

# What's in Season in the Western 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			●	●	●	●
Apricots			●			
Blueberries			●	●	●	
Cantaloupe <sup>1</sup>			●	●		
Cherries		●	●			
Cranberries				●	●	
Currants			●			
Gooseberries		●	●			
Grapes				●		
Nectarines			●			
Peaches			●			
Pears			●	●	●	●
Plums			●	●		
Raspberries			●			
Rhubarb	●	●				
Strawberries <sup>1</sup>		●	●	●		
Watermelon <sup>1</sup>			●	●		

VEGETABLES	SPRING March – April	EARLY SUMMER May – June	SUMMER July – August	EARLY FALL September	FALL October – November	WINTER December – February
Artichokes			●	●	●	
Asian Greens		●	●	●	●	
Asparagus	●	●				
Beans			●	●		
Beets			●	●	●	●
Bok Choy		●	●	●	●	
Broccoli		●	●	●	●	
Brussels Sprouts				●	●	●
Cabbage	●		●	●	●	●
Carrots	●		●	●	●	●
Cauliflower			●	●	●	
Celery <sup>1</sup>			●	●	●	
Chard, Swiss		●	●	●	●	
Corn			●	●	●	
Cucumber (Field)			●	●		
Eggplant			●	●	●	
Fennel			●	●	●	
Garlic			●	●	●	
Kale	●	●	●	●	●	●
Leeks	●		●	●	●	●
Lettuce (Field)		●	●	●	●	
Mushrooms	●	●	●	●	●	●
Onions (Green)		●	●	●	●	
Onions (Red + Yellow)	●		●	●	●	●
Parsnips	●		●	●	●	●
Peas (Green)		●	●			
Peas (Snow)		●	●	●		
Peppers (Field)			●	●	●	
Potatoes			●	●	●	●
Pumpkins			●	●	●	
Radishes	●	●	●	●	●	
Rapini			●	●		
Rutabaga			●	●	●	●
Shallots			●	●		
Spinach		●	●	●	●	
Squash		●	●	●	●	●
Sweet Potatoes	●	●	●	●	●	●
Tomatoes (Field)			●	●	●	
Turnips		●	●	●	●	●
Zucchini			●	●	●	

<sup>1</sup>Available only in B.C.; crop is limited

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