FRESH HARVEST DATES for VEGETABLES in CARTERET COUNTY

Farmers and gardeners in Carteret County are able to harvest fresh, healthy vegetables almost every month of the year. Some vegetables grow best in the cool, shorter days of late winter and early spring, others need warm summer soils, and some prefer that time when summer begins to fade to fall. This chart helps you understand which vegetables are freshly harvested and ready for your table each month of the year here in Carteret County.

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| FOR YOUR HOME GARDEN: CRYSTAL COAST GROWN VEGETABLE and HERB SEEDLINGS
  - EDGEWATER GARDENS
    Robin Pitten
    338 Hwy 70E
    Williston, NC
    (252) 729-1842
  - NEWPORT GARDEN CENTER
    Wally Emory & Heidi Skinner
    291 Chatham Street
    Newport, NC
    (252) 223-4120
  - THE PLANT STAND at FRIENDLY MARKET
    Greg & Jackie Garner
    205 Friendly Road
    Morehead City, NC
    facebook.com/theplantstandatthefriendlymarket
  - REDFEARN’S NURSERY, INC
    Allan & Judy Redfearn
    1018 Cedar Point Blvd
    Hwy 24
    Cedar Point, NC
    (252) 393-8243

If you want to preserve any of these vegetables while they are fresh and abundant, consider canning, freezing or pickling. For more information and classes about gardening, or food production, preparation, and preservation, plus health and nutrition, go to the Carteret County Cooperative Extension’s website: http://carteret.ces.ncsu.edu

For more information go to: http://carteret.ces.ncsu.edu
There is a certain satisfaction, even joy, that comes when you select good food from a bin of vegetables harvested that same morning. It just feels right to hunt for and gather up the best from each new season to feed you and your family. It’s easy to get that feeling here at the Crystal Coast. Let us introduce you to your local farmers, and teach you which vegetables and fruits they are harvesting each month of the year.

Planting your own garden?
Meet the folks that grow seedlings for you, right here in Carteret County.

MARKETS OFF FARM

These intimate markets feature some vegetables and herbs, baked goods, jams and jellies, and crafts. Each may have offerings of county, regional or state produce. Some may offer cheer for berries and vegetables changes from year to year based on the weather.

Old Beaufort Farmers’ Market
Beneath the live oaks at the County Courthouse in downtown Beaufort on Saturdays April-December. www.beaufortfarmersmarket.com

The Curb Market
Corner of 13th and Evans St, Downtown Morehead City. Open for the season 1st Saturday in May through Labor Day. Open every Saturday 7:30 - 11:30.

The Friendly Market
205 Friendly Road, Morehead City - Corner of Friendly Road and Bridge Street. Open 7 days a week. www.thefriendlymarket.com

OTHER EDIBLE CRystal COAST PRODUCTS

CHICKEN
Yellow Bear Farm
2712 US Highway 70 East, Beaufort
Yellow Bear Farm is owned and operated by Kelly Johnson and Erica Bondy. They raise chickens on pasture for meat and eggs and do all processing on-farm. Eric’s and Kelly sell their products at the Olde Beaufort Farmers’ Market from April-December, but you can contact them to arrange to buy products from the farm when the market is not open. You can find Yellow Bear Farm on Facebook: facebook.com/YellowBearFarm or call (503) 791-9747

BEEF
Marshallberg Farm
811 Straits Road, Smyrna
Marshallberg Farm is certified organic by the USDA; the herd is grassfed by the American Grassfed Association. The black angus herd eats a variety of grasses and other forages. If needed, they are given hay in the winter but never fed grain or any other supplements, growth hormones or antibiotics. Find Marshallberg Farm at: www.marshallbergfarm.com; email: marshallbergfarm@gmail.com; or call (252) 241-0033

SEAFOOD
Carteret Catch
Look for the Carteret Catch logo in local retail markets and restaurants. It is your guarantee of fresh, locally caught seafood, landed by resident commercial fishermen. www.carteretcatch.org

The mission of the Carteret Catch is to raise the visibility of local seafood and commercial fishing through public education and marketing.

GARNER FARMS

CLAYTON GARNER, JR.
Newport: 173 Sam Garner Road, Newport, NC
OPEN April to Mid August & Early Sept thru October
Collards available Thanksgiving & Christmas seasons
At the Garner farm stand you will find their home grown strawberries, asparagus, snap beans, lima beans, beans, broccoli, cabbage, cantaloupe, carrots, cauliflower, collards, sweet corn, Chinese cabbage, slicing cucumbers, picking cucumbers, eggplant, kale, kohlrabi, leeks, lettuce, mustard, okra, onions, peas - garden, snap and snow, field peas, hot peppers, sweet peppers, Irish potatoes, sweet potatoes, radishes, rutabaga, spinach, summer squash, winter squash, tomatoes, turnips, watermelons, and cut flowers. Garner Farms also has a bakery at the Newport location.

