

CPMA FRUIT AND VEGETABLE AVAILABILITY GUIDE

Canada's Food Guide recommends that Canadians eat a variety of fruits and vegetables each day. Canadians have year-round access to a wide array of fresh fruits and vegetables thanks to improved growing, storage and distribution methods. Fruits and vegetable availability can vary from year to year, however, depending on growing conditions and transportation costs. Use this guide to assist you in food purchasing and menu planning.

The CPMA Fruit and Vegetable Availability Guide lists approximately 150 common fruits and vegetables but does not include the different varieties within each produce item. For example, although apples are listed as one item, there are at least 15 different varieties of apples available. For more in-depth information on locally grown produce, contact your Provincial Department of Agriculture.

LEGEND

Average Canadian Availability			
P	Peak Availability	L	Limited Availability
A	Regular Availability	Blank Space	Less than 1% of crop available

FRUIT AVAILABILITY GUIDE

Fruit	January	February	March	April	May	June	July	August	September	October	November	December
Apples	P	P	P	P	P	P	P	P	P	P	P	P
Apricots	L				A	P	P	P	L		L	L
Avocado	A	A	A	A	A	A	A	A	A	A	A	A
Banana	A	A	A	A	A	A	A	A	A	A	A	A
Blueberries	L	L	L	L	A	P	P	P	P		L	L
Cantaloupe	A	A	A	A	A	A	A	P	P	A	A	A
Cherries					L	P	P	L			L	L
Cranberries					L	L	L	L	A	P	P	A
Grapefruit	A	A	A	A	A	A	L	L	L	A	A	A
Grapes	A	A	A	A	A	A	A	P	P	A	A	A
Kiwi	A	A	A	A	A	A	A	A	A	A	A	A
Lemons/Limes	A	A	A	A	A	A	A	A	A	A	A	A
Mandarins	P	L	L		L	A	A	L	L	A	P	P
Mango	L	L	L	A	P	P	P	A	L	L	L	L
Nectarine	L	A	L		A	P	P	P	A			L
Orange	A	A	A	A	A	A	A	A	A	L	A	A
Papaya	A	A	A	A	A	A	A	A	A	A	A	A
Peach	L	L			A	P	P	P	P	L		L
Pear	A	A	A	A	A	A	A	P	P	A	A	A
Pineapple	A	A	A	A	A	A	A	A	A	A	A	A
Plums	L	A			L	L	A	P	P	A	L	
Raspberries	L	A	A	A	L	A	A	A	A	A	L	A
Rhubarb (field and	L	A	A	A	A	P	A	A	A	A	A	
Strawberries	L	L	A	P	P	P	P	A	A	L	L	L
Watermelon	L	L	L	A	A	P	P	P	A	L	L	L

VEGETABLE AVAILABILITY GUIDE

Vegetable	January	February	March	April	May	June	July	August	September	October	November	December
Artichoke		A	A	P	A	A	A	A	A	A	A	A
Asparagus	L	A	A	A	P	P	P	L	L	L	L	L
Beans	A	A	A	A	A	A	P	P	P	A	A	A
Beets	A	A	A	A	A	A	P	P	P	P	A	A
Broccoli	A	A	A	A	A	A	P	P	P	P	A	A
Brussels Sprouts	A	A	A	P	A	L	L	A	P	P	P	P
Cabbage	A	A	A	P	P	P	P	P	P	P	P	A
Carrots	A	A	A	A	A	A	A	P	P	P	P	A
Cauliflower	A	A	A	A	A	A	A	P	P	P	P	A
Celery	A	A	A	A	A	A	A	P	P	P	A	A
Corn (Sweet)	L	L	L	A	P	P	P	P	P	A	L	L
Chicory (Curly Endive)	A	A	A	A	A	A	P	P	P	A	A	A
Cucumber (Field)	A	A	A	A	A	A	P	P	P	A	A	A
Cucumber	L	A	A	A	A	A	A	A	A	A	L	L
Eggplant	A	A	A	A	A	A	A	P	P	A	A	A
Escarole	A	A	A	A	A	A	P	P	P	A	A	A
Fiddleheads				A	P	P	A					
Garlic	A	A	A	A	A	A	P	P	P	A	A	A
Leeks	A	A	A	A	A	A	P	P	P	P	P	A
Lettuce (Head)	A	A	A	A	A	A	P	P	P	A	A	A
Lettuce (Leaf)	A	A	A	A	A	A	P	P	P	A	A	A
Okra	A	A	A	A	A	A	A	A	A	A	A	A
Onions (Green)	A	A	A	A	A	P	P	P	P	A	A	A
Onions (Cooking)	A	A	A	A	A	A	A	A	A	A	A	A
Parsnips	P	P	P	A	A	A	A	A	P	P	P	P
Peas (Regular)	A	A	A	A	A	P	P	A	A	A	A	A
Peas (Snow)	A	A	A	A	A	P	P	P	A	A	A	A
Peppers	A	A	A	A	A	A	A	P	P	P	A	A
Potatoes (New)					P	P	P	P				
Potatoes (Storage)	P	P	P	P	L	L	L	P	P	P	P	P
Pumpkin									A	P	P	L
Radishes	A	A	A	A	A	P	P	P	P	P	A	A
Rutabaga	P	P	P	P	P	A	A	A	A	P	P	P
Spinach	A	A	A	A	A	P	P	P	P	A	A	A
Squash	A	A	A	A	A	A	L	A	P	P	P	P
Sweet Potato	A	A	A	A	A	A	A	A	A	A	P	A
Tomatoes (Field)	A	A	A	A	A	A	A	P	P	P	A	A
Tomatoes	L	L	L	A	P	P	P	A	A	A	A	L
Turnip	L	L	A	A	A	A	A	P	P	P	P	P
Zucchini	A	A	A	A	A	A	P	P	P	A	A	A

