

In Season in July

10%
BUILDING NORTH
CAROLINA'S LOCAL
FOOD ECONOMY
Farm To Fork
nctenpercent.com



Blackberries



Blueberries



Brussel Sprouts



Butter Beans



Cabbage



Cantaloupe



Carrots



Corn



Cucumbers



Field Peas



Garlic



Green Beans



Green Peppers



Honeydew



Hot Peppers



Kohlrabi



Leafy Greens



Okra



Peanuts



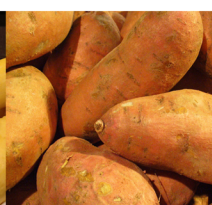
Plums



Raspberries



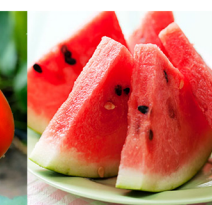
Spring Onions



Squash



Sweet Potatoes



Tomatoes



Watermelon



White Potatoes



Zucchini



This material is based upon work that is supported by the National Institute of Food and Agriculture, United States Department of Agriculture, under award no. 2016-68006-24740. Any opinions, findings, recommendations, or conclusions expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.