

Availability guide

See when Ontario's fruits and vegetables are in season and available for purchase.

| | ruits | | | | | | | | | | | | |
|---|------------------------------|---------|----------|-------|-------|----------|-------|---------|--------|-----------|----------|----------|----------|
| | | | Winter | | | Spring | | | Sun | nmer | | Fall | |
| | | January | February | March | April | May | June | July | August | September | October | November | December |
| * | Apples | | | | | | | YEAR RO | UND | | | | |
| | Apricots | , | | | ••••• | | | · JUL | - AUG | | | | |
| в | Blueberries | | ••••• | | ••••• | | | • | JUL - | SEP . | | | |
| c | Cherries | | | | | | | JUL | - AUG | | | ••••• | |
| | Cranberries | | | | | | | ••••• | • | AUG - OCT | | | |
| | Currants | | | | ••••• | ••••• | | · JUL | - AUG | | | | |
| | Gooseberries | | | | | | | · Jui | - AUG | | | | |
| G | Grapes | | ••••• | | ••••• | | | ••••• | | AUG - OCT | | | |
| н | Haskap Berries | | ••••• | | ••••• | | JUN - | JUL • | ••••• | ••••• | | ••••• | |
| м | Muskmelon | | | | ••••• | | | ••••• | A | UG - SEP | | | |
| N | Nectarines | | ••••• | | ••••• | | | ••••• | AI | UG - SEP | | | |
| Р | Peaches | | ••••• | | ••••• | ••••• | | • | JUL - | SEP | | ••••• | ••••• |
| | Pears | JAN | FEB | ••••• | ••••• | | | ••••• | • | | AUG - DE | c | |
| | Plums | | ••••• | | ••••• | | | • | | JUL - OCT | | | |
| R | Raspberries | | ••••• | | ••••• | | | • | | JUL - OCT | | | |
| | Rhubarb | | | | | PR - JUN | | ••••• | ••••• | | | | |
| s | Strawberries (Field) | | | | | | | | JUN | - OCT | | | |
| | Strawberries (Greenhouse) | | | | | | | YEAR RO | UND | | | | |
| w | Watermelon | | | | ••••• | | | • | JUL - | SEP | | ••••• | |

| Meat, dairy, specialty food (Year round) | | | | | | | | | | |
|--|----------|----------------------|-----------------|--|--|--|--|--|--|--|
| Meat and fish | | Dairy and eggs | Specialty foods | | | | | | | |
| • Beef | • Lamb | • Cheese | Hazelnuts | | | | | | | |
| Chicken | Pork | • Eggs | • Honey | | | | | | | |
| • Duck | • Turkey | Milk & milk products | Maple syrup | | | | | | | |
| • Fish | • Veal | | | | | | | | | |



