

SEPTEMBER

Apples
Figs
Grapes
Muscadines
Peaches
Pears
Plums
Raspberries

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

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
Brussel Sprouts
Spotted Sea Trout
Trout
Spot
Striped Bass
Yellowfin Tuna

Greenhouse Tomatoes
Kale
Leafy Greens
Mustard Greens
Pumpkins
Rutabaga
Spaghetti
Squash
Spinach
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

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

NOVEMBER

Apples

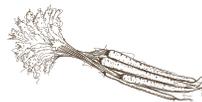
Beets
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Collards
Cucumbers

Pecans
Peanuts

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

Peanuts

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



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

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





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

APRIL

- Strawberries

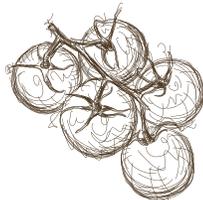
- Arugula
- Asparagus
- Beets
- Bok Choy
- Broccoli
- Celery
- Green Onions
- Greenhouse Tomatoes
- Kale
- Leafy Greens
- Mustard Greens
- Radish
- Spinach
- Spring Onions
- Sweet Potatoes
- Turnips

Peanuts

- Bluefish
- Blue Crab (Soft)
- Clam

- Grey Sea Trout (Weakfish)
- Grouper

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



MAY

- Blueberries
- Strawberries

- Arugula
- Beets
- Asparagus
- Bok Choy
- 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 (Weakfish)
- 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



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

