

Alberta Seasonal Fresh Food Guide ...

Savour Regional Flavour

Spring	Summer	Fall	Winter
Vegetables			
Asparagus, spinach, mushrooms, Greenhouse: lettuce, tomatoes, cucumbers, peppers, sprouts and culinary herbs	Beans, beets, bok choy, broccoli, cabbage, carrots, cauliflower, celery, cucumbers, dill weed, eggplant, garlic, green onion, kohlrabi, lettuce, mushrooms, peas, peppers, potatoes, radish, scallions, spinach, squash, sweet corn, tomatoes, zucchini	Beets, broccoli, carrots, brussel sprouts, cabbage, corn, horseradish, kale, kohlrabi, lettuce, mushrooms, onions, peppers, potatoes, pumpkins, rutabaga, scallions, shallots, squash, sweet corn, turnips, vegetable marrows, zucchini	
Meat And Other Products			
Bison, farm raised fish, lamb, natural pork, organic beef, ranched elk, speciality beef, wild boar	Bison, farm raised fish, free range chicken and eggs, lamb, natural pork, organic beef, ranched elk, speciality beef, wild boar	Bison, farm raised fish, free range chicken and eggs, grass finished bison and beef (to early winter), lamb, natural pork, organic beef, ranched elk, speciality beef, turkey, wild boar	Bison, farm raised fish, lamb, natural pork, organic beef, ranched elk, speciality beef, turkey, wild boar
Fruits			
	Black currents, chokecherries, high bush cranberries, pin cherries, raspberries, saskatoons, sour cherries, strawberries	Strawberries (some varieties - September)	
Year Round			
Artisan cheeses, eggs, honey, quinoa, flax, canola and flax oils, barley, yogurt, pulses (beans, peas and lentils), dried herbs and butter. Contact local growers for availability and delivery.			

It tastes better here! Ask for Alberta

Alberta foods can be enjoyed all year round in a frozen or, in the case of some vegetables, stored state. Seasonal, fresh products, however, offer a peak experience of ripeness and flavour. Selecting "food less travelled" is good for the environment, helps support our local producers and food processors, and can provide a colourful and competitively priced addition to your menu.

www.dinealberta.ca



Commercial Availability of Alberta Grown Crops

This chart is to be used as a general guide of the availability of commercial vegetable crops, grown in Alberta. The information is broken down into half-month intervals over the course of the year.

KEY

- L = Limited (1 to 4% of crop available)
- A = Average or regular supplies (>4 to 15% of crop available)
- P = Peak (>15% of crop available)

Since the chart is based on an average crop season, climate differences, from year to year or between different regions, will determine whether crops are available sooner or later than indicated. The availability of a specific crop in any given year is also determined by demand and other factors.

Vegetable	Type	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Asparagus	White	P A											A
Beans	Green & Wax		A	P	A								
Beets	Bunch	A	P	L									
	Bulk		P	P	P	P	A	A	L	L	L		
Bok choy		P	P	P	P	A L							
Broccoli			L P	P	P	P A							
Cabbage	Green (early, mid, & late season)		P	P	P	P	P	P	A	L			
	Red		A P	P	P	P	P	A	A	L			
	Savoy			A P	P	P	P	P	A				
Cabbage, Chinese	Suey Choy	L	L P	P	P	P A	L						
	Baby		L A	P	P	L							
Carrots	Cello (medium)		A	P	P	P	P	P	A	L			
	Jumbo			L	A	P	P	P	A	A			
Cauliflower			P	P	P	P A							
Celery				P	P								
Corn				P	P	L							
Cucumbers	Pickling		L	P	P								
	Slicers			P	P								
	Greenhouse	P	P	P	P	P	A			L A	P	P	P
Dillweed		L P	P	A									
Kale	Green, Purple		L A	P	P	P							
Kohlrabi			L P	P	P	L							
Leeks					A P	P	P	A					
Lettuce	Field (leaf & romaine)	A	P	A	A								
	Greenhouse	P	P	P	P	P	P	P	P	P	P	P	P
Onions	Green	A	P	P	P	A L							
	Yellow (cooking)			A	P	P	P	P	P	A	A		
	Silverskin, fresh			P	A								
Parsnips					A	P	P	A	A	A			
Peas	Green, snow & sugar snap		A	P									
Peppers	Greenhouse	P	P	P	P	P	A				A	P	P
Potatoes	Baby			A	A P	P	P	P	P	P	A L	L	
	Table	L	L	L	A	P	P	P	P	P	P	A	L
Pumpkins					P	P							
Radish	Bunched & Cello	L P	P	P	P	A L							
Rutabagas						P	P	P	P	P	P	L	
Spinach	2 doz/box	A	P	P	P	A							
	Cello (medium)	A	P	P	P								
Squash	Acorn				P	P	P	A	A				
	Banana, Buttercup, Hubbard & Spaghetti				P	P	P	A	A				
Tomatoes	Greenhouse	P	P	P	P	P	A				A	P	P
Zucchini			P	P	P A	L							