



Mercado de La Boqueria

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[Mercado de La Boqueria](#) is one of the oldest markets in Barcelona; it was first installed near the city center as early as 1217. Officially inaugurated in 1827, it has been a major landmark in the city. The market is located right off of La Rambla and features many stalls and products ranging from fresh produce, to cured meats, to fresh fish. Many of the sellers are third or fourth generation sellers in the market¹.

There are many benefits to shopping at a fresh market which include: eating fresh locally grown foods instead of buying food at the store that is loaded with preservatives to extend the shelf life, at the store exposure to air, temperatures and bright lights can decrease the nutritional value, many of the fruits, vegetables and meats have all of your daily nutrients. Buying local also benefits the economy and strengthens the community². This handout of frequently asked questions will guide visitors to Barcelona on how to navigate the busy market.

Frequently Asked Questions

Where is the market located?

La Boqueria is located right off of [La Rambla, at 91](#), about one block northwest from the Liceu Metro Station. It is surrounded by tourist shops, restaurants, hotels, etc. This location makes it ideal for a tourist, however, locals will have to travel far to reach the market.



A map of the market to help guide visitors



Location of [Mercado de La Boqueria](#)

¹ <http://www.boqueria.info/mercat-arxiu-historic-1200-1700.php>

² <https://www.downtoearth.org/environment/localhawaii/health-benefits-eating-local-produce>

When is the market open?

- The market is open from **8:00 am-8:30 PM Monday-Saturday**. Many shops and restaurants in Barcelona are closed on Sundays.
- Before 3 pm on Friday and Saturday, tours and large groups of more than 15 are prohibited from entering the market.



It is recommended to visit the market early in the morning as it can become crowded in early afternoon.

What Types of Food is Sold Here?

There is a wide variety of fresh fruit and vegetables, and those stalls are located on the perimeter of the open-air market. Mixed in on the perimeter, are cured meat stands as well as fresh meat and poultry. In the middle of the market, fresh seafood vendors are selling tuna, shrimp, and a wide variety of fish. Less prominent in the market are stands selling: fresh bread and sandwiches, olives and olive oil, nuts and dried fruit, chocolates and other sweets and small restaurants.



Comparison of three different types of fruit stalls inside and outside the market



Many signs are written in English and Spanish to be accessible to tourists

How are Different Items Priced?

Some of the fruit and seafood stands do not list the prices of their items. Prices vary among vendors. At the front of the market, larger, more corporate stands were selling higher quality items at a higher price and many of the products were pre-packaged. In the back of the market, local vendors were selling their own items for a lower price. Also, there are vendors selling fresh fruit outside the market at separate tables.

How does an English speaker Communicate at the Market?

Since this market is a main tourist attraction in Barcelona, many of the vendors advertise their products in both Spanish and English. Additionally, many of the stalls used pictures of fruits and vegetables to help advertise their products. The sellers are able to communicate with non-Spanish speakers, both verbally and non-verbally; but they appreciate it when tourists try and speak the language.



This tuna display shows how it is prepared for consumers

How Much Time is Needed for Food Preparation?

Many of the items at La Boqueria are sold raw: all the meat, seafood, and poultry items need to be cooked prior to consumption. The vendors prepared the meats to make it easier to cook (i.e. fish was gutted, chicken was butchered, etc.). The stands do not provide information on how to cook the products. However, the vendors are knowledgeable about their items that they could provide consumers with more information on how to cook.

What Other Items Can Be Purchased?

In addition to the many produce, cured meats, poultry and seafood a variety of products are sold at La Boqueria, including sweets, fresh bread, olives and olive oil, cheese, fresh fruit juice, wine and food and drinks from the small restaurants.



A display of candies is an example of other items sold at the market