



Alberta Seasonal Produce Guide

These produce charts indicate when locally grown produce is at its peak ripeness in the western Canadian provinces

FRUITS	SPRING (March - April)	EARLY SUMMER (May - June)	SUMMER (July - August)	EARLY FALL (September)	FALL (October - November)	WINTER (December - February)
Apples			●	●	●	●
Apricots			●			
Blueberries			●	●	●	
Cantaloupe			●	●		
Cherries		●	●			
Cranberries				●	●	
Currants			●			
Gooseberries		●	●			
Grapes				●		
Nectarines			●			
Peaches			●			
Pears			●	●	●	●
Plums			●	●		
Raspberries			●			
Rhubarb	●	●				
Strawberries		●	●	●		
Watermelon			●	●		





VEGETABLES	SPRING (March - April)	EARLY SUMMER (May - June)	SUMMER (July - August)	EARLY FALL (September)	FALL (October - November)	WINTER (December - February)
Artichokes			●	●	●	
Asian Greens		●	●	●	●	
Asparagus	●	●				
Beans			●	●		
Beets			●	●	●	●
Bok Choy		●	●	●	●	
Broccoli		●	●	●	●	
Brussels Sprouts				●	●	●
Cabbage	●		●	●	●	●
Carrots	●		●	●	●	●
Cauliflower			●	●	●	
Chard, Swiss		●	●	●	●	
Corn			●	●	●	
Cucumber (Field)			●	●		
Eggplant			●	●	●	
Fennel			●	●	●	
Garlic			●	●	●	
Kale	●	●	●	●	●	●
Leeks	●		●	●	●	●
Lettuce (Field)		●	●	●	●	
Mushrooms	●	●	●	●	●	●





VEGETABLES	SPRING (March - April)	EARLY SUMMER (May - June)	SUMMER (July - August)	EARLY FALL (September)	FALL (October - November)	WINTER (December - February)
Onions (Green)		●	●	●	●	
Onions (Red & Yellow)			●	●	●	●
Parsnips	●		●	●	●	●
Peas (Green)		●	●			
Peas (Snow)		●	●	●		
Peppers (Field)			●	●	●	
Potatoes			●	●	●	●
Pumpkins			●	●	●	
Radishes	●	●	●	●	●	
Rapini	●		●	●		
Rutabaga			●	●	●	●
Shallots			●	●		
Spinach		●	●	●	●	
Squash		●	●	●	●	●
Sweet Potatoes	●	●	●	●	●	●
Tomatoes (Field)			●	●	●	
Turnips		●	●	●	●	
Zucchini			●	●	●	●

