

# 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.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES	█							█				
ASPARAGUS			█									
BEETS				█						█		
BLACKBERRIES						█			█			
BLUEBERRIES					█							
BOKCHOY					█					█		
BROCCOLI			█									
BUTTERBEANS							█					
CABBAGE				█								
CANTALOUPE						█						
CARROTS	█					█						█
CHERRY TOMATOES						█						
CHRISTMAS TREES											█	
COLLARDS	█											
CUCUMBERS						█			█			
EGGPLANT						█						
FIGS							█					
GARLIC							█					
GREEN ONIONS					█							
GREEN PEAS				█								
GREENS		█										
HERBS	█											
HONEYDEW MELONS						█						
INDIAN CORN								█				
KALE				█						█		
LETTUCE				█						█		
MUSCADINE GRAPES								█				
MUSHROOMS			█							█		
MUSTARD GREENS			█						█			

For directories and more information about NC produce, visit [ncdamarkets.org](http://ncdamarkets.org).

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](http://gottobeNC.com)

Got To Be NC is the marketing program of the North Carolina Department of Agriculture.



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
NAPA					█	█					█	█
NECTARINES							█	█				
OKRA							█	█				
ONIONS						█						
PEACHES					█	█	█	█				
PEANUTS	█	█	█	█	█	█	█	█	█	█	█	█
PEARS							█	█	█			
PECANS											█	█
PEPPERS						█	█					
PERSIMMONS									█	█		
PLUMS						█	█	█				
POTATOES						█	█					
PUMPKINS									█	█		
RADISHES				█	█	█				█	█	
RASPBERRIES						█			█	█		
ROMAINE				█						█	█	
SNAP BEANS						█	█	█	█			
SNOW PEAS				█	█	█				█	█	
SNOW PEA TIPS				█	█					█	█	
SPINACH	█	█	█	█	█					█	█	
SPRITE MELONS							█	█				
SQUASH - YELLOW					█	█	█	█				
STRAWBERRIES				█	█							
SWEET CORN						█	█	█				
SWEET POTATOES	█	█	█	█	█	█	█	█	█	█	█	█
TOMATOES/TOMATILLOS						█	█	█	█	█		
TURNIPS				█	█	█				█	█	
WATERMELON							█	█				
ZUCCHINI					█	█	█	█				