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.

### VEGGIES

**Spring Crop Season**
- Asparagus
- Kale
- Turnip & Mustard Greens

**Summer Crop Season**
- Snap Beans (Green Beans)
- Sweet Corn
- Watermelons

**Fall/Winter Crop Season**
- Winter Squash (Butternut & Acorn)
- Pumpkins

Choose a vegetable and slide your finger across to find the month when it will be ready.

Choose a month and slide your finger down to see what vegetables are being harvested that month.

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](http://carteret.ces.ncsu.edu)

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**For Your Home Garden: Crystal Coast Grown Vegetable and Herb Seedlings**

- **EDGEWATER GARDENS**
  - Robin Pitten
  - 358 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**
  - Greg & Jackie Garner
  - 173 Sam Garner Road
  - Newport, NC
  - [facebook.com/theplantstandnc](http://facebook.com/theplantstandnc)

- **REDFEARN’S NURSERY, INC**
  - Allan & Judy Redfearn
  - 1018 Cedar Point Blvd
  - Hwy 24
  - Cedar Point, NC
  - (252) 393-8243

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**Crystral Coast Produce**

1. **BEECK’S PRODUCE STAND**
   - 356 NC Highway 58, Stella

2. **GARNER FARMS**
   - Newport: 173 Sam Garner Road
   - New Bern: 180 Garner Road

3. **GRAY’S PRODUCE**
   - Newport: 228 Shore Road
   - Beaufort: Beside Burger King, Hwy 70

4. **GUTHRIE PRODUCE**
   - 3477 Highway 101, Newport

5. **JW MERRELL FARM**
   - 1725 Highway 101, Beaufort

6. **SIMPSON’S FARM**
   - 743 Highway 70, Beaufort

7. **WILLIS FARM**
   - 575 East Chatham Street, Newport
   - 603 Highway 24, Cedar Point

8. **WINBERRY FARM PRODUCE**
   - 1006 Cedar Point Blvd, Cedar Point

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If you want to preserve any of these vegetables while they are fresh and abundant, consider canning, freezing or pickling. Find out all you need to know at [www.nchfp.uga.edu](http://www.nchfp.uga.edu)
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 produced honey, cheese, seafood, or other foods.

Olde Beaufort Farmers’ Market
Beneath the live oaks at the County Courthouse in downtown Beaufort, Saturdays, May to September. 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 from 7:30 - 11:30.

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

Blue Ocean Market
2010 Bridges Street, Morehead City (252) 726-4886 blueoceanmarketnc.com
Blue Ocean Market buys from boats that harvest finfish in the Gulf Stream — among the best in the country to stock his market with the highest quality, freshest products when they are seasonally available.

Captain Jim’s Seafood
4665 Andrell St, Morehead City (252) 726-3454 www.captjimsseafood.com
Locally owned and operated, Captain Jim’s offers the freshest seafood harvested by local fishermen when it is seasonally available. When you want delicious, local seafood, visit Captain Jim’s Seafood Market.

Fishtowne Seafood
100 Wellons Drive, Beaufort (252) 718-6464 www.fishtowneseafood.com
Since 2004, Fishtowne Seafood has been retailing seafood harvested by local fishermen. The commercial fishing industry in Carteret County has a long history of producing quality seafood by hardworking, dedicated fishermen. Owner and operator Bill Rice regularly travels around the county to stock his market with the highest quality, freshest products when they are seasonally available.

Blue Ocean Market
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, bush lima beans, beets, broccoli, cabbage, collard, slicing cucumbers, pickling cucumbers, kale, leeks, lettuce, mustard, okra, onions, snap peas , English garden peas, field peas (pea beans) sweet and hot peppers, Irish potatoes, sweet potatoes, radishes, rutabaga, sumersquash, turnips, tomatoes 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.

JW Merrell Farm
1725 Highway 101, Beaufort, NC OPEN April to Labor Day. 6 days/week; Labor Day to Christmas, 5 days/week
At the JW Merrell Farm stand you will find home grown strawberries, green beans, beets, broccoli, cabbage, collard, slicing cucumbers, pickling cucumbers, kale, leeks, lettuce, mustard, okra, onions, Irish garden peas, snap peas, Irish potatoes, summer squash, turnips, 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.

Garner Farms
Newport: 173 Sam Garner Road, Newport, NC NEW Bern: 501 Garner Road, New Bern, NC OPEN April to Mid August & Early Sept through October
At Garner Farms you will find their home grown strawberries, asparagus, snap peas, lima beans, beets, broccoli, cabbage, collard, cauliflower, carrots, collards, sweet corn, Chinese cabbage, slicings cumber, pickling cumberr, eggplant, kale, leek, kohlrabi, lettuce, mustard, okra, onions, pease – garden, snap and snow, field pease, hot peppers, sweet peppers, Irish potatoes, sweet potatoes, radishes, rutabaga, spinach, summer squash, winter squash, turnips, watermelons, and cut flowers.

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.

Willis Farm
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, beets, broccoli, cabbage, collard, carrots, cauliflower, collard, sweet corn, Chinese cabbage, slicing cucumbers, pickling cucumbers, eggplant, kale, kohlrabi, leek, lettuce, mustard, okra, onions, peas – garden and snap, field peas, hot peppers, sweet peppers, Irish potatoes, sweet potatoes, radishes, rutabaga, spinach, summer squash, winter squash, turnips, watermelons.

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