# What’s in Season?
North Carolina Fruit and Vegetable Availability

You can use this guide to choose the freshest, best tasting produce obtainable! Insist on buying local NC grown food in grocery stores, restaurants, in the work place and schools, or - buy direct from a local NC grower at a farmers market, pick-your-own or roadside farm market.

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Agriculture is NC’s #1 industry. When you see the Got To Be NC logo on food products, you are contributing to the economic growth of North Carolina and to our farmers.

Visit: gottobeNC.com
Got To Be NC is the marketing program of the North Carolina Department of Agriculture.