

# Availability Guide

## Ontario Fruits & Vegetables

Note: Availability dates may change by several weeks with respect to rare varieties and/or weather conditions.

Commodity	J	F	M	A	M	J	J	A	S	O	N	D
<a href="#">Apples</a>	J	F	M	A	M	J	J	A	S	O	N	D
<a href="#">Apricots</a>							J	A				
<a href="#">Asian Vegetables</a>						J	J	A	S	O	N	D
<a href="#">Asparagus</a>					M	J						
<a href="#">Beans – Green/Wax</a>						J	J	A	S	O		
<a href="#">Beets</a>	J	F	M	A			J	A	S	O	N	D
<a href="#">Blueberries</a>							J	A	S			
<a href="#">Broccoli</a>						J	J	A	S	O		
<a href="#">Brussels Sprouts</a>									S	O	N	
<a href="#">Cabbage</a>	J	F	M	A		J	J	A	S	O	N	D
<a href="#">Carrots</a>	J	F	M	A	M		J	A	S	O	N	D
<a href="#">Cauliflower</a>						J	J	A	S	O	N	
<a href="#">Celery</a>							J	A	S	O		
<a href="#">Cherries</a>						J	J					
<a href="#">Corn</a>							J	A	S	O		
<a href="#">Crabapples</a>									S	O	N	
<a href="#">Cranberries</a>										O		
<a href="#">Cucumber – Field</a>						J	J	A	S	O		
<a href="#">Cucumber – Greenhouse</a>	J	F	M	A	M	J	J	A	S	O	N	D
<a href="#">Currants – Red/Black</a>							J	A				
<a href="#">Eggplant</a>								A	S	O		
<a href="#">Garlic</a>	J	F					J	A	S	O	N	D
<a href="#">Gooseberries</a>							J	A				
<a href="#">Grapes</a>								A	S			
<a href="#">Leeks</a>	J	F						A	S	O	N	D
<a href="#">Lettuce – Assorted</a>						J	J	A	S	O		
<a href="#">Lettuce – Greenhouse</a>	J	F	M	A	M	J	J	A	S	O	N	D
<a href="#">Muskmelon</a>								A	S			
<a href="#">Mushrooms</a>	J	F	M	A	M	J	J	A	S	O	N	D
<a href="#">Nectarines</a>								A	S			

<u>Onions - Green</u>							J	J	A	S	O	N	
<u>Onions - Cooking</u>	J	F	M	A	M	J	J	A	S	O	N	D	
<u>Onions - Spanish/Red</u>										S	O	N	D
<u>Parsnips</u>	J	F	M	A				A	S	O	N	D	
<u>Peaches</u>								J	A	S			
<u>Pears</u>								A	S	O	N	D	
<u>Peas - Green</u>							J	J					
<u>Peas - Snow</u>						J	J	A	S				
<u>Peppers - Field</u>								J	A	S	O		
<u>Peppers - Greenhouse</u>			M	A	M	J	J	A	S	O	N		
<u>Plums</u>								J	A	S	O		
<u>Potatoes</u>	J	F	M					J	A	S	O	N	D
<u>Radicchio</u>							J	J	A				
<u>Radishes</u>					M	J	J	A	S	O	N		
<u>Rapini</u>								J	A	S	O		
<u>Raspberries</u>							J	A	S				
<u>Rhubarb</u>	J	F	M	A	M	J							
<u>Rutabaga</u>	J	F	M	A	M	J	J	A	S	O	N	D	
<u>Spinach</u>						M	J	J	A	S	O		
<u>Sprouts</u>	J	F	M	A	M	J	J	A	S	O	N	D	
<u>Squash</u>	J	F	M					A	S	O	N	D	
<u>Strawberries</u>						J	J						
<u>Strawberries - Day Neutral</u>						M	J	J	A	S	O		
<u>Sweet Potatoes</u>	J	F	M	A	M	J	J	A	S	O	N	D	
<u>Tomatoes - Field</u>								J	A	S	O		
<u>Tomatoes - Greenhouse</u>			M	A	M	J	J	A	S	O	N		
<u>Zucchini</u>								J	A	S	O		