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

The fall and winter season brings a variety of fresh produce and seafood that support the local food economy. Here is a list of some of the produce and seafood available during fall and winter:

**Fall & Winter**

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The 10% Campaign promotes making local food choices, supporting a sustainable and resilient food system.
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
- Bok Choy
- Broccoli
- Celery
- Green Onions
- Greenhouse Tomatoes
- Kale
- Leafy Greens
- Mustard Greens
- Radish
- Spinach
- 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
- Grey Sea Trout (Weak-fish)
- Grouper
- Kingfish
- King Mackerel
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- Mountain Trout
- Oysters
- Snapper
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**APRIL**
- Strawberries
- Arugula
- Asparagus
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- Broccoli
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- Snapper
- Tilefish
- Yellowfin Tuna

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

**JULY**
- Blackberries
- Blueberries
- 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

**AUGUST**
- Apples
- Figs
- Honeydew
- Grapes
- Peaches
- Pears
- Plums
- Raspberries
- Watermelon
- Brussel Sprouts
- Blue Crab (Soft)
- Blue Crab (Hard)
- Clam
- Grouper
- Mahi-Mahi (Dolphinfish)
- Mountain Trout
- Oysters
- Shrimp
- Snapper
- Spanish Mackerel
- Tilefish
- Triggerfish
- Yellowfin Tuna

Spring & Summer

**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

**APRIL**
- Strawberries
- Arugula
- Asparagus
- Bok Choy
- Broccoli
- Celery
- Green Onions
- Greenhouse Tomatoes
- Kale
- Leafy Greens
- Mustard Greens
- Radish
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- Kingfish
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- Mountain Trout
- Oysters
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- 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
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- Sweet Potatoes
- Swiss Chard
- Turnips
- White Potatoes
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- Blue Crab (Hard)
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- Triggerfish
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- Cabbage
- Carrots
- Corn
- Cucumbers
- Eggplant
- Field Peas
- Garlic
- Green Beans
- Green Peppers
- Hot Peppers
- Kohlrabi
- Leafy Greens

**AUGUST**
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SPRING & SUMMER

Sign up today at www.nc10percent.com