

# seasonal produce guide

# SPRING

(APRIL - JUNE)

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

## VEGETABLES

Asparagus  
Radishes  
Fiddleheads  
Spinach  
Fava Beans  
Peppers (greenhouse)  
Tomatoes (greenhouse)  
Kale  
Salad Greens  
Morel Mushrooms  
Arugula  
Swiss Chard  
Green Onions  
Snow Peas  
Beets  
Lettuce  
Broccoli  
Celery  
Garlic (Fresh)  
Summer Squash  
Turnips  
Zucchini  
Fennel  
Rhubarb

## FUITS

Cherries  
Gooseberries  
Saskatoon Berries  
Strawberries  
Guava  
Mangos  
Lemons  
Lime  
Oranges

