

# Canada In Season Produce Guide

*Save money by shopping for produce in season.*

FRUIT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples								✓	✓	✓	✓	
Apricots							✓	✓				
Bananas	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Blueberries							✓	✓	✓			
Cantaloupe						✓	✓	✓	✓			
Cherries						✓	✓					
Cranberries										✓		
Grapefruit	✓	✓	✓	✓	✓	✓						
Grapes								✓	✓			
Kiwi	✓	✓	✓	✓	✓					✓	✓	✓
Lemons	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mangoes					✓	✓	✓	✓	✓			
Nectarines								✓	✓			
Oranges	✓	✓	✓	✓	✓	✓					✓	✓
Papayas						✓	✓	✓	✓			
Peaches							✓	✓	✓			
Pears								✓	✓	✓	✓	✓
Pineapple			✓	✓	✓	✓	✓					
Plums							✓	✓	✓	✓		
Pomegranates	✓									✓	✓	✓
Raspberries							✓	✓	✓			
Rhubarb	✓	✓	✓	✓	✓	✓						
Strawberries						✓	✓					
Tangerines	✓	✓	✓	✓	✓						✓	✓
Watermelon							✓	✓	✓			

VEGETABLE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Artichokes								✓	✓	✓		
Asparagus					✓	✓						
Beans (Green/Wax)						✓	✓	✓	✓	✓		
Beets	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓
Broccoli						✓	✓	✓	✓	✓		
Brussels Sprouts									✓	✓	✓	
Cabbage	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
Carrots	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓
Cauliflower						✓	✓	✓	✓	✓	✓	
Celery							✓	✓	✓	✓		
Corn							✓	✓	✓	✓		
Cucumber	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Eggplant								✓	✓	✓		
Lettuce	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mushrooms	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Okra	✓	✓	✓									✓
Onions	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Peppers			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Potatoes	✓	✓	✓				✓	✓	✓	✓	✓	✓
Pumpkins									✓	✓	✓	
Radishes					✓	✓	✓	✓	✓	✓	✓	
Spinach					✓	✓	✓	✓	✓	✓		
Squash	✓	✓	✓					✓	✓	✓	✓	✓
Sweet Potatoes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tomatoes			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Zucchini							✓	✓	✓	✓		