

seasonal produce guide

FALL

(SEPTEMBER - NOVEMBER)

Use this *seasonal produce guide* to make sure you're choosing vegetables during their seasonal peaks. **Note:** Based on Canadian and US seasonality.

VEGETABLES

Artichokes
Green Beans
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Swiss Chard
Corn
Cucumber
Garlic (Fresh)
Leeks
Lettuce
Green Onions
Onions
Parsnips
Peppers
Potatoes
Pumpkin
Radishes
Rutabagas
Salad Greens
Spinach
Tomatoes

Turnips
Zucchini
Beets
Eggplants
Kale

FUITS

Cranberries
Apples
Crab Apples
Blueberries
Grapes
Melons
Pears
Plums
Prunes
Nectarines
Watermelon
Quince

