



What's in SEASON

Enjoy fresh, quality local foods all year long
and keep your food dollars in Nova Scotia



SPRING

Asparagus, Beet Greens, Fiddleheads, Lettuce, Peas, Radish, Rhubarb, Spinach, Spring Turnip



AVAILABLE YEAR ROUND

Apples, Beef, Blueberries (wild, frozen), Chicken, Cranberries (frozen), Dairy, Dried Beans, Eggs, Honey, Lamb, Maple Syrup, Mushrooms, Pork, Seaweed, Turkey, Wine

SUMMER

Asian Greens, Beans, Beet Greens, Blueberries (highbush and wild), Broccoli, Cabbage, Carrots, Cauliflower, Celery, Cherries, Cucumber, Eggplant, Fennel, Garlic, Herbs, Lettuce, Melons, Onions, Peaches, Peas, Peppers, Plums, Potatoes, Radish, Raspberries, Spinach, Spring Turnip, Strawberries, Sweet Corn, Swiss Chard, Tomatoes, Zucchini

FALL

Apples, Asian Greens, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celeriac, Cranberries, Garlic, Herbs, Kale, Kohlrabi, Leeks, Mushrooms, Onions, Parsnips, Pears, Potatoes, Pumpkins, Radish, Rutabaga, Shallots, Spinach, Squash, Swiss Chard



WINTER

STORAGE CROPS

Apples, Beets, Cabbage, Carrots, Celeriac, Garlic, Onions, Parsnips, Potatoes, Rutabaga, Shallots, Squash



SEAFOOD

AVAILABLE YEAR ROUND

Arctic Char, Clams, Cod, Haddock, Halibut, Jonah Crab, Lobster, Mussels, Oysters, Pollock, Salmon, Scallops

AVAILABLE SEASONALLY

Gaspereau/Alewives, Herring, Mackerel, Rock Crab, Shrimp (Northern), Snow Crab, Swordfish, Tuna

