## Alberta Seasonal Fresh Food Guide ... Savour Regional Flavour

broccoli, cabbage, carrots, cauliflower, celery, cucumbers, geppers, sprouts and culinary herbs onion, kohlrahbi, lettuce, mushrooms, peas, peppers, potatoes, radish, scallions, spinach, squash, sweet corn, tomatoes, zucchini oref, ranched elk, speciality beef, wild boar orion, wild boar orion, spinach, squash, sweet corn, tomatoes, zucchini oref, ranched elk, speciality beef, wild boar orion, spinach, squash, sweet corn, tomatoes, zucchini orion, spinach, squash, sweet corn, tomatoes, zucchini orion, spinach, squash, sweet corn, turnips, vegetable marrows, zucchini orion, farm raised fish, free range chicken and eggs, lamb, natural pork, organic beef, ranched elk, speciality beef, wild boar orion, spinach, spinach, squash, sweet corn, turnips, vegetable marrows, zucchini orion, farm raised fish, free range chicken and eggs, lamb, natural pork, organic beef (to early winter), lamb, natural pork, organic beef (to early winter), lamb, natural pork, organic beef, ranched elk, speciality beef, turkey, wild boar orion, spinach, spinach, squash, sweet corn, turnips, vegetable marrows, zucchini orion, farm raised fish, free range chicken and eggs, grass finished bison and beef (to early winter), lamb, natural pork, organic beef (to early winter), lamb, natural pork, organic beef, ranched elk, speciality beef, turkey, wild boar orion, spinach, squash, sweet corn, turnips, vegetable marrows, zucchini orion, 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 orion, to material spinach, spinach, squash, sweet corn, turnips, vegetable marrows, zucchini orion, 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 orion, the farm raised fish, free range chicken and eggs, spinach, sever corn, turnips, vegetable marrows, zucchini orion, farm raised fish, free range chicken and egg	Spring	Summer	Fall	Winter		
broccoli, cabbage, carrots, cauliflower, celery, cucumbers, peppers, sprouts and culinary herbs sprouts, garlic, green onion, kohirabhi, lettuce, mushrooms, peas, peppers, potatoes, radish, scallions, spinach, squash, sweet corn, tomatoes, zucchini speer, ranched elk, speciality beef, wild boar speer, wild boar speer turkey, wild boar speer turkey	Vegetables					
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, lamb, natural pork, organic beef (to early winter), lamb, natural pork, organic beef, ranched elk, speciality beef, turkey, wild boar  Fruits  Bison, farm raised fish, free range chicken and eggs, lamb, natural pork, organic beef (to early winter), lamb, natural pork, organic beef, ranched elk, speciality beef, turkey, wild boar  Strawberries (some varieties - September)  Strawberries, raspberries, saskatoons, sour cherries, strawberries	Asparagus, spinach, mushrooms, Greenhouse: lettuce, tomatoes, cucumbers, peppers, sprouts and culinary herbs	broccoli, cabbage, carrots, cauliflower, celery, cucumbers, dill weed, eggplant, garlic, green onion, kohlrahbi, lettuce, mushrooms, peas, peppers, potatoes, radish, scallions, spinach, squash, sweet	brussel sprouts, cabbage, corn, horseradish, kale, kohlrabi, lettuce, mushrooms, onions, peppers, potatoes, pumpkins, rutabaga, scallions, shallots, squash, sweet corn, turnips,			
lamb, natural pork, organic beef, ranched elk, speciality beef, wild boar  range chicken and eggs, lamb, natural pork, organic beef, ranched elk, speciality beef, wild boar  range chicken and eggs, grass finished bison and beef (to early winter), lamb, natural pork, organic beef, ranched elk, speciality beef, ranched elk, speciality beef, ranched elk, speciality 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)	<b>Meat And Other Products</b>	S				
Black currents, chokecherries, high bush cranberries, pin cherries, raspberries, saskatoons, sour cherries, strawberries  Strawberries (some varieties - September)  September - September	Bison, farm raised fish, lamb, natural pork, organic beef, ranched elk, speciality beef, wild boar	range chicken and eggs, lamb, natural pork, organic beef, ranched elk, speciality	range chicken and eggs, grass finished bison and beef (to early winter), lamb, natural pork, organic beef, ranched elk, speciality beef,	lamb, natural pork, organic beef, ranched elk, speciality		
chokecherries, high bush cranberries, pin cherries, raspberries, saskatoons, sour cherries, strawberries	Fruits					
Year Round		chokecherries, high bush cranberries, pin cherries, raspberries, saskatoons,	•			
Tour Nouriu	Year Round					

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





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

## Commercial Availability of Alberta Grown Crops

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

## **KEY**

 $\overline{L} = Limited$  (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 Asparagus	Type White	Jun P A	Ju	ı	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May A
Beans	Green & Wax			Α	Р	Α								
Beets	Bunch	Α	Р		L									
	Bulk			Р	Р	Р	Р	Α	Α	L	L	٦		
Bok choy		Р	Р		Р	Р	A L							
Broccoli	0 / 1		L	Р	Р	Р	P A							
Cabbage	Green (early, mid, & late season)		Р		Р	Р	Р	Р	Р	Α	L			
	Red		Α	Р	Р	Р	Р	Р	Α	Α	L			
	Savoy				A P	Р	Р	Р	Р	Α				
Cabbage, Chinese	Suey Choy	L	L	Р	Р	Р	P A	L						
	Baby		L	Α	Р	Р	L		_					
Carrots	Cello (medium)			Α	Р	Р	Р	Р	Р	А	L			
	Jumbo				L	Α	Р	Р	Р	Α	А			
Cauliflower			Р		Р	Р	P A							
Celery				_	Р	Р								
Corn	Dialdina			_	ם ם	P	L							
Cucumbers	Pickling			L	P P	P								
Cucumbers	Greenhouse	Р	Р		P	P	Р	Α			LA	Р	Р	Р
Dillweed	Greeninouse	r		Р	P	Α	Г					ŗ	ŗ	
Kale	Green,		_											
	Purple		L	Α	Р	Р	P							
Kohlrabi Leeks			L	Р	Р	A P	L P	Р	Α					
Lettuce	Field (leaf & romaine)	А	Р		Α	A	r	<u> </u>	A					
Lottado	Greenhouse	Р	Р		Р	Р	Р	Р	Р	Р	Р	Р	Р	Р
	Green	Α	Р		Р	Р	A L							
Onions	Yellow (cooking)	•			А	Р	Р	Р	Р	Р	А	Α		
	Silverskin, fresh				Р	Α								
Parsnips						Α	Р	Р	Α	Α	Α			
Peas	Green, snow & sugar snap		А		Р									
Peppers	Greenhouse	Р	Р		Р	Р	Р	Α				Α	Р	Р
Potatoes	Baby				Α	A P	Р	Р	Р	Р	Р	A L	L	
	Table	L	L		L	À	Р	Р	Р	Р	Р	P	Α	L
Pumpkins						Р	Р							
Radish	Bunched & Cello	L P	Р		Р	Р	A L							
Rutabagas	0 1 "					Р	Р	Р	Р	Р	Р	Р	L	
Spinach	2 doz/box Cello	A A	P P		P P	P P	Α							
	(medium) Acorn					P	Р	Р	Α	Α				
Squash	Banana, Buttercup, Hubbard & Spaghetti					P	P	P	A	A				
Tomatoes	Greenhouse	Р	Р		Р	Р	Р	Α				А	Р	Р
Zucchini	2.001110000		P		P	P A	L							
		l .							l .	1	1	1	1	