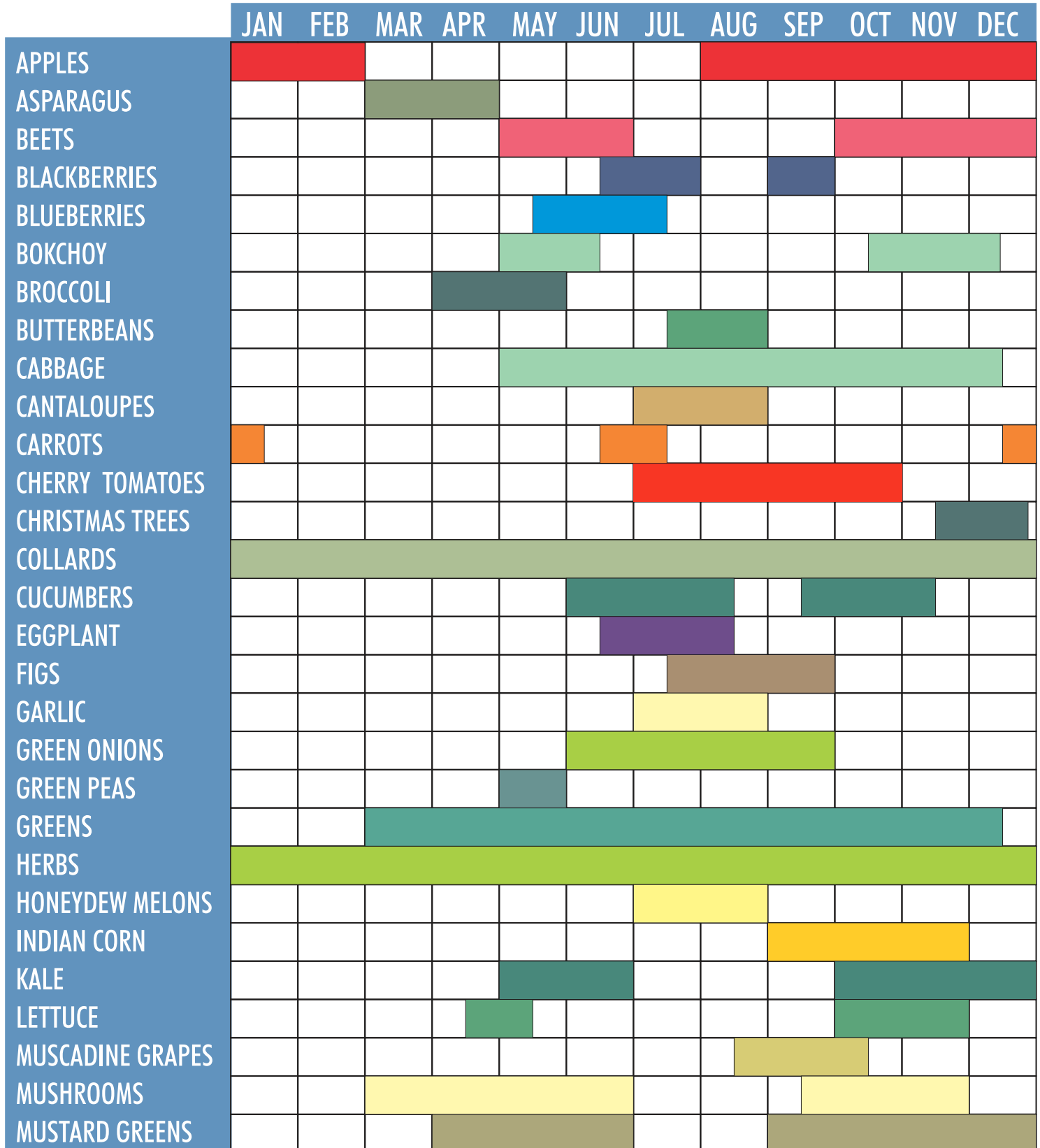


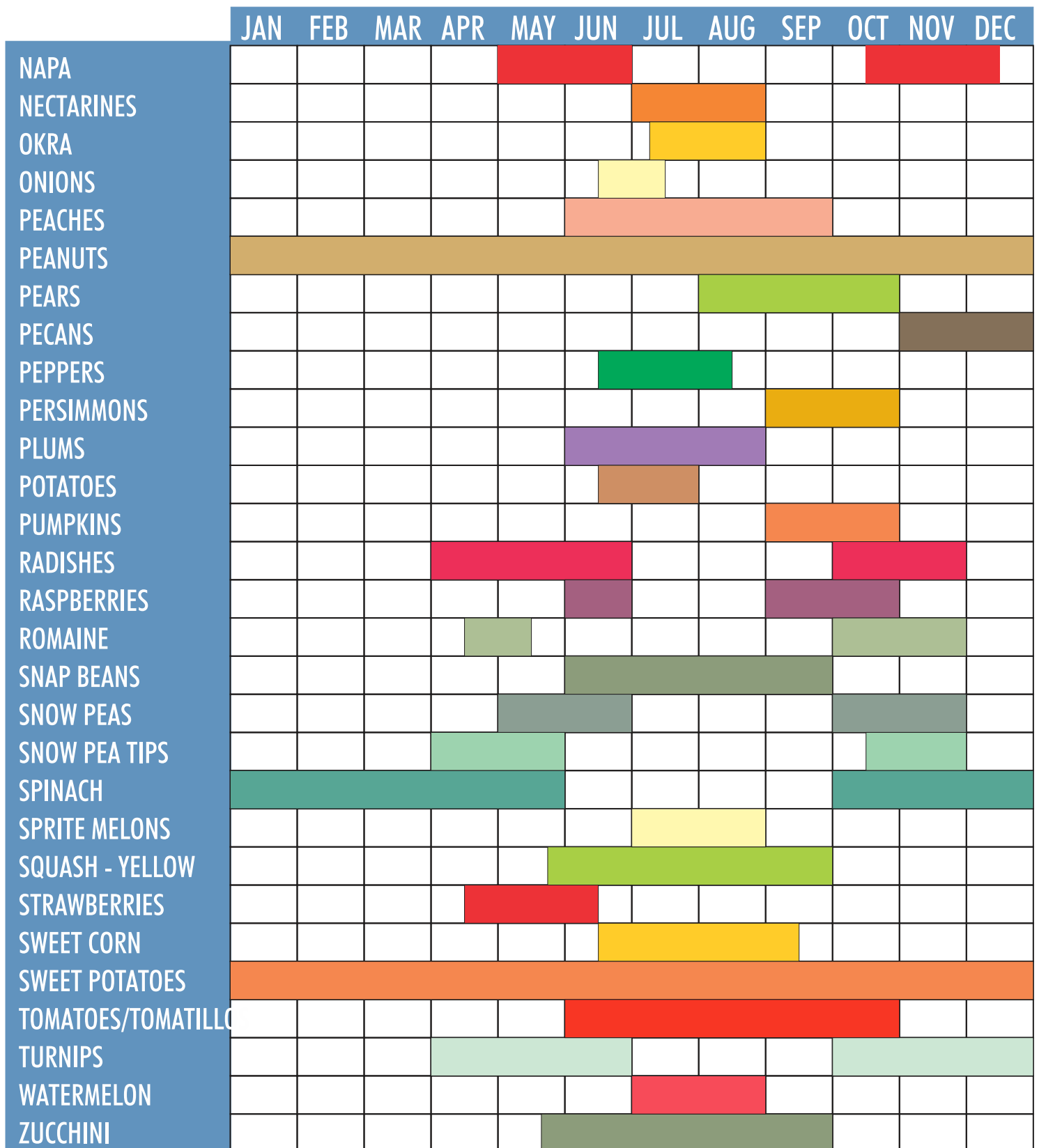
# What's in Season?

## 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.





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

