

Exam Cram

If you have students in your family who are studying for exams, you may want to encourage them to stay on task at their desks with a little box of snacks. It will show them you appreciate the effort they're making to score an A, and keep them out of your kitchen.

Our Exam Cram boxes include small bags of snack mix, peanuts, chips, cookies, chocolate, and such. We will be happy to ship your boxes to students away at school. Or, fill a box with your student's favorites.

Movin' On

Graduation is bittersweet. It marks both an end and a beginning. One thing is for certain, the graduate is moving on to something else.

Mark this occasion with a gift from NOFO. We've jewelry, leather journals, key fobs, shaving sets, dopp kits, pearls and such.

Come in and see what moves you!

Spotlight: Enamelware

Nofolks have always been fans of enamelware. It is oven-to-table, durable, eco-friendly,

sustainable and timeless. Although we have enjoyed traditional rimmed plates and splatterware, we are enamored with the new multi swirl pattern.

Sisters Oyku Thurston and Bassack Onay share our passion for timeless, high quality enamelware and want to bring it back into the

spotlight. Their company, Bornn, creates high design, contemporary enamelware by hand in Istanbul.

We are pleased to offer their dinnerware, jars, teapots and tumblers at NOFO. Don't miss Bornn's Island Breeze handpoured candles packed in wooden boxes. Ideal for summer gift-giving.

Our State's Cookie

There's a bill pending in the NC State Legislature to adopt the Moravian cookie as our state's official cookie. Just like the Cardinal, the Dogwood and the Scotch Bonnet, it will become a symbol of NC.

NOFO carries sugar, spice, lemon & lime Moravian cookies from Dewey's and Wilkerson's Bakeries in Winston-Salem.

Both have ardent fans who all agree that the thin Moravian Cookie is the best cookie in the state of North Carolina.

Fun Fact

In 1914, President Woodrow Wilson declared the second Sunday in May Mother's Day as a public expression of love and reverence for the mothers of our country.

Used to be it was a long standing southern tradition to wear a flower on Mother's Day. A red or pink flower indicated your mother was living and a white flower was worn if she had died.

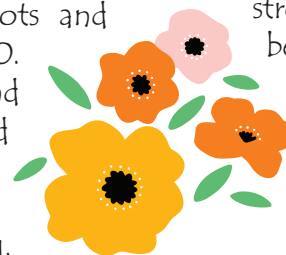
One of the men's clubs sold crepe paper boutonnières on street corners for weeks before Mother's Day and florists delivered fresh flower corsages and boutonnières for folks to wear on that Sunday.

We're Expecting

Our baby department has growing pains! Although we haven't increased the size of the space, we have expanded the department to include clothing, toys, and accessories for newborns through 24 months of age.

We've added day dresses, gowns, and sleepwear for layettes from Little English. For 6-24 month olds, there are

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rompers, sunsuits and bubble suits from Angel Dear and Petite Plume.

You'll still find Jellycat, Steiff, Madame Alexander, and other lines you count on us to have. Watch this spring as we add new product.

We're Pickled Pink

In 2021, Donnie and Christian Mills made the tough decision to only grow produce on their eastern North Carolina farm instead of crops. They even built a commercial pickling facility in the middle of the farm to produce cold-packed pickles to sell.

The produce could not be fresher and the small batch, cold-packed process they use ensures that the pickles are always crisp and crunchy. Christian uses old family recipes, no preservatives, artificial colors or sweeteners.

You've seen them at the NC State Fair, the Beaufort and Wilmington Farmer's Markets and now you'll find them in NOFO's food market.

Purses with Purpose

The vibrant colors of our handbags, wallets, and crossbody bags from Raleigh's Designed for Joy will make you smile. A purple, bright blue, hot pink, or chartreuse accessory will add zing to any spring outfit; and when you purchase a bag, you'll also be helping to empower local women.

Designed for Joy provides women in crisis with stability through living wage artisan jobs

and support. Working through partnerships with local ministries and charitable organizations, DFJ provides a strong network of support to these women as they learn new skills and restore their lives.

Take this opportunity to support an amazing local non-profit.

The Peach Truck

Stephen and Jessica Rose moved from Georgia to Nashville, Tennessee. Although they loved their new home, Stephen was terribly homesick for his fresh Georgia peaches.

