






















	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
 Apples	×	×	×	×	×	×	×	×	×	×	×	×
 Asparagus					×	×	×					
 Beans							×	×	×	×		
 Beets	×	×	×	×	×	×	×	×	×	×	×	×
 Bell peppers							×	×	×			
 Blueberries								×	×	×		
 Broccoli							×	×	×	×	×	
 Cabbage	×	×	×	×	×	×	×	×	×	×	×	×
 Cantaloupe								×	×			
 Carrots	×	×	×	×	×	×	×	×	×	×	×	×
 Cauliflower								×	×	×	×	
 Céleriac	×	×	×	×	×				×	×	×	×
 Céleri							×	×	×	×	×	
 Corn							×	×	×	×		
 Cranberries									×	×	×	×
 Cucumber			×	×	×	×	×	×	×	×	×	
 Eggplant							×	×	×	×	×	
 Endive	×	×	×								×	×
 Fennel						×	×	×	×			
 Fresh herbs	×	×	×	×	×	×	×	×	×	×	×	×
 Garlic	×	×	×	×	×	×	×	×	×	×	×	×
 Grapes								×	×	×		
 Green onions							×	×	×	×		
 Ground cherries								×	×			
 Jerusalem artichoke	×	×									×	×
 kale							×	×	×	×	×	
 Leeks	×	×	×	×	×	×	×	×	×	×	×	×
 Lettuce					×	×	×	×	×	×		
 Mushrooms	×	×	×	×	×	×	×	×	×	×	×	×
 Onions	×	×	×	×	×	×	×	×	×	×	×	×

* This list is not exhaustive. Availability varies by region and climate factors.

	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
 Parsnip	✗										✗	✗
 Pears	✗	✗	✗	✗			✗	✗	✗	✗	✗	✗
 Peas						✗	✗	✗	✗	✗		
 Potatoes	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
 Pumpkin									✗	✗	✗	
 Radishes				✗	✗	✗	✗	✗	✗	✗	✗	
 Raspberries							✗	✗	✗	✗		
 Rhubarb	✗	✗	✗	✗	✗	✗	✗	✗				
 Rutabaga	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
 Snow peas					✗	✗	✗	✗				
 Spinach					✗	✗	✗	✗	✗	✗	✗	✗
 Squash	✗	✗				✗	✗	✗	✗	✗	✗	✗
 Strawberries						✗	✗	✗	✗	✗		
 Sweet potatoes	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗	✗
 Swiss chard						✗	✗	✗	✗	✗		
 Tomatoes			✗	✗	✗	✗	✗	✗	✗	✗	✗	
 Turnip	✗	✗				✗	✗	✗	✗	✗	✗	✗
 watermelon								✗	✗	✗		
 Zucchini							✗	✗	✗			

* This list is not exhaustive. Availability varies by region and climate factors.

WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.