SPECIALITY FRUITS AND VEGETABLES

Specialty fruits and vegetables are often available to purchase on a regular basis or upon request. Because some of these items are not consumed in large quantities they may be difficult to obtain, even though they are listed in these charts as available. The dates listed are a guide only; much depends on Mother Nature and where you live in Canada.

SPECIALITY FRUITS AND VEGETABLES AVAILABILITY GUIDE

FRUIT	AVAILABILITY	
	All Year	Peak Season
Asian Pear	Yes	None
Atemoya	No	August to November
Bananas (Baby and Red)	Yes	None
Blood Orange	No	December to April
Cactus Pear (Prickly Pear)	No	September to May
Carambola (Star fruit)	Yes	August to March
Cherimoya	No	November to May
Coconut	Yes	September to April
Durian	No	April to August
Feijoa	No	March to June; September to January
Fig	No	June to August
Guava	No	June to August ; November - March
Kiwano (Horned Melon)	Yes	February - March
Kumquat	No	November to March
Longan	No	July to August
Lychee	No	June to July
Mamey Sapote	No	June to August
Mangosteen	No	June to August
Passion Fruit	Yes	March to September
Pepino	Yes	March to June
Persimmon	No	October to May
Pomegranate	No	September to December
Pummelo	No	January to February
Quince	No	August to January
Rambutan	No	February to October
Sapote	No	June to August
Seville Orange	No	January to March
Sugar Cane	Yes	
Tamarillo	Yes	March to January
Ugli Fruit	No	December to May

VEGETABLE	AVAILABILITY	
	All Year	Peak Season
Bitter melon	Yes	None
Boniato	Yes	None
Breadfruit	Yes	None
Broccoflower	Yes	None
Cactus Pads (Nopales)	Yes	None
Calabaza	Yes	None
Cardoon	No	October to May
Cassava (Yuca)	Yes	None
Celeriac (Celery root)	Yes	November to April
Chayote squash	Yes	None
Chili Peppers	Yes	None
Chinese Broccoli	No	December to April
Chinese Okra	Yes	None
Daikon	Yes	None
Eddo (Dasheen)	Yes	None
Eggplant, Chinese & Japanese	Yes	None
Fennel (Anise)	Yes	October to April
Fuzzy Melon/ Squash	Yes	None
Ginger	Yes	None
Green Mango	Yes	None
Horseradish	Yes	None
Jicama	Yes	December to April
Kohlrabi	Yes	June to September
Long Bean	Yes	August to October
Lotus Root	No	March to November
Lemon Grass	Yes	None
Malanga (Yautia)	Yes	None
Opo Squash	Yes	None
Plantain	Yes	None
Rapini	Yes	None
Salsify	No	October to March
Shallots	Yes	None
Sprouts	Yes	None

SPECIALITY LEAFY GREENS AVAILABILITY GUIDE

Leafy Green	All Year	Peak Season
Arugula	Yes	None
Baby Mustard	Yes	December to April
Belgian Endive	Yes	November to March
Bok Choy, Regular & Baby	Yes	None
Chinese Spinach	Yes	None
Collards	Yes	December to April
Dandelion Greens	Yes	April to May
Herbs	Yes	None
Kale	Yes	December to February
Mache	Yes	None
Mustard Greens	Yes	December to April
Napa	Yes	None
Radicchio	Yes	None
Salad Savoy	Yes	None
Sorrel	Yes	June to October
Swiss Chard	Yes	June to October