

FRESH FORWARD^{Inc.}

Alberta's Fresh Food Solution

Product Description	SOURCE	January	February	March	April	May	June	July	August	September	October	November	December
Apples	B.C.	X	X	X						X	X	X	X
Blueberries	B.C.							X	X	X			
Raspberries	B.C.							X	X				
Blackberries	B.C.							X					
Concord Grapes	B.C.									X	X		
Anjou Pears	B.C.	X	X	X							X	X	X
Bartlett Pears	B.C.	X	X	X							X	X	X
Apricots	B.C.							X	X				
Cherries	B.C.							X	X	X			
Nectarines	B.C.							X	X	X			
Peaches	B.C.							X	X	X			
Plums	B.C.							X	X	X			
Prune Plums	B.C.								X	X	X		
Asparagus	MB					X	X						
Beets	AB/MB	X	X	X					X	X	X	X	X
Parsnips	AB/MB	X	X	X	X				X	X	X	X	X
Rutabagas	AB/MB	X	X	X	X				X	X	X	X	X
Turnips	AB/MB	X	X	X	X				X	X	X	X	X
Green Cabbage	AB/MB	X	X					X	X	X	X	X	X
Red Cabbage	AB/MB	X	X						X	X	X	X	X
Carrots	AB/MB	X	X						X	X	X	X	X
Cauliflower	AB/MB								X	X			
Corn	AB								X	X	X		
Cucumbers, Field	AB/MB							X	X				
Cucumbers, L.E.	AB/MB	X	X	X	X	X	X	X	X	X	X	X	X
Micro Greens	AB	X	X	X	X	X	X	X	X	X	X	X	X
Mushrooms	AB	X	X	X	X	X	X	X	X	X	X	X	X
Yellow Onions, Med.	AB	X	X	X						X	X	X	X
Potatoes, Red	AB	X	X	X	X	X			X	X	X	X	X
Potatoes, Russet	AB	X	X	X	X	X			X	X	X	X	X
Potatoes, Yellow	AB	X	X	X	X	X			X	X	X	X	X
Squash, Hardshell	AB	X								X	X	X	
Tomatoes, H H	AB/BC		X	X	X	X	X	X	X	X	X	X	
Tomatoes/Vine, H H	AB/BC		X	X	X	X	X	X	X	X	X	X	
Cocktail Tom, H H	AB/BC		X	X	X	X	X	X	X	X	X	X	
Grape Tom, H H	AB/BC		X	X	X	X	X	X	X	X	X	X	
Orange Pepper, H H	AB/BC				X	X	X	X	X	X	X		
Red Pepper, H H	AB/BC				X	X	X	X	X	X	X		
Yellow Pepper, H H	AB/BC				X	X	X	X	X	X	X		
Broccoli	AB/MB								X	X			
Pickling Cucumbers	AB/MB/BC								X	X			
Butter Lettuce, HH	AB	X	X	X	X	X	X	X	X	X	X	X	X
Suey Choy	AB								X	X			
Radish	AB						X	X	X	X	X		
Zucchini, Grn	AB/MB								X	X			
Green Onion	AB/MB								X	X			