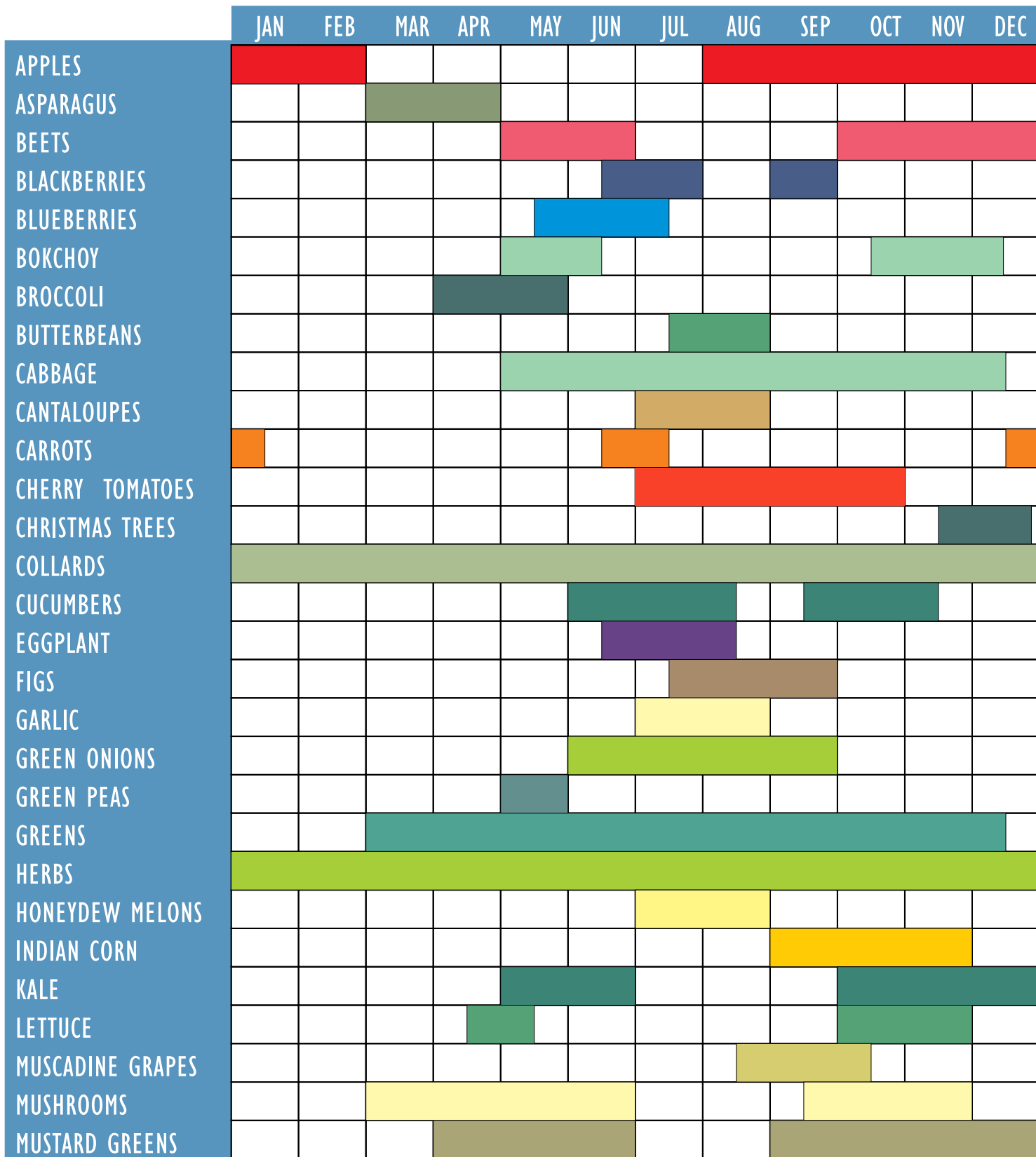


# North Carolina Fruit and Vegetable Availability



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 |
|---------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 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            |     |     |     |     |     |     |     |     |     |     |     |     |