So in 2012, he bought a 1964 Jeep Gladiator, partnered with a hometown orchard, filled up his truck with hand-picked, just-off-the-tree peaches and took them back to Nashville. The couple sold ten tons the first five weeks. Today, they sell at over 60 farmer's markets and ship nationwide.

You'll find The Peach Truck's barbeque sauce and peach jam at NOFO, made with fresh peaches from the South's finest orchards.



Cooperative Coffee

The first thing we loved about Cooperative Coffee was meeting the owners, Matt and Katie, from Asheville. When Matt said he thinks his first job is to create exceptional coffee to uplift our mornings, he had us! The couple wants to inspire and serve folks who share a deep love for the magic of coffee and the earth from which it grows.

The second thing that attracted us was the coffee bag itself. It is beautiful. Matt fills the bags with carefully sourced coffees, roasted to their best expression, in a tiny 700 square foot space.

The third thing we loved was the coffee itself. It is truly exceptional.

One Bite

Jakie Bowles grew up in Raleigh, but has raised her family in Richmond. When her son was eight years old, he began making granola and delivering it to folks in his neighborhood. He named his company Rainbow Trout Kitchen, and his tag line was "one bite and you're hooked."

Jakie and her business partner, Ashley, bought the company when her son went off to college and are now baking the honey sweetened granola themselves. Try it. We think you'll agree, one bite and you're hooked.

Old Flame or New

We have almost as many ways to light a candle as we have candles. There are matches, butane lighters, and no-flame lighters.

You'll find decorative boxes of matches and matches housed in colored glass cloches. We have the traditional butane lighters with wooden or leather handles.

Look for two types of stylish lighters that use ARC technology and charge easily through a USB port. These flameless lighters are eco-friendly and meant to last forever. They're available in a variety of colors or in a metallic finish.



Raise the Bar

Spring Fever has infected us all. We're dusting, cleaning, polishing and boldly moving things around. To raise the bar, we decided to do something a little different.

We've actually added a small tating bar near the front of the store, where you'll be able to order a glass of wine, beer or other libation to enjoy while you shop or simply relax on the deck.

The bar will also serve as the base for our tastings, artist showings, book signings, and meet the maker events.

Carolina Moon Bakery

Chef Henry House retired when his wife gave him the choice of continuing his work in fine dining or spending his time with her.

After moving his family to Hertford, NC and ordering a 50-foot catamaran, he somehow opened what he calls a "hobby bakery." Henry's hobby has been quite successful.

Carolina Moon Bakery is now expanding its market and regularly delivering to NOFO. Look for Atlantic Beach pie, tomato pie, peanut butter pie, 6 inch cakes, and such.

We are sorry to hear that the catamaran is for sale, but are pleased Henry is back in the kitchen.



Run for the Roses

On May 6, Churchill Downs will host the 149th Kentucky Derby in Louisville, Kentucky. A crowd of 150,000 people will gather to watch "the most exciting two minutes in sports."



Folks began having Derby watch parties in 1952, when the race was first broadcast on TV. Guests – dressed in colorful spring dresses, extravagant hats, seersucker suits and dashing bowties – nibble on cheesestraws, place bets, sip Mint Juleps from frosty julep cups, and watch the race.

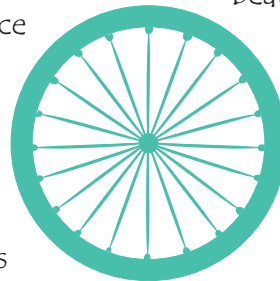
If you're hosting a Derby party, NOFO can help. Order food from our catering menu, shop our food market for cheesestraws, dips, Julep mix, and nibbles.

Pick up bar essentials, paper products, Julep cups, then run to the ABC store for Old Forester cups.

First Set of Wheels

Used to be, a child got on a bike with training wheels and learned to balance while mastering the art of steering. Now, at the age of two, they start off with a balance bike and practice steering and balance with their feet on the ground.

