

# What's in Season in the Atlantic Provinces?

Plan your meals around in-season produce to get the best of fresh local flavours. This handy chart will help you predict when your favourite homegrown items will reach their peak.

FRUITS	SPRING March – April	EARLY SUMMER May – June	SUMMER July – August	EARLY FALL September	FALL October – November	WINTER December – February
Apples	●	●	●	●	●	●
Blueberries <sup>1</sup>			●	●	●	
Cantaloupe			●	●		
Cherries			●	●		
Cranberries					●	●
Currants				●		
Gooseberries <sup>1</sup>				●	●	
Peaches				●		
Pears				●	●	
Plums				●		
Raspberries			●	●		
Rhubarb		●				
Strawberries		●	●	●		

VEGETABLES	SPRING March – April	EARLY SUMMER May – June	SUMMER July – August	EARLY FALL September	FALL October – November	WINTER December – February
Asian Greens <sup>2</sup>		●	●	●	●	
Asparagus <sup>3</sup>		●	●			
Beans			●	●		
Beets <sup>2</sup>		●	●	●	●	
Bok Choy		●	●	●	●	
Broccoli <sup>2</sup>		●	●	●	●	
Brussels Sprouts <sup>4</sup>			●	●	●	●
Cabbage			●	●	●	●
Carrots			●	●	●	●
Cauliflower			●	●	●	
Celery <sup>5</sup>			●	●	●	
Chard, Swiss <sup>2</sup>		●	●	●	●	
Corn			●	●		
Cucumber (Field)			●	●		
Eggplant			●	●		
Fiddleheads	●	●				
Garlic	●	●	●	●	●	●
Kale		●	●	●	●	
Leeks				●	●	
Lettuce (Field)			●	●		
Mushrooms (Cultivated)	●	●	●	●	●	●
Onions (Green)			●	●	●	
Onions (Red + Yellow)				●	●	●
Parsnips				●	●	●
Peas (Green)		●	●			
Peas (Snow)		●	●			
Peppers (Field)			●	●		
Potatoes	●	●	●	●	●	●
Pumpkins				●	●	
Radishes		●	●	●	●	
Rapini			●	●		
Shallots			●	●		
Spinach		●	●	●	●	
Squash			●	●	●	●
Sweet Potatoes					●	●
Tomatoes (Field)				●	●	
Turnips	●	●	●	●	●	●
Zucchini			●	●	●	

<sup>1</sup>Ends in October, <sup>2</sup>Begins in late June, <sup>3</sup>Finishes in late July, <sup>4</sup>Ends in December, <sup>5</sup>Begins in mid-August

Note: This guide is based on an average taken from growers across the Atlantic provinces. Seasonality may be affected by factors such as weather.