

SEPTEMBER	Spotted Sea Trout Southern Flounder Spanish Mackerel Spot Striped Bass Yellowfin Tuna	Turnips Winter Squash Zucchini Peanuts	Greenhouse Tomatoes Kale Leafy Greens Mustard Greens Pumpkins Rutabaga Spaghetti Squash Spinach
OCTOBER	Apples Figs Grapes Muscadines Peaches Pears Plums Raspberries	Grouper King Mackerel Mountain Trout Mullet Oysters Shrimp Snapper	Sweet Potatoes Swiss Chard
	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	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 Tomato	Southern Flounder Spanish Mackerel Spotted Sea Trout Trout Striped Bass Yellowfin Tuna
	Peanuts	OCTOBER	Pecans Peanuts
	Black Sea Bass Blue Crab (Hard) Clams Croaker Grouper King Mackerel Mountain Trout Mullet Oysters Shrimp Snapper	Apples Beets Bok Choy Broccoli Brussel Sprouts Cabbage Cauliflower Carrots Celery Collards Cucumbers Tomatoes	Black Sea Bass Blue Crab (Hard) Clam Croaker Grouper King Mackerel Mountain Trout Mullet Oysters Shrimp Southern Flounder Spanish Mackerel Spotted Sea Trout Trout 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	FEBRUARY
JANUARY	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	Apples Bok Choy Brussel Sprouts Cabbage Cauliflower Carrots Celery Collards Cucumbers Peanuts	Apples
	Black Sea Bass Bluefin Tuna Bluefish Clam Croaker	Black Sea Bass Bluefin Tuna Bluefish Clam Croaker Flounder Grey Sea Trout (Weakfish) King Mackerel Mountain Trout Oysters Spotted Sea Trout Striped Bass	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](http://www.nctenpercent.com)



NCSU | NCA&TSU | NCDA&CS  
[www.cefs.ncsu.edu](http://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  
Squash  
Sweet Potatoes  
Swiss Chard  
Mustard Greens  
Radish  
Spinach  
Snapper  
Tilefish  
Yellowfin Tuna  
  
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**

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

**MAY**

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



## 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

**JULY**

Blackberries  
Blueberries  
Cantaloupe  
Honeydew  
Peaches  
Plums  
Raspberries  
Watermelon  
  
Peanuts



**AUGUST**

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

Rutabaga  
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

