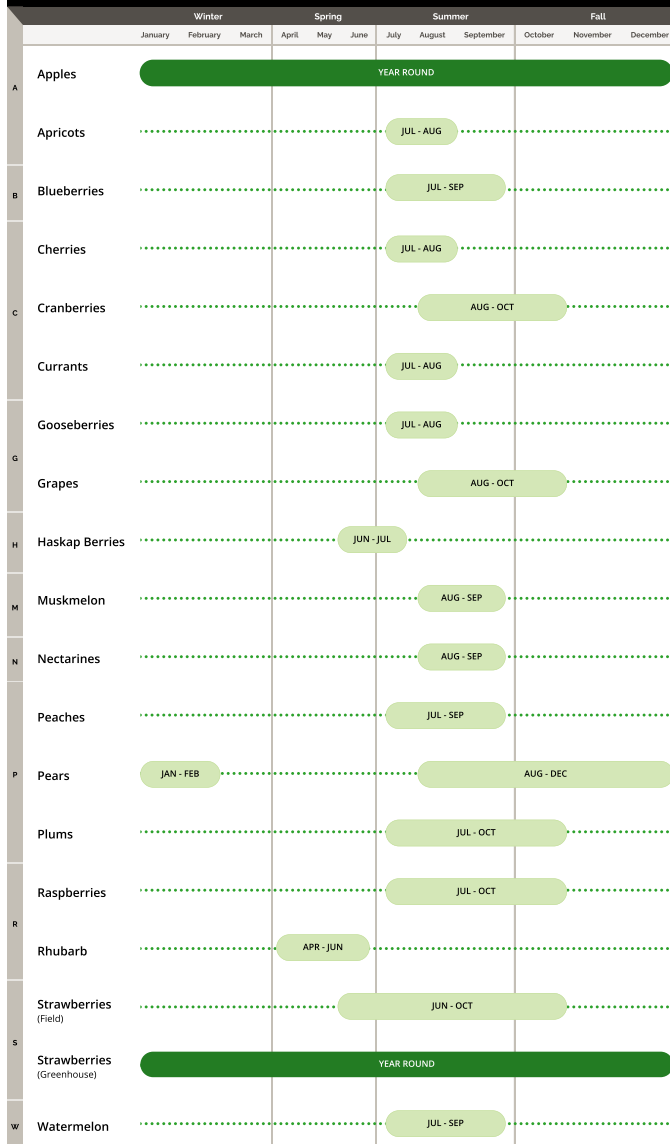




Availability guide

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

Fruits



Meat, dairy, specialty food

Year round

Meat and fish

- Beef
- Chicken
- Duck
- Fish
- Lamb
- Pork
- Turkey
- Veal
- Cheese
- Eggs
- Milk & milk products
- Hazelnuts
- Honey
- Maple syrup

Vegetables

