

What's Available and When: Canadian Fresh Fruits and Vegetables													
Peak	Good	Low											
Peak	Good	Low	XX	Not Available									
	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	
Apples	Good	Good	Good	Good	Good	Low	Low	Low	Good	Good	Good	Good	
Apricots							Peak	Peak	Peak				
Asparagus					Peak	Peak	Low						
Beans							Good	Peak	Good	Low	Low		
Beets	Good	Good	Good	Low	Low	Low	Good	Peak	Peak	Peak	Good	Good	
Blueberries							Good						
Broccoli							Good	Peak	Peak	Peak	Low		
Brussel Sprouts							Low	Good	Peak	Peak	Peak	Good	
Cabbage	Good	Good	Good	Low	Low	Good	Good	Good	Good	Good	Good	Good	
Cantaloupe								Peak	Peak	Peak			
Carrots	Good	Good	Good	Good	Low		Low	Good	Good	Good	Good	Good	
Cauliflower						Low	Good	Peak	Peak	Peak	Low		
Celery							Good	Peak	Peak	Peak	Low		
Cherries						Low	Peak	Low					
Corn (Sweet)							Good	Peak	Good	Low			
Cranberries								Peak	Peak	Peak	Low	Good	
Cucumbers			Low	Good	Good	Good	Peak	Peak	Good	Low	Low	Low	
Eggplant							Low	Good	Peak	Good	Low	Low	
Endive	Low	Low	Low	Low		Low	Peak	Peak	Peak	Good	Good	Low	
Fiddleheads					Peak	Good							
Grapes (Table)								Low	Peak	Good			
Leeks	Good	Low	Low	Low	Low	Low	Low	Good	Good	Peak	Peak	Good	

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	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Lettuce				✕	■	■	■	■	✕	✕		
Mixed Melons								■	■	✕		
Mushrooms	■	■	■	■	■	■	■	■	■	■	■	■
Onions	■	■	■	✕	✕	✕	✕	■	■	■	■	■
Parsley	✕	✕	✕	✕	✕	✕	■	■	■	■	✕	✕
Parsnips	■		■	■	✕	✕		✕	■	■	■	■
Peaches							✕	■	■			
Pears	■	■	✕	✕				■	■	■	■	■
Peppers							✕	■	■	■		
Plums and Prunes							✕	■	■	✕		
Potatoes	■	■	■	■	■	✕	✕	■	■	■	■	■
Pumpkins								■	■	■	✕	
Radishes				✕	✕	■	■	■	■	✕	✕	
Raspberries							■	■	✕	✕		
Rhubarb	✕	■	■	✕	■	■	✕	✕				
Rutabaga (Turnip)	■	■	■	■	■	✕	✕	■	■	■	■	■
Spinach					✕	■	■	■	■	■	✕	✕
Squash	✕	✕					✕	■	■	■	■	✕
Strawberries						■	■	■	■			
Tomatoes				✕	■	■	■	■	■	■	✕	

Chart adapted: Agriculture Canada, 1983