramount to our merchants. Request what you need: a firm tomato for slicing or a soft one for sauce making, for example. Vendors can assist with special requests by filling your order or referring you to a nearby business.

For a directory of Market farmers, visit pikeplacemarket.org/find-farmer
5. Don’t Squeeze, Please!
At some stands, the merchant will fill your order; others let you select your own produce. Check your bags before you leave to make sure you’re receiving the quality you expected.

6. Shop our Downtown Farmers Markets
Farmers and artisan food producers also sell at several downtown locations May-October. Find our farmers where it’s most convenient for you! 10 a.m.-2 p.m. on Tuesdays at City Hall, Thursdays at South Lake Union, and Fridays at First Hill.

7. Know When to Shop
Shop early for the best selection and when crowds are at their lowest. Meander around in slower times like January–April to relish the Market’s quiet side. In the summer, check out our Wednesday Evening Farmers Market, 5-8 p.m. on Pike Place.

8. Meet Artisan Food Makers
The Market is filled with artisan food businesses, many with on-site production. Sample über-local cheese, chowder, beer, chocolate, eclairs, cheesecake and more. Take home chocolate covered cherries, pepper jelly or a growler of ginger beer.

9. Score Easy, Affordable Parking
The Public Market Garages at 1531 and 1901 Western Avenue offer direct Market access and are $4/hour up to 4 hours or $5 after 5 p.m. Cyclists: we’ve got convenient bike racks on Pike Place, Pine, Stewart, Virginia, Western and First Ave.

10. Stay in the Know
Keep up on what’s fresh! Receive our monthly “Freshwire” email newsletter. It’s full of food news, event information, shopping tips, and other happenings. To subscribe, visit pikeplacemarket.org and sign up on our homepage.

For a directory of specialty food businesses, visit pikeplacemarket.org/specialty-foods