



Availability Guide

See when Ontario vegetables are in season.

SOURCE: Foodland Ontario | www.ontario.ca/foodland

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Artichoke								Aug	Sep	Oct		
Asian Vegetables						Jun	Jul	Aug	Sep	Oct	Nov	
Asparagus					May	Jun						
Beans						Jun	Jul	Aug	Sep	Oct		
Beets	Jan	Feb	Mar	Apr			Jul	Aug	Sep	Oct	Nov	Dec
Bok choy						Jun	Jul	Aug	Sep	Oct	Nov	
Broccoli						Jun	Jul	Aug	Sep	Oct		
Brussels Sprouts									Sep	Oct	Nov	
Cabbage	Jan	Feb	Mar	Apr		Jun	Jul	Aug	Sep	Oct	Nov	Dec
Carrots	Jan	Feb	Mar	Apr	May		Jul	Aug	Sep	Oct	Nov	Dec
Cauliflower						Jun	Jul	Aug	Sep	Oct	Nov	
Celery							Jul	Aug	Sep	Oct		
Corn							Jul	Aug	Sep	Oct		
Cucumber (field)						Jun	Jul	Aug	Sep	Oct		
Cucumber (greenhouse)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Eggplant								Aug	Sep	Oct		
Garlic	Jan	Feb					Jul	Aug	Sep	Oct	Nov	Dec
Leeks	Jan	Feb						Aug	Sep	Oct	Nov	Dec
Lettuce (assorted)						Jun	Jul	Aug	Sep	Oct		
Lettuce (greenhouse)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Mushrooms	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Onions (cooking)	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Onions (green)						Jun	Jul	Aug	Sep	Oct	Nov	
Onions (red)	Jan	Feb	Mar						Sep	Oct	Nov	Dec
Parsnips	Jan	Feb	Mar	Apr				Aug	Sep	Oct	Nov	Dec
Peas (green)						Jun	Jul					
Peas (snow)						Jun	Jul	Aug	Sep			
Peppers (field)							Jul	Aug	Sep	Oct		
Peppers (greenhouse)		Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Potatoes	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Pumpkin									Sep	Oct		
Radicchio						Jun	Jul	Aug				
Radishes					May	Jun	Jul	Aug	Sep	Oct	Nov	
Rapini							Jul	Aug	Sep	Oct		
Rutabaga	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Spinach					May	Jun	Jul	Aug	Sep	Oct		
Sprouts	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Squash	Jan	Feb	Mar					Aug	Sep	Oct	Nov	Dec
Summer squash						Jun	Jul	Aug	Sep	Oct		
Sweet potatoes	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Tomatoes (field)							Jul	Aug	Sep	Oct		
Tomatoes (greenhouse)		Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Zucchini							Jul	Aug	Sep	Oct		