

SEPTEMBER

Apples
Figs
Grapes
Muscadines
Peaches
Pears
Plums
Raspberries

Bok Choy
Brussel Sprouts
Cabbage
Carrots
Celery
Cucumbers
Garlic
Green Beans
Hot Peppers
Leafy Greens
Pumpkin
Rutabaga
Spring Onion
Squash
Sweet Potatoes
Swiss Chard
Tomato

Peanuts

Black Sea Bass
Blue Crab (Hard)
Clams
Croaker
Grouper
King Mackerel
Mountain Trout
Mullet
Oysters
Shrimp
Snapper

Spotted Sea Trout
Southern Flounder
Spanish Mackerel
Spot
Striped Bass
Yellowfin Tuna

OCTOBER

Apples
Figs
Grapes
Muscadines
Plums

Beets
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Carrots
Celery
Cucumber
Collards
Garlic
Greenhouse Tomatoes
Hot Peppers
Kale
Leafy Greens
Mustard Greens
Pumpkins
Rutabaga
Spaghetti
Squash
Spinach
Sweet Potatoes
Swiss Chard
Tomatoes

Turnips
Winter Squash
Zucchini
Peanuts
Black Sea Bass
Blue Crab (Hard)
Clam
Croaker
Grouper
King Mackerel
Mountain Trout
Mullet
Oysters
Shrimp
Snapper
Southern Flounder
Spanish Mackerel
Spotted Sea Trout
Spot
Striped Bass
Yellowfin Tuna

NOVEMBER

Apples
Beets
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collards
Cucumbers

Greenhouse Tomatoes
Kale
Leafy Greens
Mustard Greens
Pumpkins
Rutabaga
Spaghetti
Squash
Spinach
Sweet Potatoes
Swiss Chard
Turnips
Winter Squash
Zucchini

Pecans
Peanuts
Black Sea Bass
Blue Crab (Hard)
Clam
Croaker
Grouper
King Mackerel
Mountain Trout
Mullet
Oysters
Shrimp
Southern Flounder
Snapper
Spanish Mackerel
Spotted Sea Trout
Spot
Striped Bass
Yellowfin Tuna



Fall & Winter

DECEMBER

Apples
Beets
Bok Choy
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collards
Greenhouse Tomatoes
Kale
Leafy Greens
Mustard Greens
Pumpkins
Rutabaga
Spinach
Swiss Chard
Turnips
Spaghetti Squash
Winter Squash
Zucchini

Peanuts
Pecans

Black Sea Bass
Bluefin Tuna
Bluefish
Clam
Croaker

Flounder
Grey Sea Trout (Weakfish)
King Mackerel
Mountain Trout
Oysters
Spotted Sea Trout
Striped Bass

JANUARY

Apples
Bok Choy
Brussel Spouts
Carrots
Celery
Rutabaga
Sweet Potatoes
Peanuts
Black Sea Bass
Bluefin Tuna
Bluefish
Clam
Croaker
Flounder
Grey Sea Trout (Weakfish)
King Mackerel
Oysters
Spotted Sea Trout
Striped Bass

FEBRUARY

Apples
Bok Choy
Carrots
Celery
Rutabaga
Spinach
Sweet Potatoes

Peanuts

Black Sea Bass
Bluefin Tuna
Bluefish
Clam
Croaker
Flounder
Grey Sea Trout (Weakfish)
King Mackerel
Mountain Trout
Oysters
Spotted Sea Trout
Striped Bass



MAKE IT LOCAL

— food for all seasons —



The 10% Campaign is led by the Center for Environmental Farming Systems (CEFS) with support from Golden LEAF and the N.C. Cooperative Extension Service. The 10% Campaign is tracking the demand for NC food through our members' support. Making local food choices makes a difference!

www.nctenpercent.com



NCSU | NCA&TSU | NCDA&CS
www.cefs.ncsu.edu





Spread the word! The 10% campaign
is helping to build North Carolina's
local food economy.

