

Ontario Fruits and Vegetables Availability Guide [1]

MONTH	VEGETABLES	FRUITS	MONTH	VEGETABLES	FRUITS	MONTH	VEGETABLES	FRUITS	MONTH	VEGETABLES	FRUITS
JAN	Beets Cabbage Carrots Cucumber (Greenhouse) Garlic Leeks Lettuce (Greenhouse) Mushrooms Onions (Cooking) Onions (Red) Parsnips Potatoes Rutabaga Sprouts Squash Sweet potatoes	Rhubarb Strawberries	APR	Beets Cabbage Carrots Cucumber (Greenhouse) Lettuce (Greenhouse) Mushrooms Onions (Cooking) Onions (Red) Parsnips Peppers (Greenhouse) Potatoes Rutabaga Sprouts Sweet potatoes Tomatoes (Greenhouse)	Rhubarb Strawberries	JUL	Beans (Green / Yellow) Beets Bok Choy Broccoli Cabbage Carrots Cauliflower Celery Corn Cucumber (Field) Cucumber (Greenhouse) Garlic Lettuce (Assorted) Lettuce (Greenhouse) Mushrooms Onion (Green) Onions (Cooking) Peas (Green) Peas (Snow) Peppers (Field) Peppers (Greenhouse) Potatoes	Apricots Blueberries Cherries Currants Gooseberries Peaches Plums Raspberries Strawberries (Field) Watermelon	OCT	Bok Choy Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Corn Cucumber (Field) Cucumber (Greenhouse) Eggplant Garlic Leeks Lettuce (Assorted) Lettuce (Greenhouse) Mushrooms Onion (Green) Onions (Cooking) Onions (Red) Parsnips Peas (Green) Peppers (Field)	Crabapples Cranberries Pears Plums Raspberries Strawberries (Field) Strawberries
FEB	Beets Cabbage Carrots Cucumber (Greenhouse) Garlic Leeks Lettuce (Greenhouse) Mushrooms Onions (Cooking) Onions (Red) Parsnips Peppers (Greenhouse) Potatoes Rutabaga Sprouts Squash Sweet potatoes Tomatoes (Greenhouse)	Rhubarb Strawberries	MAY	Asparagus Carrots Cucumber (Greenhouse) Lettuce (Greenhouse) Mushrooms Onions (Cooking) Peppers (Greenhouse) Potatoes Radishes Rutabaga Spinach Sprouts Sweet potatoes Tomatoes (Greenhouse)	Rhubarb Strawberries (Field) Strawberries	AUG	Artichoke Beans (Green / Yellow) Beets Bok Choy Broccoli Cabbage Carrots Cauliflower Celery Corn Cucumber (Field) Cucumber (Greenhouse) Eggplant Garlic Leeks Lettuce (Assorted) Lettuce (Greenhouse) Mushrooms Onion (Green) Onions (Cooking) Parsnips Peas (Green)	Apricots Blueberries Currants Gooseberries Grapes Muskmelon Peaches Pears Plums Raspberries Strawberries (Field) Watermelon	NOV	Cabbage Carrots Cauliflower Cucumber (Greenhouse) Garlic Leeks Lettuce (Greenhouse) Mushrooms Onion (Green) Onions (Cooking) Onions (Red) Parsnips Peppers (Greenhouse) Potatoes Radishes Rutabaga Sprouts Squash Sweet potatoes Tomatoes (Greenhouse)	Crabapples Cranberries Pears Strawberries
MAR	Beets Cabbage Carrots Cucumber (Greenhouse) Lettuce (Greenhouse) Mushrooms Onions (Cooking) Onions (Red) Parsnips Peppers (Greenhouse) Potatoes Rutabaga Sprouts Squash Sweet potatoes Tomatoes (Greenhouse)	Rhubarb Strawberries	JUN	Asparagus Beans (Green / Yellow) Bok Choy Broccoli Cabbage Cauliflower Cucumber (Field) Cucumber (Greenhouse) Lettuce (Assorted) Lettuce (Greenhouse) Mushrooms Onion (Green) Onions (Cooking) Peas (Green) Peas (Snow) Peppers (Greenhouse) Potatoes Radicchio Radishes Rutabaga Spinach Sprouts	Cherries Rhubarb Strawberries (Field) Strawberries	SEP	Bok Choy Broccoli Brussels Sprouts Cabbage Carrots Cauliflower Celery Corn Cucumber (Field) Cucumber (Greenhouse) Eggplant Garlic Leeks Lettuce (Assorted) Lettuce (Greenhouse) Mushrooms Onions (Cooking) Onion (Green) Onions (Red) Parsnips Peas (Green) Peas (Snow)	Blueberries Crabapples Cranberries Grapes Muskmelon Peaches Pears Plums Raspberries Strawberries (Field) Watermelon	DEC	Cucumber (Greenhouse) Garlic Leeks Lettuce (Greenhouse) Mushrooms Onions (Cooking) Onions (Red) Parsnips Peppers (Greenhouse) Potatoes Rutabaga Sprouts Squash Sweet potatoes Tomatoes (Greenhouse)	Pears Strawberries

[1] Source: <https://www.ontario.ca/foodland/page/availability-guide>