

Seasonal Foods

OF THE SEA TO SKY



Squamish CAN

Climate Action Network

■ Plant
 ■ Cover
 ■ Harvest (varies depending on weather)

* Start indoors (E) Easy to Grow V - Variety Dependent for planting and harvesting

Veggies	Winter			Spring			Summer			Fall		
	J	F	M	A	M	J	J	A	S	O	N	D
	Asparagus		*	*	*							
Broad Beans												
Soya Beans												
Bean, bush & pole (E)												
Beets (E)												
Broccoli			*	*								
Brussels Sprouts												
Cabbage			*	*								
Carrots (E)												
Cauliflower			*	*	*	*						
Celery			*	*	*							
Corn												
Cucumbers (E)												
Eggplant			*	*								
Endive			*	*								
Fennel		*	*									
Garlic (E) (V)												
Kale & Collards (E)												
Kohlrabi												
Leeks		*	*									
Lettuce (E) (V)			*									
Mustard Greens (E)												
Oriental Greens (E)		*						*				
Onion, red/yellow			*	*								
Parsnips												
Peas (E)												
Peppers			*	*								
Potatoes, new												
Potatoes, yellow, red russet, white												
Pumpkin												
Radishes (E)												
Rhubarb (E)												
Rutabagas												
Salad greens (E) (V)												
Shallots (E)												
Spinach (E)												
Squash, summer (E)												
Squash, winter												
Swiss Chard (E)												
Tomatoes (V)			*	*								
Turnips												
Zucchini (E)												

Herbs	Winter			Spring			Summer			Fall		
	J	F	M	A	M	J	J	A	S	O	N	D
	Basil											
Bay Leaves												
Chives - Garlic (E)												
Cilantro		*										
Dill (E)												
Fennel												
French Sorrel												
Lavender												
Lemon Balm												
Mint (E)												
Oregano												
Parsley												
Rosemary (E)												
Sage												
Sweet Cicely												
Tarragon-French												
Thyme												

Fruits	J	F	M	A	M	J	J	A	S	O	N	D	
	Apples												
	Apricots												
Blackberries													
Blueberries													
Cherries													
Crab Apples													
Cranberries													
Currants													
Gooseberries													
Grapes													
Pears													
Plums													
Prunes													
Raspberries													
Saskatoon Berries													
Strawberries													

Other	J	F	M	A	M	J	J	A	S	O	N	D	
	Grains												
	Honey												
Mushrooms													
Nuts													

Support Local Farmers Markets

Meat and dairy products are in season year round.
For sustainable seafood selections, please visit
www.seachoice.org



When you buy direct from a farmer, 90% of the revenue goes directly to the farmer. When you buy from a retailer selling the same product, only 20% goes to the farmer