

# Availability chart of BC Grown Vegetables

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Artichokes							●	●	●	●		
Asparagus				●	●							
Beans							●	●	●	●		
Beets							●	●	●	●		
Belgian Endive									●	●		
Broccoli							●	●	●	●		
Brussels Sprouts										●	●	●
Cabbage	●	●					●	●	●	●	●	●
Carrots							●	●	●	●	●	
Cauliflower						●	●	●	●	●	●	
Celery							●	●	●	●		
Chives				●	●	●	●	●	●	●		
*Chinese Vegetables						●	●	●	●			
Corn								●	●	●		
Cucumbers							●	●	●			
Eggplant							●	●	●			
Fennel						●	●	●	●	●		
Fiddleheads					●							
Garlic								●	●	●	●	●
Green Onions					●	●	●	●	●	●		
Kale							●	●	●	●		
Kohlrabi					●	●	●	●	●	●	●	
Leeks									●	●	●	
Lettuce						●	●	●	●	●		
Mushrooms	●	●	●	●	●	●	●	●	●	●	●	●
Onions									●	●	●	
Parsnips	●	●					●	●	●	●	●	●
Peas						●	●					
Peppers							●	●	●	●		
Potatoes						●	●	●	●	●		
Pumpkins									●	●		
Radishes					●	●	●	●	●	●		
Rhubarb				●	●	●	●					
Rutabagas	●	●				●	●	●	●	●	●	●
Shallots								●	●			
Spinach				●	●	●	●	●	●			
Summer Squash							●	●				
Swiss Chard							●	●	●	●		
Tomatoes							●	●	●	●		
Turnips	●	●			●	●	●	●	●	●	●	●
Winter Squash									●	●	●	●
Zucchini						●	●	●	●	●		

\* (e.g. bok choy, choy sum, gai chong, sui choy, gai lan, daikon, lotus root)

# Availability chart of BC Grown Fruit

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples	●	●	●	●	●	●		●	●	●	●	●
Apricots							●	●				
Blackberries								●	●	●		
Blueberries							●	●	●			
Boysenberries							●	●				
Cherries						●	●					
Cranberries										●		
Currants							●					
Gooseberries						●	●	●				
Figs							●	●	●			
Grapes									●	●		
Huckleberries							●	●				
Juniper Berries	●	●	●	●	●	●	●	●	●	●	●	●
Kiwi										●	●	
Loganberries						●	●	●	●	●	●	
Marionberries							●	●				
Melons								●	●			
Nectarines							●	●				
Peaches								●	●			
Pears	●	●	●	●				●	●	●	●	●
Plums								●	●			
Quince										●	●	
Raspberries							●	●	●			
Rhubarb				●	●	●	●					
Salal Berries							●	●	●	●		
Saskatoon Berries						●	●					
Strawberries						●	●	●	●			
Tayberries							●	●				
Thimbleberries						●	●	●				

Reference: BC Association of Farmers' Markets ([www.bcfarmersmarket.org](http://www.bcfarmersmarket.org)); Grow BC; BC Agriculture in the Classroom Foundation ([www.aitc.ca/bc](http://www.aitc.ca/bc)); [www.getlocalbc.org](http://www.getlocalbc.org)

