

Pick Your Produce

Learn about the varieties of fresh produce the Carolinas offer and their peak seasons.

Carolina produce

- Apples
- Beets
- Blackberries
- Blueberries
- Broccoli
- Butterbeans
- Cabbage
- Cantaloupe
- Cherry Tomatoes
- Collards
- Cucumbers
- Eggplant
- Green Beans
- Honeydew
- Kale
- Mixed Greens
- Nectarines
- Onions
- Okra
- Peaches
- Peppers
- Potatoes (russet, white, yellow)
- Pumpkins
- Radishes
- Spinach
- Strawberries
- Summer Squash
- Sweet Corn
- Sweet Potatoes
- Tomatoes
- Turnips
- Watermelon
- Winter Squash

When is it in season?

- August–February
- May–June, October–December
- mid June–July, September
- mid May–mid July
- April–May
- mid-July–August
- May–mid November
- June–September
- July–October
- Year-round
- June–October
- mid June–mid August
- May–September
- July–August
- May–June, October–December
- Year-round
- July–August
- June–September
- May–October
- June–September
- June–August
- February–September
- September–October
- April–June, October–November
- January–May, October–November
- mid April–mid June
- May–August
- June–September
- Year-round
- June–October
- April–June, October–December
- June–mid September
- September–December



**FEEDING
THE CAROLINAS**



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