All Foods Can Fit!  **Color + Variety = A Healthy Diet.**  
No single food is better than another. They all work together in synergy.

When food digests, synergy happens as two or more nutrients combine to do what neither could do as well by itself. Colorful fruits and vegetables contain essential vitamins, minerals, fiber, antioxidants and phytonutrients that work together to make this nutritional synergy.

They naturally protect and maintain our bodies and are found in varying amounts in each food. 
Put 5 or more North Carolina colors & flavors on your plate everyday!

Small family farmers grow these foods in North Carolina. Look for them wherever you shop.

**NORTH CAROLINA DEPT. OF AGRICULTURE & CONSUMER SERVICES**
2 West Edenton St. Raleigh, NC 27601 (919) 733-7887
What's in Season?
North Carolina Fruit and Vegetable Availability

You can use this guide to choose the freshest, best tasting produce obtainable!
Insist on buying locally grown food in grocery stores, restaurants, in the work place and schools,
Or- buy direct from a local grower at a farmers market, pick-your-own or roadside farm market.

For directories and more information about NC produce, visit www.ncdamarkets.org.

Agriculture is NC’s #1 industry. When you see the Goodness Grows in North Carolina logo on food products, you are contributing to the economic growth of North Carolina and to our farmers.