

seasonal produce guide

WINTER

(DECEMBER - MARCH)

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

VEGETABLES

Brussels Sprouts
Rutabagas / Turnips
Beets
Carrots
Sunchoke
Cabbage
Red Onions
Garlic
Leeks
Potatoes
Squash
Sweet Potatoes

FUITS

Pears
Cherimoya
Dates
Grapefruits
Kiwi
Lemons
Limes
Oranges