In addition, this farmer makes available vegetables grown by other Carteret County, North Carolina, and SC farmers and from the North Carolina State Farmers Market.

GUTHRIE FARM PRODUCE

SHERRY GUTHRIE and TAJUANAH G. MILL

5417 Highway 24, Newport, NC
OPEN 1 week before Memorial Day (May) & close 1 week after Labor Day (September)
At the Guthrie Farm Produce stand you will find home grown bush snap beans, pole snap beans, bush lima beans, beans, broccoli, cabbage, cantaloupe, collards, sweet corn, field peas (covepeas) slicing and pickling cucumbers, okra, onions, sweet and hot peppers, Irish potatoes, sweet potatoes, squash, tomatoes, squash, tomatoes, turnips, and watermelons.

In addition, this farm stand makes available vegetables grown by other Carteret County and North Carolina farmers, and from the North Carolina State Farmers Market.

MEADOWS FARM

JERRY MEADOWS

603 Highway 24, Cedar Point, NC
Next to Cedar Point BP and Grill on Highway 24
OPEN April thru December
At Meadows Farm Stand you will find home grown bush snap beans, pole snap beans, bush lima beans, beans, broccoli, cabbage, cantaloupe, collards, sweet corn, pickling cucumbers, slicing cucumbers, kale, leaf lettuce, head lettuce, mustard, okra, onions, English garden peas, snow peas, snap peas, field peas (covepeas), sweet and hot peppers, Irish potatoes, sweet potatoes, pumpkins, radishes, tomatoes, winter squash, tomatoes, tomatoes, and turnips.

In addition, this farmer makes available vegetables grown by other Carteret County farmers, NC farmers, SC farmers, and from the North Carolina State Farmers Market.

WILLIS FARM

ERNIE WILLIS

575 East Chatham Street, Newport, NC
OPEN April thru December
At the Willis farm stand you will find home grown asparagus, green beans, lima beans, beans, broccoli, cabbage, cantaloupe, carrots, cauliflower, collards, sweet corn, Chinese cabbage, slicing cucumbers, pickling cucumbers, eggplant, kale, kohlrabi, leeks, lettuce, mustard, okra, onions, peas – both garden and snap, field peas, hot peppers, sweet peppers, Irish potatoes, sweet potatoes, tomatoes, radishes, rutabagas, spinach, summer squash, winter squash, tomatoes, watermelons, strawberries, and blackberries. Willis Farm also prepares fresh baked goods in the kitchen at the stand in Newport.

In addition, they make available vegetables grown by other Carteret County farmers, and from the North Carolina State Farmers Market.

GRAY’S PRODUCE

RANDY GRAY

1725 Highway 101, Beaufort, NC
OPEN April to Labor Day, 6 days/week; Labor Day to Christmas, 5 days/week
At Gray’s Produce stand you will find home grown bush snap beans, bush lima beans, beans, broccoli, cabbage, cantaloupe, cauliflower, collard, sweet corn, pickling cucumbers, slicing cucumbers, kale, leeks, lettuce, mustard, okra, onions, English garden peas, snap peas, Irish potatoes, summer squash, tomatoes, herbs and cut flowers.

In addition, this farmer makes available a wide range of vegetables and fruit from other Carteret, North Carolina, SC and VA farmers, the State Farmers Market, and other commercial sources.

SIMPSON’S FARM

GEORGE D. SIMPSON, SR.

743 Highway 70, Bettie, NC
about 2 miles east of Beaufort
OPEN April thru December
October thru December & Mid January thru March: Wednesday - Friday
At the Simpson farm stand you will find home grown greenhouse tomatoes and cucumbers, broccoli, cabbage, cantaloupe, collards, leaf lettuce, okra, onions, sweet peppers, hot peppers, Irish potatoes, sweet potatoes, rutabaga, summer squash, and watermelons.

In addition, this farmer makes available vegetables grown by other Carteret County and North Carolina farmers.

Winery Barn Farm Produce

DAVID AND SARAH WINBERRY

1006 Cedar Point Boulevard, Cedar Point, NC
1 mile west of the intersection of Highway 24 and 58 in Cedar Point
OPEN Mid-April thru Thanksgiving
Collards available in off season
At the Winberry’s stand you will find home grown Bogue Sound watermelons, cantaloupe, tomatoes – both field grown and greenhouse, green beans, beans, beets, broccoli, cabbage, collards, sweet corn, cucumbers, eggplant, lettuce, mustard, okra, onions, field peas, field peas, sweet peppers, hot peppers, Irish potatoes, sweet potatoes, radishes, summer squash, winter squash, and turnips.

In addition, this farm makes available vegetables grown by other Carteret County and NC farmers, and from the North Carolina State Farmers Market.