






























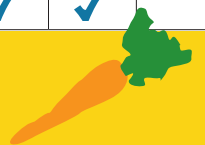
Quebec Seasonal Produce Calendar

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















Vegetables	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Asparagus 					✓	✓	✓					
Bean 							✓	✓	✓	✓		
Beet 	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Broccoli 							✓	✓	✓	✓	✓	
Brussels sprouts 								✓	✓	✓	✓	✓
Cabbage 	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Carrot 	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cauliflower 								✓	✓	✓	✓	
Celery 							✓	✓	✓	✓	✓	
Celery root 	✓	✓	✓	✓	✓					✓	✓	✓
Chicory 	✓	✓	✓								✓	
Corn 							✓	✓	✓	✓		
Cucumber 			✓	✓	✓	✓	✓	✓	✓	✓	✓	
Eggplant 							✓	✓	✓	✓	✓	
Fennel 						✓	✓	✓	✓			
Leek 	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lettuce 								✓	✓	✓		
Mushrooms 	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Onion 	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Parsnip 	✓	✓									✓	✓
Pepper 							✓	✓	✓			
Potato 	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pumpkin 									✓	✓	✓	
Radish 				✓	✓	✓	✓	✓	✓	✓	✓	
Rhubarb 	✓	✓	✓	✓	✓	✓	✓	✓				
Rutabaga 	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Spinach 					✓	✓	✓	✓	✓	✓	✓	✓
Squash 	✓	✓				✓	✓	✓	✓	✓	✓	✓
Sunchoke 	✓	✓			✓						✓	✓
Swiss chard 					✓	✓	✓	✓	✓	✓		
Tomato 			✓	✓	✓	✓	✓	✓	✓	✓	✓	

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

Legend: ✓ = product is available during this month in Quebec.



🍓 Quebec Seasonal Produce Calendar

Fruits	Jan.	Feb.	Mar.	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Apple 	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Blueberry 								✓	✓	✓		
Cantaloupe 								✓	✓			
Cape gooseberry 								✓	✓			
Cherry 						✓	✓	✓				
Cranberry 									✓	✓	✓	✓
Grape 								✓	✓	✓		
Melon 								✓	✓	✓		
Peach 							✓	✓	✓			
Pear 	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓
Plum/Prune 							✓	✓	✓	✓		
Raspberry 							✓	✓	✓	✓		
Rhubarb 	✓	✓	✓	✓	✓	✓	✓	✓				
Strawberry 						✓	✓					

