



Quebec Fruits and Vegetables by Season

WINTER

Beet, carrot, celery root, mushroom, green and red cabbage, winter squash, shallot, chicory, hydroponic and greenhouse lettuce, yellow onion, parsnip, leek, apple, potato, white turnip, black radish, rutabaga, greenhouse tomato and sunchoke.

SPRING

Asparagus, beet, carrot, celery root, mushroom, red cabbage, greenhouse cucumber, chicory, spinach, fine herbs, strawberry, hydroponic and greenhouse lettuce, leaf lettuce, yellow onion, parsnip, apple, potato, radish, rhubarb, rutabaga, greenhouse tomato and sunchoke.

FALL

Garlic, eggplant, beet, broccoli, cranberry, carrot, celery, celery root, cape gooseberry (ground cherry), mushroom, Chinese cabbage, Brussels sprouts, green and red cabbage, pumpkin, squash, shallot, chicory, hydroponic and greenhouse lettuce, Spanish and yellow onion, parsnip, hot pepper, leek, sweet pepper, apple, pear, potato, white turnip, black and red radish, grape, rutabaga, field and greenhouse tomato and sunchoke.

SUMMER

Garlic, artichoke, eggplant, Swiss chard, beet, blueberry, broccoli, carrot, celery, celery root, cape gooseberry (ground cherry), mushroom, Chinese cabbage, Brussels sprouts, cauliflower, green and red cabbage, cucumber, fresh pickle, squash, zucchini, shallots, chicory, spinach, fennel, fine herbs, strawberry, raspberry, yellow and green bean, many varieties of lettuce, sweet corn, watermelon, blackberry, cantaloupe, onion, parsnip, parsley, green pea, hot pepper, leek, snow pea, sweet pepper, pear, plum, apple, potato, white turnip, radish, rhubarb, rutabaga and tomato.

* This list is not exhaustive. Seasonal fruits and vegetables vary according to region and climate.