MARCH

Bok Choy
Celery
Carrots
Leafy Greens
Rutabaga
Spinach
Sweet Potatoes

Peanuts

Bluefish
Blue Crab (Soft)
Clam
Grey Sea Trout (Weak-fish)
Grouper
Kingfish
King Mackerel
Mahi-Mahi (Dolphinfish)
Mountain Trout
Oysters
Snapper
Tilefish
Yellowfin Tuna

APRIL

Strawberries

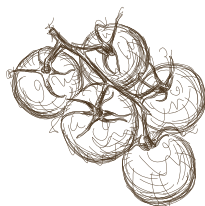
Arugula
Asparagus
Beets
Bok Choy
Broccoli
Celery
Green Onions
Greenhouse Tomatoes
Kale
Leafy Greens
Mustard Greens
Radish
Spinach
Spring Onions
Sweet Potatoes
Turnips

Peanuts

Bluefish
Blue Crab (Soft)
Clam

Grey Sea Trout (Weak-fish)
Grouper

Kingfish
King Mackerel
Mahi-Mahi (Dolphinfish)
Mountain Trout
Oysters
Snapper
Tilefish
Yellowfin Tuna



MAY
Blueberries
Strawberries

Arugula
Beets
Asparagus
Bok Choy
Broccoli
Cabbage
Celery
Green Onions
Greenhouse Tomatoes
Hot Peppers
Kale
Leafy Greens
Squash
Sweet Potatoes
Swiss Chard
Mustard Greens
Radish
Spinach



Spring Onions
Snow Peas
Turnips
Zucchini

Peanuts

Bluefish
Blue Crab (Soft)
Clam
Grey Sea Trout (Weak-fish)
Grouper
Kingfish
King Mackerel
Mahi-Mahi (Dolphinfish)
Mountain Trout
Oysters
Snapper
Tilefish
Yellowfin Tuna



Help us track the demand for local foods in NC!
Sign up today at www.nc10percent.com

Spring & Summer

JUNE

Blackberries
Blueberries
Honeydew
Peaches
Plums
Strawberries
Watermelon

Asparagus
Arugula
Beets
Brussel Sprouts
Carrots
Cabbage
Corn
Cucumbers
Eggplant
Garlic
Green Beans
Green Peppers
Green Onions
Greenhouse Tomatoes
Hot Peppers
Kale
Kohlrabi
Leafy Greens

Mustard Greens
Radish
Spring Onions
Squash
Sweet Potatoes
Swiss Chard
Turnips
White Potatoes
Zucchini

Peanuts

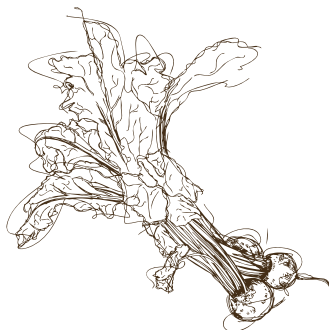
Black Sea Bass
Clam
Blue Crab (Soft)
Blue Crab (Hard)
Grouper
Mahi-Mahi (Dolphinfish)
Mountain Trout
Oysters
Snapper
Spanish Mackerel
Shrimp
Tilefish
Triggerfish
Yellowfin Tuna

JULY

Blackberries
Blueberries
Cantaloupe
Honeydew
Peaches
Plums
Raspberries
Watermelon

Peanuts

Brussel Sprouts
Butter Beans
Cabbage
Carrots
Corn
Cucumbers
Eggplant
Field Peas
Garlic
Green Beans
Green Peppers
Hot Peppers
Kohlrabi
Leafy Greens



Okra
Spring Onions
Sweet Potatoes
Squash
Swiss Chard
Tomatoes
White Potatoes
Zucchini

Black Sea Bass
Blue Crab (Soft)
Blue Crab (Hard)
Clam
Grouper
Mahi-Mahi (Dolphinfish)
Mountain Trout
Oysters
Shrimp
Snapper
Spanish Mackerel
Tilefish
Triggerfish
Yellowfin Tuna

AUGUST

Apples
Figs
Honeydew
Grapes
Peaches
Pears
Plums
Raspberries
Watermelon
Brussel Sprouts
Bok Choy
Butter Beans
Cabbage
Carrots
Corn
Cucumbers
Eggplant
Field Peas
Garlic
Green Beans
Green Peppers
Hot Pepper
Kohlrabi
Leafy Greens
Okra

Rutabaga
Spring Onions
Squash
Sweet Potatoes
Tomatoes

Peanuts

Black Sea Bass
Blue Crab (Soft)
Blue Crab (Hard)
Clam
Grouper
Mahi-Mahi (Dolphinfish)
Mountain Trout
Oysters
Shrimp
Snapper
Spanish Mackerel
Tilefish
Triggerfish
Yellowfin Tuna

