

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 local NC grown food in grocery stores, restaurants, in the work place and schools, or buy direct from a local NC grower at a farmers market, pick-your-own or roadside farm market.

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES												
ASPARAGUS												
BEETS												
BLACKBERRIES												
BLUEBERRIES												
BOKCHOY												
BROCCOLI												
BUTTERBEANS												
CABBAGE												
CANTALOUPE												
CARROTS												
CHERRY TOMATOES												
CHRISTMAS TREES												
COLLARDS												
CUCUMBERS												
EGGPLANT												
FIGS												
GARLIC												
GREEN ONIONS												
GREEN PEAS												
GREENS												
HERBS												
HONEYDEW MELONS												
INDIAN CORN												
KALE												
LETTUCE												
MUSCADINE GRAPES												
MUSHROOMS												
MUSTARD GREENS												

Agriculture is NC's # 1 industry. When you see the Got To Be NC logo on food products, you are contributing to the economic growth of North Carolina and to our farmers.

Visit: gottobeNC.com

Got To Be NC is the marketing program of the North Carolina Department of Agriculture.



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
NAPA												
NECTARINES												
OKRA												
ONIONS												
PEACHES												
PEANUTS												
PEARS												
PECANS												
PEPPERS												
PERSIMMONS												
PLUMS												
POTATOES												
PUMPKINS												
RADISHES												
RASPBERRIES												
ROMAINE												
SNAP BEANS												
SNOW PEAS												
SNOW PEA TIPS												
SPINACH												
SPRITE MELONS												
SQUASH - YELLOW												
STRAWBERRIES												
SWEET CORN												
SWEET POTATOES												
TOMATOES/TOMATILLOS												
TURNIPS												
WATERMELON												
ZUCCHINI												

Library Now Offering Internet Backpacks for Checkout

You can now check out the internet from your local library! The Hampton B. Allen Library has received internet backpacks to loan to the general public. The backpacks are equipped with a Chromebook, wireless hotspot and charging cords for both. Patrons with accounts in good standing will be eligible to check out a backpack for two weeks. The library hopes these backpacks will help families and individuals, especially students, without reliable internet at home. For more information you can call the library at 704-694-5177 or stop by in person at 120 South Greene Street in uptown Wadesboro.

WIC Program Information

The Anson County WIC program provides supplemental foods, nutrition education, breastfeeding support, and referrals to health care and community resources to participants. WIC clients now receive an eWIC card. Packages for children 1 to 5 and for women include benefits for fresh, canned or frozen fruits and vegetables at WIC approved stores. WIC approved yogurt is also available on many food packages. To be eligible for WIC you must be an infant or child less than five years of age, a woman who is pregnant, breastfeeding, or have given birth within six months. For more information about WIC or to make an appointment, please call the Anson County Health Department at 704-694-9844, or you can visit the office at 110 Ashe Street in Wadesboro. This institution is an equal opportunity provider.

HOPE 148 East Morgan Street
Wadesboro
704-690-6689

Pregnancy Resource Center

www.hprc-anson.org hope.prc.anson@gmail.com

<p>Limited Ultrasounds</p> <p>Pregnancy Tests</p> <p>Pregnancy Verification</p>	<p>Clothes Up To 4T</p> <p>Prenatal, Parenting & Childbirthing Classes</p>
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All services are free and confidential Mon & Tue 1:30-4

Energy Assistance Program (LIEAP)

The Low Income Energy Assistance Program (LIEAP) gives families a one-time vendor payment to help pay their heating bills. Families must meet all of the following: 1) an income test, 2) be responsible for its heating bills and 3) include a US citizen or an eligible alien. To apply for the program the following information is needed: name, date of birth, and social security numbers for each household member; household's income; savings and checking accounts; and property, stocks, bonds, and other assets.

Applications for a household member age 60 and above or disabled person receiving a service through the Division of Aging and Adult Services (DAAS) began December 1. All other households may apply beginning January 1. Applications are available at the Grace Senior Center, Burnsville Recreation and Learning Center, and Polkton and Morven meal sites. Also, applications can be accessed through dhhs.gov. It is important to have a valid phone number and signature on the application. This program will end March 31, unless funds are exhausted. For more information call 704-694-9351.

FarmHouseBuffet

Ansonville, NC • 704-826-8563

Seafood Buffet & Menu Items
Friday & Saturday 4:30-10

Sunday Country Lunch
Buffet 11:30-4

8018 Highway 52 North in Ansonville

HOURS OF OPERATION

FREE CLOTHING & FREE GROCERIES

2ND AND 4TH SATURDAY

11:00 AM - 2:00 PM

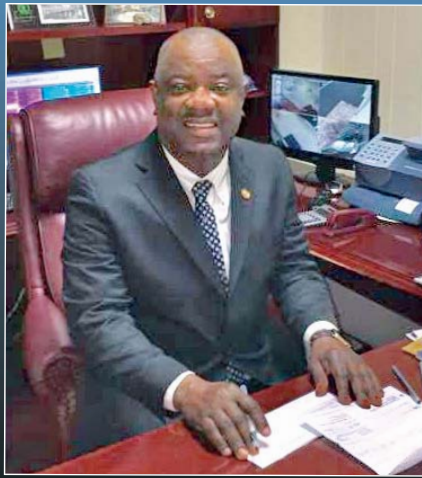
NO DOCUMENTATION REQUIRED



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- Full & Partial Dentures • Denture Repair

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704-243-8487
701 East Roosevelt Blvd
Building 800-B Across from CMC

CHARLOTTE
704-494-8484
2416 Sugar Creek Road
University / Derita Area

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SALE

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ELECTRIC • WOOD

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 - Lamps • Jewelry Armoires
 - Accent Cabinets • Tables
 - Appliances • Appliance Parts
 - Vacuum Cleaners • Bunk Beds
 - Storage Cabinets • TV Stands
 - Curio & China Cabinets
 - Coffee Tables • Kitchen Carts
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Highway 74 West in Wadesboro • 704-694-3185 WATER HEATERS