

## 🍎 Quebec-Grown Substitutes for Fruits and Vegetables

Here is a list of Quebec-grown fruits and vegetables that you can use to substitute imported products to create local menus year-round.

Imported Fruits	Quebec-Grown Substitutes				
Banana	⇒	Strawberry	Pear		
Cactus pear	⇒	Blackberry	Pear		
Kiwi	⇒	Watermelon	Cantaloupe		
Lemon	⇒	Tomato	Apple cider vinegar		
Mango	⇒	Cape gooseberries (ground cherries)	Plum	Cantaloupe	
Nectarine	⇒	Pear	Plum	Apple	Apricot
Orange	⇒	Raspberry	Cranberries	Dried cranberries	
Pineapple	⇒	Apples	Cranberries	Dried cranberries	
Imported Vegetables	Quebec-Grown Substitutes				
Avocado	⇒	Zucchini	Asparagus	Green beans	
Chayote	⇒	Zucchini	Cucumber	Squash	Bean sprout
Daikon	⇒	Radish	Celeriac		
Gumbo/okra	⇒	Zucchini	Asparagus	Beans	
Plantain	⇒	One of the many varieties of Quebec potatoes	Turnip	Parsnip	
Sweet potato	⇒	One of the many varieties of Quebec potatoes	Squash	Pumpkin	
Yam	⇒	Turnip	Parsnip	Potato	Squash



## 🍅 Quebec-Grown Substitutes for Fruits and Vegetables

Here is a list of local fruits and vegetables that you can use to create even more varied, colourful, local and seasonal menus throughout the year.

Fruits and Vegetables	Substitutes also Grown in Quebec				
Asparagus	⇒	Green bean	Zucchini		
Green and yellow bean	⇒	Bean sprout	Broad bean		
Beet	⇒	Potato	Turnip	Rutabaga	Sunchoke
Broccoli	⇒	Cauliflower	Cabbage	Chinese cabbage	
Carrot	⇒	Parsnip			
Celery	⇒	Celery root	Parsnip		
Celeriac	⇒	Potato	Rutabaga	Sunchoke	
Cucumber	⇒	Zucchini			
Chicory	⇒	Salad	Green cabbage		
Eggplant	⇒	Zucchini	Squash		
Garlic	⇒	Shallot	Leek	Onion	
Green cabbage	⇒	Red cabbage	Purple cabbage	Bok choy	Chinese cabbage
Green pepper	⇒	Red pepper	Yellow pepper		
Shallot	⇒	Onion	Leek		
Squash	⇒	Zucchini	Pumpkin	Potato	
Spinach	⇒	Bok choy	Kale	Swiss Chard	
Rutabaga	⇒	White turnip			
Peach	⇒	Pear	Apple	Melon	Cantaloupe
Grape	⇒	Plum	Cranberry	Blueberry	

