

What's in Season in Ontario?

Plan your meals around in-season produce to get the best of fresh local flavours. This handy chart will help you predict when your favourite homegrown items will reach their peak.

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		●	●			
Chokecherries				●		
Cranberries					●	
Currants			●			
Gooseberries			●			
Grapes			●	●		
Nectarines			●	●		
Partridgeberries					●	
Peaches			●	●		
Pears			●	●	●	●
Plums			●	●	●	
Raspberries			●	●		
Rhubarb	●	●				
Saskatoon Berries		●	●			
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			●	●	●	
Celery			●	●	●	
Chard, Swiss			●	●	●	
Corn			●	●	●	
Cucumber (Field)		●	●	●	●	
Eggplant			●	●	●	
Fennel				●	●	●
Garlic			●	●	●	●
Kale		●	●	●	●	
Leeks			●	●	●	●
Lettuce (Field)		●	●	●	●	
Mushrooms	●	●	●	●	●	●
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			●	●	●	

Note: This guide is based on an average taken from growers across Ontario. Seasonality may be affected by factors such as weather.