



WHAT'S IN SEASON?

Plan your meals around Ontario's in-season produce!

Fruits

| | |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| APPLES |     |
| APRICOTS |  |
| BLUEBERRIES |   |
| CANTALOUPE |   |
| CHERRIES |  |
| CRANBERRIES |  |
| GRAPES |   |
| NECTARINES |   |
| PEACHES |   |
| PEARS |    |
| PLUMS |   |
| RASPBERRIES |   |
| RHUBARB |   |
| STRAWBERRIES |   |
| WATERMELON |   |

Vegetables

| | |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ARTICHOKES |   |
| ASPARAGUS |  |
| BEANS |   |
| BEETS |     |
| BROCCOLI |   |
| CABBAGE |     |
| CARROTS |     |
| CAULIFLOWER |   |
| CELERY |   |
| CORN |   |
| CUCUMBER |    |
| EGGPLANT |   |
| GARLIC |    |
| KALE |   |
| LEEKS |    |
| LETTUCE |   |
| MUSHROOMS |     |
| ONIONS |     |
| PEAS |  |
| PEPPERS |   |
| POTATOES |     |
| RADISHES |   |
| SPINACH |   |
| SQUASH |     |
| SWEET POTATOES |     |
| TOMATOES |   |
| TURNIPS |    |
| ZUCCHINI |   |

| | | | |
|--------|-------------------------------------------------------------------------------------|--------|-------------------------------------------------------------------------------------|
| SPRING |  | FALL |  |
| SUMMER |  | WINTER |  |



Adapted from: Sobey's seasonal produce guide