

seasonal produce guide

SUMMMER

(JULY - AUGUST)

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

VEGETABLES

Green Beans
Broccoli
Carrots
Cauliflower
Celery
Swiss Chard
Cucumber
Garlic (Fresh)
Leeks
Lettuce
Green Onions
Peas
Peppers
Potatoes (New)
Radishes
Salad Greens
Spinach
Summer Squash
Tomatoes
Turnips
Zucchini
Beets
Rhubarb
Kale
Artichokes
Cabbage
Corn

Parsnips
Rutabagas
Shallots
Eggplants
Okra
Purslane

FUITS

Gooseberries
Saskatoon Berries
Strawberries
Blueberries
Raspberries
Blackberries
Mullberries
Currants
Cherries
Blackberries
Apricots
Nectarines
Peaches
Watermelon
Melons
Mangos
Pears
Plums
Prunes
Figs
Goji Berries

