

# What's in Season? Your Guide to Canadian Seasonal Produce

VEGETABLES	SPRING MARCH-APRIL	EARLY SUMMER MAY-JUNE	SUMMER JULY-AUGUST	EARLY FALL SEPTEMBER	FALL OCTOBER-NOVEMBER	WINTER DECMEBER- FEBRUARY
ARTICHOKES			✓	✓	✓	
ASPARAGUS	✓	✓				
BEANS			✓	✓		
BEETS			✓	✓	✓	✓
BOK CHOY		✓	✓	✓	✓	
BROCCOLI		✓	✓	✓	✓	
BRUSSEL SPROUTS				✓	✓	
CABBAGE	✓		✓	✓	✓	✓
CARROTS	✓		✓	✓	✓	✓
CAULIFLOWER			✓	✓	✓	✓
CELERY			✓	✓	✓	
SWISS CHARD		✓	✓	✓	✓	
CORN			✓	✓	✓	
CUCUMBER			✓	✓		
EGGPLANT			✓	✓	✓	
FENNEL			✓	✓	✓	
GARLIC			✓	✓	✓	
KALE	✓	✓	✓	✓	✓	✓
LEEKs	✓		✓	✓	✓	✓
LETTUCE		✓	✓	✓	✓	
MUSHROOMS	✓	✓	✓	✓	✓	✓
ONIONS (GREEN)		✓	✓	✓	✓	
ONIONS (RED & YELLOW)	✓		✓	✓	✓	✓
PARSNIPS	✓		✓	✓	✓	✓
PEAS (GREEN)		✓	✓			
PEAS (SNOW)		✓	✓	✓		
PEPPERS			✓	✓	✓	
POTATOES			✓	✓	✓	✓
PUMPKINS			✓	✓	✓	
RADISHES	✓	✓	✓	✓	✓	
RAPINI			✓	✓		
RUTAEGA			✓	✓	✓	✓
SHALLOTS			✓	✓		
SPINACH		✓	✓	✓	✓	✓
SQUASH		✓	✓	✓	✓	✓
SWEET POTATOES	✓	✓	✓	✓	✓	
TOMATOES			✓	✓	✓	
TURNIPS		✓	✓	✓	✓	✓
ZUCCHINI			✓	✓	✓	

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FRUITS	SPRING MARCH-APRIL	EARLY SUMMER MAY-JUNE	SUMMER JULY-AUGUST	EARLY FALL SEPTEMBER	FALL OCTOBER- NOVEMBER	WINTER DECMEBER- FEBRUARY
APPLES			✓	✓	✓	✓
APRICOTS			✓			
BLUEBERRIES			✓	✓	✓	
CANTALOUPE		✓	✓	✓		
CHERRIES			✓			
CRANBERRIES				✓	✓	
CURRENTS			✓			
GOOSEBERRIES		✓	✓			
GRAPES				✓		
NECTARINES			✓			
PEACHES			✓			
PEARS			✓	✓	✓	✓
PLUMS			✓	✓		
RASPBERRIES	✓	✓	✓			
RHUBARB		✓				
STRAWBERRIES			✓	✓		
WATERMELON			✓	✓		