



# What's in Season in Ontario

Proudly supporting local farmers, producers, and their products



Fruit	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar
APPLES	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓
PEARS					✓	✓	✓	✓				
STRAWBERRIES			✓	✓	✓	✓						
RASPBERRIES				✓	✓	✓						
WATERMELONS					✓	✓						
CANTALOUPE					✓	✓						
PEACHES					✓	✓						
NECTARINES				✓	✓	✓						
YELLOW PLUMS				✓	✓							
BLUE GRAPES					✓	✓						
APRICOTS				✓								
Vegetables	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar
ANISE/FENNEL				✓	✓	✓						
ASPARAGUS		✓	✓									
BEANS GREEN			✓	✓	✓	✓	✓					
BEETS	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓
BROCCOLI			✓	✓	✓	✓	✓					
BRUSSELS SPROUTS						✓	✓	✓				
CABBAGE GREEN	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓
CABBAGE RED				✓	✓	✓						
CARROTS 3LB	✓				✓	✓	✓	✓	✓	✓	✓	✓
CARROTS BUNCH				✓	✓	✓	✓					
CARROTS MINI				✓	✓	✓						
CAULIFLOWER				✓	✓	✓	✓					
CELERY				✓	✓	✓						
CORIANDER/ CILANTRO				✓	✓	✓						
CORN				✓	✓	✓						
EGGPLANT					✓	✓						
FIELD CUCUMBERS			✓	✓	✓	✓						
GREENHOUSE GRAPE TOMATOES	✓	✓	✓	✓	✓	✓						
GREENHOUSE CUCUMBERS	✓	✓	✓	✓	✓	✓						✓
GREENHOUSE PEPPERS	✓	✓	✓	✓	✓	✓	✓					✓
GREENHOUSE TOMATO	✓	✓	✓	✓	✓	✓	✓	✓	✓			
KALE				✓	✓	✓						
LEEK					✓	✓	✓	✓	✓	✓	✓	
LETTUCE CLAM BOSTON	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
LETTUCE GREEN & RED LEAF			✓	✓	✓	✓						
LETTUCE ICEBERG			✓	✓	✓	✓						
LETTUCE ROMAINE (LEAF AND HEARTS)			✓	✓	✓	✓						
MUSHROOMS	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
ONION GREEN				✓	✓	✓						
ONION RED						✓	✓	✓	✓	✓	✓	
ONION YELLOW	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
PARSLEY				✓	✓	✓						
PARSNIP 1LB	✓					✓	✓	✓	✓	✓	✓	✓
PEPPER GREEN				✓	✓	✓	✓					
POTATOES BAGGED WHITE				✓	✓	✓	✓	✓	✓	✓	✓	✓
POTATOES BAGGED RED/YELLOW				✓	✓	✓	✓	✓	✓	✓		
PUMPKINS						✓	✓					
RADISH			✓	✓	✓	✓	✓					
RUTABAGAS	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
SPINACH BUNCH			✓	✓	✓	✓						
SQUASH					✓	✓	✓	✓	✓	✓	✓	✓
TOMATO ROMA/PLUM					✓	✓	✓					
TURNIPS WHITE				✓	✓	✓	✓	✓				
ZUCCHINI GREEN				✓	✓	✓	✓					