

# FRUIT AND VEGETABLE AVAILABILITY CHART

## Legend

P	Peak Availability (more than 15% available)
A	Regular Availability (more than 4 to 15% available)
L	Limited Availability(1 to 4% of crop available)
Blank Space	Less than 1% availability
<span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 15px; height: 10px;"></span>	Indicates Canadian produce availability
*	Indicates Canadian availability is limited

## Fruit Availability Guide

Fruit	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	A	A	A	A	A	A	A	A	A	A	A	A
Apricots	L				P	P	P	P	L			L
Avocados	A	A	A	A	A	A	A	A	A	A	A	A
Banana	A	A	A	A	A	A	A	A	A	A	A	A
Blueberries	L				A	A	P	P				
Cantaloupe	A	A	A	A	A	P	A	P	P	A*	A	L
Cherries	L				A	A	P	A			L	L
Cranberries	L								P	P	A	A
Grapefruit	A	A	A	A	A	A	A	A	A	A	A	A
Grapes	A	A	A	A	A	A	A	P	P	A*	A	A
Kiwi	A	A	A	A	A	A	A	A	A	A	A	A
Lemons/Limes	A	A	A	A	A	A	A	A	A	A	A	A
Mandarins	P	A	A				L	L	L	A	P	P
Mangoes	L	L	L	A	P	P	P	P	L	L	L	L
Nectarine	A	A	A		A	P	P	P	P	L		
Oranges	A	A	A	A	A	A	A	A	A	A	A	A
Papaya	A	A	A	A	A	A	A	A	A	A	A	A
Peach	A	A	L	L	A	A	P*	P	P	L		L
Pear	A	A*	A*	A*	A*	A*	A	A	P	P	A	A
Pineapples	A	A	A	A	A	A	A	A	A	A	A	A
Plums	A	A	A	L	L	A	A	P	P	L		L
Raspberries	A	A	A	L	L	A	P	P	A*	A*	L	L
Rhubarb	L	A	A	A	P	P	P	A	L	L		
Strawberries	L	A	A	A	A	P	P	A	A*	L	L	L
Watermelon		L	L	A	A	P	P	P	P	L	L	

## Vegetable Availability Guide

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Vegetables												
Artichoke	A	A	A	A	P	A	L	L	L	A	A	A
Asparagus	A	A	A	P	P	P	A*	A	A	A	A	A
Beans	A	A	A	A	A	A*	P	P	P	A	A	A
Beets	A	A	A*	A*	A*	A	A	P	P	P	A	A
Broccoli	A	A	A	A	A	A*	P	P	P	P	A	A
Brus. Sprouts	A	A	A	P	A	L	L	P	P	P	A	A
Cabbage	A	A	A	A	A*	A*	A	A	A	A	A	A
Carrots	A	A	A	A	A*	A	A	A	A	P	A	A
Cauliflower	A	A	A	A	A	A	A	P	P	P	A	A
Celery	A	A	A	A	A	A	A	P	P	P	A	A
Corn, Sweet				A	A	A	A	P	P	A	A	L
Chicory	A	A	A	A	A	A*	P	P	P	P	A*	A
Cucumber												
Field	A	A	A	A	A	A	A	P	P	A	A	A
Greenhouse	A	L	A	A	P	A	A	A	A	A	A	A*
Eggplant	A	A	A	A	A	A	A	P	P	P	A	A
Escarole	A	A	A	A	A	A	P	P	P	P	A	A
Fiddleheads					P	P						
Garlic	A	A	A	A	A	A	A*	P	P	A	A	A
Leeks	A	A	A*	A	A	A*	A	P	P	P	A	A
Lettuce												
Head	A	A	A	A	A	A*	P	P	P	A	A	A
Leaf	A	A	A	A	A	A	P	P	P	A	A	A
Mushrooms	A	A	A	A	A	A	A	A	A	A	A	A
Okra	L	A	A	A	A	A	P	P	A	A	A	A
Onion												
Green	A	A	A	A	A	A*	P	P	P	P	A*	A
Cooking	A	A	A	A	A	A*	A*	A	A	A	A	A
Parsnips	A	A	A	A	A	A	A*	A	A	A	A	A
Peas												
Regular	A	A	A	A	A	A*	P	P	L	A	A	A
Snow	A	A	A	A	A	A*	P	P	A*	A*	A	A
Peppers	A	A	A	A*	A*	A	A	P	P	P	A	A
Potatoes												
New					A*	A	A	A				
Storage	A	A	A	A	A	A	A*	P	A	A	A	A
Pumpkins								L	A	P	A	
Radish	A	A	A	A	A*	A	P	P	A	A	A*	A
Rutabaga	A	A	A	A	A	A	A	A	A	A	A	A
Spinach	A	A	A	A	A*	A	P	P	A	A	A	A
Squash	A*	A*	A	A	A	A	A	P	P	P	A	A*
Sweet Potato	A	A	A	A	A	A	A	A	A	A	P	A
Tomatoes												
Field	A	A	A	A	A	A	A	P	P	A	A	A
Greenhouse	A	A	A*	A	P	P	P	A	A	A	A	A*
Turnip	A	A	A*	A	A	A	A*	P	P	P	A	A
Zucchini	A	A	A	A	A	A	P	P	P	A	A	A