

Availability Guide

"WHAT'S AVAILABLE AND WHEN"

Canada's Guidelines for Healthy Eating recommends that we eat a variety of foods each day with an emphasis on fruits and vegetables. Use this Availability Guide to assist you in food purchasing and menu planning.

Canadians have access to a wide array of fresh produce year round thanks to improved growing, storage and distribution methods. Produce availability can vary from year to year, however, depending on growing conditions and transportation costs.

Today, retail produce departments carry at least 225 different fruits and vegetables. The Availability Guide lists approximately 150 of them but does not include the different varieties within each produce item. For example, apples are listed as one item but there are at least 15 different varieties available throughout the year.

For more in-depth information on locally grown produce, contact your Provincial Department of Agriculture.

LEGEND

Shading	Canadian availability
P	Peak availability (more than 15% of crop available)
A	Regular availability (more than 4 to 15% of crop available)
L	Limited availability (1 to 4% of crop available)
Blank Space	Less than 1% of crop availability

VEGETABLE AVAILABILITY GUIDE

VEGETABLES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Artichoke		A	A	P	A	A	A	A	A	A	A	A
Asparagus	L	A	A	A	P	P	P	L	L	L	L	L
Beans	A	A	A	A	A	A	P	P	P	A	A	A
Beets	A	A	A	A	A	A	P	P	P	P	A	A
Broccoli	A	A	A	A	A	A	P	P	P	P	A	A
Brussels Sprouts	A	A	A	P	A	L	L	A	P	P	P	P
Cabbage	A	A	A	P	P	P	P	P	P	P	P	A
Carrots	A	A	A	A	A	A	A	P	P	P	P	A
Cauliflower	A	A	A	A	A	A	A	P	P	P	P	A
Celery	A	A	A	A	A	A	A	P	P	P	A	A
Corn, Sweet	L	L	L	A	P	P	P	P	P	A	L	L
Chicory (Curly Endive)	A	A	A	A	A	A	P	P	P	A	A	A
Cucumber, Field	A	A	A	A	A	A	P	P	P	A	A	A
Cucumber, Greenhouse	L	A	A	A	A	A	A	A	A	A	L	L
Eggplant	A	A	A	A	A	A	A	P	P	A	A	A
Escarole	A	A	A	A	A	A	P	P	P	A	A	A
Fiddleheads				A	P	P	A					

Plums	L	A			L	L	A	P	P	A	L	
Raspberries	L	A	A	A	L	A	P	P	A	A	L	A
Rhubarb Field and Greenhouse	L	A	A	A	A	P	A	A	A	A	A	
Strawberries	L	L	A	P	P	P	P	A	A	L	L	L
Watermelon	L	L	L	A	A	P	P	P	A	L	L	L

AVAILABILITY GUIDE FOR "SPECIALTY PRODUCE"

LEGEND

*	Availability all year
()	Peak season

Specialty fruits and vegetables are often available to purchase on a regular basis or upon request. Because some of these items are not consumed in large quantities they may be difficult to obtain, even though they are listed in these charts as available. The dates listed are a guide only; much depends on Mother Nature and where you live in Canada.

SPECIALTY FRUIT	* ALL YEAR (PEAK SEASON)	OTHER SPECIALTY VEGETABLES	* ALL YEAR (PEAK SEASON)
Asian Pear	*	Bitter melon	*
Atemoya	(August to November)	Boniato	*
Bananas, Baby and Red	*	Breadfruit	*
Blood Orange	(December to April)	Broccoflower	*
Cactus Pear (Prickly Pear)	(September to May)	Cactus Pads (Nopales)	*
Carambola (Star fruit)	* (August to March)	Calabaza	*
Cherimoya	(November to May)	Cardoon	(October to May)
Coconut	* (September to April)	Cassava (Yuca)	*
Durian	(April to August)	Celeriac (Celery root)	* (November - April)
Feijoa	(March to June; September to January)	Chayote squash	*
Fig	(June to August)	Chili Peppers	*
Guava	(June to August ; November to March)	Chinese Broccoli	(December to April)
Kiwano (Horned melon)	* (February to June)	Chinese Okra	*
Kumquat	(November to March)	Daikon	*
Longan	(July to August)	Eddo (Dasheen)	*
Loquat	(July to August)	Eggplant, Chinese & Japanese	*
Lycium	(June to July)	Fennel (Anise)	* (October to April)

Mamey Sapote	(June to August)	Fuzzy Melon/ Squash	*
Mangosteen	(June to August)	Ginger	*
Passion Fruit	* (March to- September)	Green Mango	*
Pepino	* (March to June)	Horseradish	*
Persimmon	(October to May)	Jicama	* (December to April)
Pomegranate	(September to December)	Kohlrabi	* (June to September)
Pummelo	(January to February)	Long Bean	* (August to October)
Quince	(August to January)	Lotus Root	(March to November)
Rambutan	(February to October)	Lemon Grass	*
Sapote	(June to August)	Malanga (Yautia)	*
Seville Orange	(January to March)	Opo Squash	*
Sugar Cane	*	Plantain	*
Tamarillo	*(March to January)	Rapini	*
Ugli Fruit	(December to May)	Salsify	(October to March)
		Shallots	*
		Sprouts	*
		Taro	*
		Tomatillo	*
		Water Chestnut	*
		Winter Melon	*(April to August)

SPECIALTY LEAFY GREENS	* ALL YEAR (PEAK SEASON)
Arugula	*
Baby Mustard	* (December to April)
Belgian Endive	*(November to March)
Bok Choy, Regular & Baby	*
Chinese Spinach	*
Collards	*(December to April)
Dandelion Greens	* (April to May)
Herbs	*
Kale	* (December to February)
Mache	*
Mustard Greens	* (December to April)

Napa	*
Radicchio	*
Salad Savoy	*
Sorrel	* (June to October)
Swiss Chard	* (June to October)
Watercress	*

Canadian Produce Marketing Association Suite 310, 1101 Prince of Wales Drive Ottawa, Ontario, Canada K2C3W7
Tel: (613) 226-4187 Fax: (613) 226-2984 question@cpma.ca webmaster@cpma.ca