

🍅 Quebec Fruits and Vegetables by Season

Here is a non exhaustive list of local fruits and vegetables available in Quebec by season*.

WINTER

Beet, carrot, celery root, mushroom, green and red cabbage, winter squash, shallot, chicory, hydroponic and greenhouse lettuce, yellow onion, parsnip, leek, apple, potato, white turnip, black radish, rutabaga, greenhouse tomato and sunchoke.

FALL

Garlic, eggplant, beet, broccoli, cranberry, carrot, celery, celery root, cape gooseberry (ground cherry), mushroom, Chinese cabbage, Brussels sprouts, green and red cabbage, pumpkin, squash, shallot, chicory, hydroponic and greenhouse lettuce, Spanish and yellow onion, parsnip, hot pepper, leek, sweet pepper, apple, pear, potato, white turnip, black and red radish, grape, rutabaga, field and greenhouse tomato and sunchoke.

SPRING

Asparagus, beet, carrot, celery root, mushroom, red cabbage, greenhouse cucumber, chicory, spinach, fine herbs, strawberry, hydroponic and greenhouse lettuce, leaf lettuce, yellow onion, parsnip, apple, potato, radish, rhubarb, rutabaga, greenhouse tomato and sunchoke.

SUMMER

Garlic, artichoke, eggplant, Swiss chard, beet, blueberry, broccoli, carrot, celery, celery root, cape gooseberry (ground cherry), mushroom, Chinese cabbage, Brussels sprouts, cauliflower, green and red cabbage, cucumber, fresh pickle, squash, zucchini, shallots, chicory, spinach, fennel, fine herbs, strawberry, raspberry, yellow and green bean, many varieties of lettuce, sweet corn, watermelon, blackberry, cantaloupe, onion, parsnip, parsley, green pea, hot pepper, leek, snow pea, sweet pepper, pear, plum, apple, potato, white turnip, radish, rhubarb, rutabaga and tomato.

In-season Vegetable Soup

This is an easy and delicious recipe that can be done with almost any combination of vegetables! Be creative and make this recipe year-round with your parents by choosing in-season vegetables every time you make it.

- 5 to 6 cups of broth (vegetable, chicken or beef)
- 1 can of tomatoes or 4 fresh tomatoes, diced
- 3 cups of your favorite in-season vegetables, diced
- 1 onion, chopped
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- A drop of oil
- Salt and pepper (to taste)

Put the oil in a pot on medium heat. When the oil is hot, add and fry the onions. Add all other ingredients, cover and reduce to medium heat. Cook for one hour. For a creamier soup, blend half of the recipe before eating. Enjoy!

* Seasonal fruits and vegetables may vary each year and between regions.