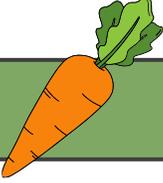


What's In Season? Support Local Farmers!

The summer months are a great time to “eat local” by supporting Ontario farmers or visiting a nearby Farmers’ Market. Depending on the specific month, you can enjoy a variety of different fruits and vegetables. Not only is this beneficial to add variety to your meals, but this is also a great way to increase your intake of vitamins, minerals, and fiber. Many local farms also have a “pick your own” option, allowing you to not only support your local farm but also get outside to enjoy the outdoors!

Not sure what is in season? Check out our guide below:

Month	 Fruit	Vegetables 
May		Asparagus
June	Cherries, Strawberries	Asparagus, Beans, Beets, Broccoli, Cabbage, Cauliflower, Lettuce, Peas, Radishes
July	Blueberries, Cherries, Peaches, Plums, Raspberries, Strawberries	Beans, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumber, Eggplant, Lettuce, Onions, Peas, Peppers, Potatoes, Radishes, Squash, Tomatoes
August	Blueberries, Grapes, Nectarines, Peaches, Pears, Plums, Raspberries	Beans, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumber, Eggplant, Lettuce, Onions, Peas, Peppers, Potatoes, Radishes, Squash, Tomatoes
September	Blueberries, Grapes, Nectarines, Peaches, Pears, Plums, Raspberries	Beans, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumber, Eggplant, Lettuce, Onions, Peas, Peppers, Potatoes, Radishes, Squash, Tomatoes
October	Grapes, Pears, Plums	Beets, Cabbage, Carrots, Cauliflower, Lettuce, Potatoes, Radishes, Squash, Tomatoes
November		Beets, Cabbage, Carrots, Cauliflower, Lettuce, Potatoes, Radishes, Squash, Tomatoes



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