

# Seasonal Produce Guide in Canada

## Fruits\*



January	February	March	April	May	June	July	August	September	October	November	December
Apples	Apples			Rhubarb	Cherries Rhubarb Strawberries	Blueberries Cherries Peaches Raspberries Rhubarb Strawberries Watermelon	Apples Blueberries Cherries Nectarines Peaches Pears Raspberries Strawberries Watermelon	Apples Blueberries Cranberries Grapes Peaches Pears Raspberries Strawberries Watermelon	Apples Cranberries Pears Grapes	Apples	Apples

### Canadian Greenhouses

In-Season For Most Of The Year



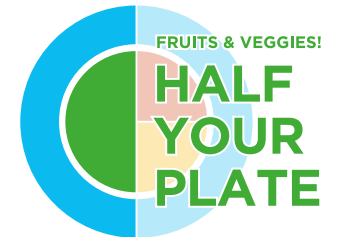
Cucumbers  
Lettuce  
Peppers  
Strawberries  
Tomatoes

### International

Available In Canada All Year Long



Avocados	Grapefruit	Mangoes
Bananas	Grapes	Okra
Cassava	Kiwis	Oranges
Clementines	Lemons	Papaya
Dragon fruit	Limes	Pineapple
		Pomegranates



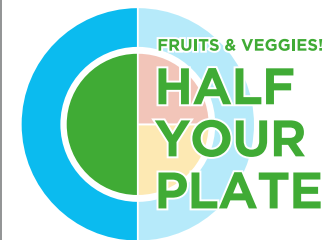
\*This guide is based on average seasonality dates from across Canada, which may be different in your area. Speak with your produce manager for local seasonal information. The list of products above is not exhaustive and takes into consideration storage conditions.

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## Vegetables\*



January	February	March	April	May	June	July	August	September	October	November	December
Beets Cabbage Carrots Garlic Mushrooms Onions Potatoes Squash	Beets Cabbage Carrots Mushrooms Onions Potatoes	Beets Cabbage Carrots Mushrooms Onions Potatoes	Beets Cabbage Carrots Mushrooms Onions Potatoes	Asparagus Carrots Fiddleheads Mushrooms Onions Potatoes Spinach	Asparagus Beets Bok Choy Broccoli Cabbage Cauliflower Lettuce Mushrooms Onions Potatoes Spinach	Beans Beets Bok Choy Broccoli Cabbage Carrots Cauliflower Celery Corn Cucumbers Garlic Kale Lettuce Mushrooms Onions Peppers Potatoes Spinach Tomatoes Zucchini	Beans Beets Bok Choy Broccoli Cabbage Carrots Cauliflower Celery Corn Cucumbers Eggplant Garlic Kale Lettuce Mushrooms Onions Peppers Potatoes Spinach Tomatoes Zucchini	Beans Beets Bok Choy Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Corn Cucumbers Eggplant Garlic Kale Lettuce Mushrooms Onions Peppers Potatoes Spinach Squash Tomatoes Zucchini	Beans Beets Bok Choy Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Corn Cucumbers Eggplant Garlic Kale Lettuce Mushrooms Onions Peppers Potatoes Spinach Squash Tomatoes Zucchini	Beets Bok Choy Brussels Sprouts Cabbage Carrots Cauliflower Mushrooms Onions Potatoes Squash	Beets Brussels Sprouts Cabbage Carrots Garlic Mushrooms Onions Potatoes Squash



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