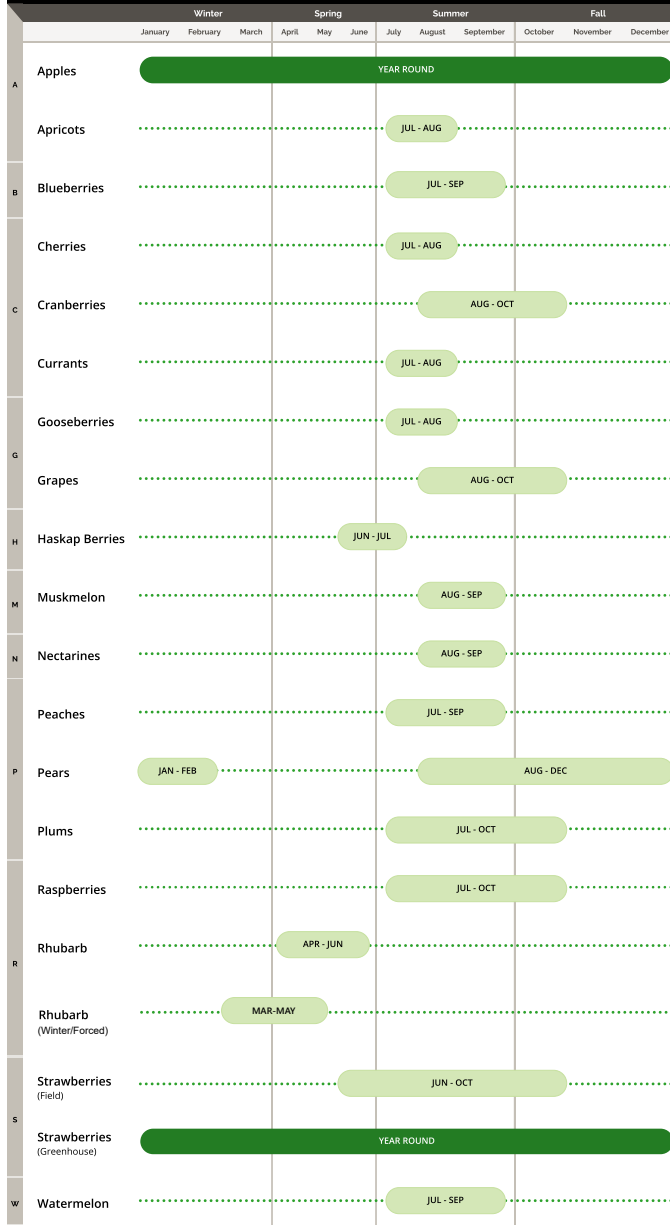




# Availability guide

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

## Fruits



## Meat, dairy, specialty food

Year round

- |   |  |   |
|---|--|---|
| Meat and fish   | Dairy and eggs   | Specialty foods   |
| <ul style="list-style-type: none"> <li>• Beef</li> <li>• Chicken</li> <li>• Duck</li> <li>• Fish</li> </ul> | <ul style="list-style-type: none"> <li>• Lamb</li> <li>• Pork</li> <li>• Turkey</li> <li>• Veal</li> <li>• Cheese</li> <li>• Eggs</li> <li>• Milk &amp; milk products</li> </ul> | <ul style="list-style-type: none"> <li>• Hazelnuts</li> <li>• Honey</li> <li>• Maple syrup</li> </ul> |

## Vegetables

