

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 locally grown food in grocery stores, restaurants, in the work place and schools.
 Or buy direct from a local 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				■	■	■			■	■	■	■

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

For directories and more information about NC produce, visit www.ncagr.gov/markets.



North Carolina Dept. of Agriculture & Consumer Services
 Division of Marketing
 (919) 707-3100
 Steve Troxler, Commissioner