

Seasonal Foods

OF THE SEA TO SKY



■ Plant
 ■ Cover
 ■ Harvest (varies depending on weather)

* Start indoors (E) Easy to Grow V - Variety Dependent for planting and harvesting

Veggies	Winter				Spring			Summer			Fall		
	J	F	M	A	M	J	J	A	S	O	N	D	
	Asparagus		*	*	*								
Broad Beans													
Soya Beans													
Bean, bush & pole (E)													
Beets (E)													
Broccoli			*	*									
Brussels Sprouts													
Cabbage			*	*									
Carrots (E)													
Cauliflower			*	*	*	*							
Celery			*	*	*								
Corn													
Cucumbers (E)													
Eggplant			*	*									
Endive			*	*									
Fennel		*	*										
Garlic (E) (V)													
Kale & Collards (E)													
Kohlrabi													
Leeks		*	*										
Lettuce (E) (V)			*										
Mustard Greens (E)													
Oriental Greens (E)		*						*					
Onion, red/yellow			*	*									
Parsnips													
Peas (E)													
Peppers			*	*									
Potatoes, new													
Potatoes, yellow, red russet, white													
Pumpkin													
Radishes (E)													
Rhubarb (E)													
Rutabagas													
Salad greens (E) (V)													
Shallots (E)													
Spinach (E)													
Squash, summer (E)													
Squash, winter													
Swiss Chard (E)													
Tomatoes (V)			*	*									
Turnips													
Zucchini (E)													

Herbs	Winter				Spring			Summer			Fall		
	J	F	M	A	M	J	J	A	S	O	N	D	
	Basil												
Bay Leaves													
Chives - Garlic (E)													
Cilantro		*											
Dill (E)													
Fennel													
French Sorrel													
Lavender													
Lemon Balm													
Mint (E)													
Oregano													
Parsley													
Rosemary (E)													
Sage													
Sweet Cicely													
Tarragon-French													
Thyme													

Fruits	J	F	M	A	M	J	J	A	S	O	N	D	
	Apples												
	Apricots												
Blackberries													
Blueberries													
Cherries													
Crab Apples													
Cranberries													
Currants													
Gooseberries													
Grapes													
Pears													
Plums													
Prunes													
Raspberries													
Saskatoon Berries													
Strawberries													

Other	J	F	M	A	M	J	J	A	S	O	N	D	
	Grains												
	Honey												
Mushrooms													
Nuts													

Support Local Farmers Markets

Meat and dairy products are in season year round.
 For sustainable seafood selections, please visit
www.seachoice.org



When you buy direct from a farmer, 90% of the revenue goes directly to the farmer. When you buy from a retailer selling the same product, only 20% goes to the farmer