

Nova Scotia Fresh Fruits and Vegetables

What's available and when:

Peak
 Good
 * Low
 Not Available

Month:	J	F	M	A	M	J	J	A	S	O	N	D
Apples	Good	Good	Good	Good	Good	Low	Low	Low	Good	Good	Good	Good
Asparagus					Peak	Peak	Low					
Beans							Good	Peak	Good			
Beets (Greens/Roots)						Good	Good	Good	Good			
Blueberries							Good	Peak	Peak	Peak		
Broccoli							Good	Peak	Peak	Peak	Low	
Brussels Sprouts									Peak	Peak	Peak	
Cabbage	Good	Good	Good	Low	Low		Good	Good	Good	Good	Good	Good
Cantaloupes								Peak	Peak	Peak	Peak	Peak
Carrots	Good	Good					Low	Good	Peak	Peak	Peak	Good
Cauliflower							Good	Peak	Peak	Peak	Low	
Celery							Good	Peak	Peak	Peak	Low	
Cherries						Low	Peak					
Corn (Sweet)								Peak	Good	Low		
Cranberries									Peak	Peak	Low	Good
Cucumbers (Field)							Low	Peak	Peak	Low		
Eggplant								Good	Peak	Good		
Endive (Green)							Peak	Peak	Peak	Good		
Fiddleheads					Peak	Good						
Garlic							Low	Good	Peak	Low		
Grapes (Table)								Low	Peak	Good		
Leeks	Good							Low	Good	Peak	Good	Good
Lettuce						Peak	Peak	Good	Low	Low	Low	
Mixed Melons								Peak	Peak	Low		
Onions	Good	Good	Good	Low				Low	Peak	Peak	Peak	Good
Parsley							Low	Peak	Good	Good	Low	
Parsnips	Peak	Good							Good	Peak	Peak	Peak
Peaches								Good	Peak	Good		
Pears								Good	Peak	Peak	Peak	Peak
Peppers								Low	Peak	Good		
Plums							Low	Good	Peak	Good		
Potatoes	Good	Good	Good	Good			Good	Peak	Peak	Peak	Good	Good
Pumpkins									Good	Peak	Good	
Radishes				Low	Low	Peak	Peak	Peak	Good			
Raspberries							Low	Good	Peak	Good		
Rhubarb					Good	Peak	Low	Low				
Rutabagas	Peak	Peak	Peak	Good	Good	Low	Low	Good	Peak	Peak	Peak	Peak
Spinach					Low	Good	Good	Good	Good	Good	Low	
Squash (Buttercup)	Low	Low	Low					Good	Peak	Good	Good	Good
Strawberries						Peak	Peak	Good	Peak	Peak	Peak	Peak
Tomatoes								Peak	Peak	Low		