

# SEASONAL & LOCAL FOOD GUIDE

SEASONAL FOOD CAN BE CHEAPER, FULL OF FLAVOUR AND HELPS TO SUPPORT LOCAL FARMS AND MARKETS!



SEASONAL FOOD MEANS EATING FOOD THAT IS CURRENTLY FRESH IN YOUR AREA



**SPRING**  
 (Mar - Apr)

**EARLY SUMMER**  
 (May - June)

**SUMMER**  
 (July - Sept)

**AUTUMN**  
 (Oct - Nov)

**WINTER**  
 (Dec - Feb)

**FRUIT**

Apples, Rhubarb, Greenhouse Strawberries



**FRUIT**

Apples, Cherries, Rhubarb, Saskatoon Berries, Strawberries

**FRUIT**

Apricots, Blueberries, Cantaloupe, Chokecherries, Cherries, Currants, Gooseberries, Grapes, Nectarines, Peaches, Pears, Plums, Raspberries, Saskatoon Berries, Strawberries, Watermelon

**FRUIT**

Apples, Cranberries, Patridgeberries, Pears, Plums

**FRUIT**

Apples, Pears, Greenhouse Strawberries



**VEGETABLES**

Beets, Cabbage, Carrots, Mushrooms\*, Onions (Red+Yellow), Parsnips, Potatoes\*, Rutabaga\*, Sprouts, Squash, Sweet Potatoes\*

**VEGETABLES**

Asian greens, Asparagus, Beans, Broccoli, Cucumber (Field), Kale, Lettuce (Field), Green Onions, Radishes, Spinach, Sprouts

**VEGETABLES**

Artichokes, Asian Greens, Beans, Beets, Bok Choy, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumber (Field), Eggplant, Garlic, Kale, Leeks, Lettuce (Field), Onion (Green, Red, Yellow), Parsnips, Peas (Green, Snow), Pepper (Field), Radishes, Rapini, Shallots, Spinach, Sprouts, Squash, Swiss Chard, Tomatoes (Field), Turnips, Zucchini

**VEGETABLES**

Artichokes, Asian Greens, Beans, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumber (Field), Eggplant, Fennel, Garlic, Kale, Leeks, Lettuce (Field), Onions (Green, Red, Yellow), Parsnips, Peppers (Field), Pumpkins, Radishes, Rapini, Spinach, Sprouts, Squash, Swiss Chard, Tomatoes (Field), Turnips, Zucchini

**VEGETABLES**

Beets, Cabbage, Carrots, Fennel, Garlic, Leeks, Onions (Red, Yellow), Parsnips, Sprouts, Squash, Turnips



**OTHER**

Maple Syrup\*, Honey\*, Eggs\*, Meat\*

(\*) Available year round

