

Seasonal Food Guide



Spring (March, April + May)

Fruits	<ul style="list-style-type: none"> • Apples • Rhubarb • Strawberries (Greenhouse) 	
Vegetables	<ul style="list-style-type: none"> • Asparagus • Beets • Cabbage • Carrots • Cucumber (Greenhouse) • Lettuce (Greenhouse) • Mushrooms • Onions (Cooking + Red) 	<ul style="list-style-type: none"> • Parsnips • Peppers (Greenhouse) • Potatoes • Rutabaga • Sprouts • Squash • Sweet Potato • Tomatoes (Greenhouse)

Summer (June, July, August)

Fruits	<ul style="list-style-type: none"> • Apples • Apricots • Blueberries • Cherries • Currants 	<ul style="list-style-type: none"> • Gooseberries • Grapes • Muskmelon • Nectarines • Peaches 	<ul style="list-style-type: none"> • Pears • Plumbs • Raspberries • Rhubarb • Strawberries (Field) • Watermelon
Vegetables	<ul style="list-style-type: none"> • Asparagus • Beans (Green + Yellow) • Beets • Bok Choy • Broccoli • Cabbage • Carrots • Cauliflower • Celery • Corn 	<ul style="list-style-type: none"> • Cucumber (Field + Green) • Garlic • Eggplant • Lettuce (Assorted + Greenhouse) • Mushrooms • Onions (Cooking + Green) • Peas (Green + Snow) • Peppers (Field + Greenhouse) • Potatoes 	<ul style="list-style-type: none"> • Radicchio • Radishes • Rutabaga • Spinach • Sprouts • Summer Squash • Sweet Potatoes • Tomato (Field+ Greenhouse) • Zucchini

Sourced: Availability Guide, Foodland Ontario.



Fall (September, October, November)

Fruits	<ul style="list-style-type: none"> • Apples • Blueberries • Crabapples • Cranberries • Grapes • Muskmelon • Nectarines 	<ul style="list-style-type: none"> • Peaches • Pears • Plums • Raspberries • Strawberries (Field + Greenhouse) 	
Vegetables	<ul style="list-style-type: none"> • Artichoke • Beans (Green + Yellow) • Beets • Bok Choy • Broccoli • Brussels Sprouts • Cabbage • Carrots • Cauliflower • Celery 	<ul style="list-style-type: none"> • Corn • Cucumber (Field + Greenhouse) • Eggplant • Garlic • Leeks • Lettuce (Assorted + Greenhouse) • Mushrooms • Onions (Cooking, Green + Red) • Parsnips • Peas (Green) 	<ul style="list-style-type: none"> • Peppers (Field + Greenhouse) • Potatoes • Pumpkin • Radishes • Rutabaga • Spinach • Sprouts • Squash • Sweet Potatoes • Tomatoes (Field + Greenhouse) • Zucchini

Winter (December, January, February)

Fruits	<ul style="list-style-type: none"> • Pears • Apple • Rhubarb • Strawberries (Green House) 		
Vegetables	<ul style="list-style-type: none"> • Beets • Cabbage • Carrots • Cucumber (Greenhouse) • Garlic • Leeks 	<ul style="list-style-type: none"> • Lettuce (Greenhouse) • Mushrooms • Onions (Cooking) • Onions (Red) • Parsnips • Peppers (Greenhouse) 	<ul style="list-style-type: none"> • Potatoes • Rutabaga • Sprouts • Squash • Sweet Potatoes • Tomatoes (Greenhouse)

Sourced: Availability Guide, Foodland Ontario.