Your toddler's first set of wheels should be special, and there's not a better brand than Banwood. Created in Germany, these high end



vintage cycling products are made for 2-5 year olds to help develop fine and gross motor skills. Start your toddler with a Scandinavian designed retro balance bike complete with a basket. At 3-5 years, choose a vintage trike with or without a push bar; or select a bike with an adjustable saddle and handlebars. Choose a three-wheeled scooter for even more fun and another way to develop coordination, balance, and fine motor skills.

These handsome, yet adorable first wheels will make mastering a "real" bike a breeze.



Mother, May I...
...take you to brunch?

Treat your mom
to brunch at NOFO!

SUNDAY MAY 14

~reservations are recommended~

919-821-1240

ask about flowers and candy
for your table when you call.

Sweet Beyond Sugar

Two Raleigh women, retired from successful corporate careers, founded Spring & Mulberry to produce globally inspired fine chocolate that is beautiful and nutritious.

Sarah Bell was searching for ways to eat as close to the earth as possible. After fighting cancer, Kathryn Shah was determined to find a way to satisfy her sweet tooth without refined sugar.

They discovered that naturally sweet dates add a rich, velvety,

caramel flavor to their organic dark chocolate. The infusion of fruits, nuts, seeds, edible flowers and spices added interest and nutritional value.

Available in six flavors, these good-for-you chocolate bars are amazing.

Game On!

For serious gamers who truly love board games, we have two styles of games you'll want to leave out on your game table all the time.

We have a luxury version of Scrabble and Monopoly. They are presented in a stunning faux sharkskin box with a lid that contains the board and high design components.

You'll also find large wooden Monopoly, Scrabble, Chess and Checkers, and Clue. These handsome oversized boards are made from solid maple and have a built-in drawer to hold the game pieces.

Both versions are a pleasure to look at and a joy to play.

Ma Bell

Used to be, we only had land lines and Southern Bell as a phone company, and Mother's Day was their busiest day of the year. You would hear "all circuits are currently busy" over and over again when trying to reach your mom by phone.

If you want to reach out to your mother with more than a

phone call, we can help. Choose a pretty gown, blouse, tote, hat, scarf or a special piece of jewelry. Make a food basket full of her favorite products. Select a candle, fine soaps and lotions, or put together a box of chocolates.

We'll ship it for you or deliver it locally. Treat your mom like the belle she is.

Memorial Day

On Memorial Day, we remember the American soldiers who died fighting for democracy. This year, with Ukraine on our minds and in our hearts, the fight for democracy has special meaning.

Celebrate these brave men and women and welcome summer with decorations and a picnic supper from NOFO. You'll find red, white and blue stars, buckets, pinwheels, candles, placemats, napkins, sparklers and more for your table. Order food for your picnic from the Joy of NOT Cooking menu and you're all set to celebrate.

Food Truck Tuesday

We want to feed you lunch on Tuesdays even if our cafe is not open. We are hosting popular local food trucks at NOFO every Tuesday from 11-2 in our lower parking lot. It has been fun to have folks gather, go shopping upstairs and try a different truck each week.

Seating is available at picnic tables, on the deck and inside the cafe. The schedule is easy to find on our website, nofo.com. Just click on the red banner at the top of any page to see who's coming and scan their menu. Try something new!

Ready in a Pinch

Most families have an Italian dish on the dinner menu several times a month. A proper "gravy" or red sauce takes hours to make as well as a lot of stirring. (Think back to The Godfather movies.)

We have three marinara sauces that are delicious and will help you have dinner on the table in no time.

From the Raleigh restaurant Gravy, we have a tomato basil sauce made with basil grown at Raleigh City Farm. From Wilmington's Antonio Carlo, we offer his Nonna's marinara made from a family recipe that dates back to 1877. Or look for Jar Goods Classic Red and Vodka Sauce from the famous Jule's Restaurant in New Jersey.



nofo.com

**Check out our
event calendar.**
there's a lot going on this month!



Ladyfingers - Wednesdays
Flowers: The Petal and the Posy - Thursdays
Michaels Muffins - Fridays

Spring & Summer Hours

-CAFE-

lunch: wed-fri 11-2

dinner: wed-sat 5-8

brunch: sat & sun 10-2

Tuesdays: Food Trucks 11-2

-SHOP-

tue 10-6

wed-sat 10-7

sun 10-3

please note NOFO is closed Mondays through Labor Day