

WHAT'S IN SEASON?

NORTH CAROLINA FRUIT AND VEGETABLE AVAILABILITY

You can use this guide to choose the freshest, best tasting produce available!

ASPARAGUS BEETS BLACKBERRIES BLUEBERRIES BOK CHOY BROCCOLI BUTTERBEANS CABAGE CANTALOUPES CARROTS COLLARDS CUCUMBERS EGGPLANT FIGS GARLIC GREEN ONIONS GREEN PEAS GREENS HERBS HONEYDEW MELONS INDIAN CORN KALE LETTUCE MUSCADINE GRAPES MUSTROOMS MUSCADINE GREENS		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	ОСТ	NOV	DEC
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HONEYDEW MELONS INDIAN CORN KALE LETTUCE MUSCADINE GRAPES MUSHROOMS	GREENS												
INDIAN CORN KALE LETTUCE MUSCADINE GRAPES MUSHROOMS	HERBS												
KALE LETTUCE MUSCADINE GRAPES MUSHROOMS MUSHROOMS	HONEYDEW MELONS												
MUSCADINE GRAPES MUSHROOMS	INDIAN CORN												
MUSCADINE GRAPES MUSHROOMS	KALE												
MUSHROOMS	LETTUCE												
	MUSCADINE GRAPES												
MUSTADD GREENS	MUSHROOMS												
WOSTAKD GREENS	MUSTARD GREENS												



CarolinasHealthCare.org/HealthyTogether



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	JAN	FEB	MAR	APR	MAY	JUN	JUI	AUG	SEP	ОСТ	NOV	DEC
NAPA	07414			74.14	1017 (1				<u> </u>			
NECTARINES												
OKRA												
ONIONS PEACHES												
PEANUTS												
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SNOW PEAS						ı						
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SPINACH												
SPRITE MELONS												
SQUASH - YELLOW								1				
STRAWBERRIES												
SWEET CORN												
SWEET POTATOES												
TOMATOES												
TURNIPS												
WATERMELON												
ZUCCHINI												



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