Fruit	Spring	Summer	Fall	Winter
CANADIAN FOOD FOCUS.org	MAR APR MAY	JUN JUL AUG	SEP OCT NOV	DEC JAN FEB
<u>Apples</u>				• • •
<u>Apricots</u>		₩		
<u>Blueberries</u>				
Blueberries (Wild)				
Cherries (sour)				
Cherries (sweet)				
<u>Cranberries</u>			⋄ • •	
<u>Grapes</u>				
<u>Nectarines</u>			₩	
<u>Peaches</u>			₩	
<u>Pears</u>				
<u>Plums</u>		•		
<u>Raspberries</u>				
<u>Rhubarb</u>				
Saskatoon Berries		•		
Strawberries (field)	•		₩	
Strawberries (greenhouse)				

Vegetables	Spring	Summer	Fall	Winter
CANADIAN FOOD FOCUS.org	MAR APR MAY	<u>JUN JUL AUG</u>	<u>SEP OCT NOV</u>	<u>DEC</u> <u>JAN</u> <u>FEB</u>
<u>Asparagus</u>	•			
<u>Cabbage</u>	₩			⋄ ⋄
<u>Carrots</u>				
<u>Cauliflower</u>				
Corn (sweet)		₩	₩	
Cucumbers (field)			₩	
<u>Cucumbers</u>				
(greenhouse) Fiddleheads	•			
Garlic			& &	& &
<u>Mushrooms</u>				
(cultivated) Onions				
(cooking/sweet/red) Onions (green)				
Peppers (field)		& &	₩	
<u>Peppers</u>	& & &	& & &	₩ ₩ ₩	& & &
(greenhouse) <u>Potatoes</u>	⋄ ⋄ •	& & &		⋄ ⋄
<u>Pumpkin</u>			₩	
Tomatoes (field)			₩	
Tomatoes (greenhouse)				