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	JAN	ΓED	MAK	AFK	MAI	JUN	JUL	AUG	SEL	UCI	NUV	DEC
ASPARAGUS												
BEETS												
BLACKBERRIES												
BLUEBERRIES												
ВОКСНОУ												
BROCCOLI					ı							
BUTTERBEANS												
CABBAGE												
CANTALOUPES												
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												
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/TOMATILLO												
TURNIPS												
WATERMELON												
ZUCCHINI												

For directories and more information about NC produce, visit www.ncdamarkets.org.

Agriculture is NC's # 1 industry. When you see the Goodness Grows in North Carolina logo on food products, you are contributing to the economic growth of North Carolina and to our farmers.

