Fresh Market, Form 4 December 05,	,										
FORM	Л									PPROVAL	
	RITIES AND EXCHANGE COMMISSIOn shington, D.C. 20549 (GES IN BENEFICIAL OWNERSHIP OF SECURITIES 6(a) of the Securities Exchange Act of 1934 tility Holding Company Act of 1935 or Sec				COMMISSION	OMB Number:	3235-0287				
Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations STATEMENT OF CHANG STATEMENT OF CHANG Filed pursuant to Section 16 Section 17(a) of the Public Ut					ge Act of 1934,	Expires: January 31, 2005 Estimated average burden hours per response 0.5					
<i>See</i> Instruction 16(a) of the Investment Company Act of 1940 1(b).											
(Print or Type Ro	esponses)										
REA DAVID L Symbol								5. Relationship of Reporting Person(s) to Issuer			
			Fresh M	h Market, Inc. [TFM]				(Check all applicable)			
			te of Earliest Transaction th/Day/Year) 3/2014			Director 10% Owner Officer (give title Other (specify below)					
- ,	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)			6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person					
GREENSBO								Form filed by M Person	More than One Ro	eporting	
(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	Securi	ties Ac	quired, Disposed o	f, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	Security (Month/Day/Year) Execution Date, if		3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A)			SecuritiesHBeneficially(OwnedIFollowing(Reported(6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)				
				Code V	Amount	or	Price	Transaction(s) (Instr. 3 and 4)			
Common Stock	12/03/2014			А	1,000	А	\$0	12,683	D		

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. ofNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,		ate	7. Title Amoun Underl Securit (Instr.	nt of lying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owno Follo Repo Trans (Instr
				Code V	4, and 5) (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Address	Relationships						
Reporting O wher Funite / Funitess	Director	10% Owner	Officer	Other			
REA DAVID L 628 GREEN VALLEY ROAD SUITE 500 GREENSBORO, NC 27408							
Signatures							
/s/ Eric Hardin, attorney-in-fact	12/0	5/2014					
**Signature of Reporting Person	D	ate					

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.