



# get local

## METRO VANCOUVER

VEGETABLES	J	F	M	A	M	J	J	A	S	O	N	D
Artichokes												
Asparagus												
Beans (Fresh)												
Beans (Dried)												
Beets	☐	☐	☐	☐	☐							
Broccoli												
Brussel Sprouts												
Cabbage-Green & Red	☐	☐	☐	☐								☐
Cabbage-Savoy & Red				☐								
Carrots		☐	☐	☐	☐							
Cauliflower												
Celery												
Chard-Swiss												
Corn												
Cucumbers		△	△	△	△	△	△	△	△	△		
Fennel (Bulb)												
Garlic (Fresh)												
Garlic (Dried)												
Kale												
Leeks												
Lettuce												
Mustard Greens												
Onions-Green												
Onions-Red/Yellow				☐	☐	☐	☐					
Parsnips			☐	☐	☐							
Peas												
Peppers			△	△	△	△	△	△	△	△		
Potatoes - New												
Potatoes - Red, Russet, Yellow	☐	☐	☐	☐	☐							
Potatoes - White												
Pumpkin												
Radishes												
Rhubarb-Field												
Rutabagas	☐	☐	☐	☐								
Salad Greens												
Shallots	☐	☐	☐	☐	☐	☐	☐		☐	☐	☐	☐
Spinach												
Squash-Summer												
Squash-Winter	☐											
Tomatoes			△	△	△	△						△
Turnips-White	☐	☐	☐									
Zucchini												

FRUIT	J	F	M	A	M	J	J	A	S	O	N	D
Apples												
Apricots												
Blackberries												
Blueberries												
Cherries (pie)												
Crab Apples												
Cranberries												
Currants												
Gooseberries												
Grapes												
Kiwi												
Melons												
Nectarines												
Peaches												
Pears												
Plums												
Prunes												
Quince												
Raspberries												
Rhubarb - Field												
Saskatoon Berries												
Strawberries												

MEAT & DAIRY	J	F	M	A	M	J	J	A	S	O	N	D
Dairy Products												
Eggs												
Beef												
Buffalo												
Chicken												
Duck												
Goat												
Lamb												
Ostrich												
Pheasant												
Pork												
Rabbit												
Turkey												

Note: Frozen meat products are available year round.

HERBS	J	F	M	A	M	J	J	A	S	O	N	D
Bay Leaves												
Basils												
Chives												
Chives-garlic												
Chervil												
Cilantro												
Dill -leaf												
Dill-seed												
Epazote												
Fennel-leaf												
Fennel -Seed												
Lavender												
Lemon Grass												
Lemon verbena												
Marjoram- sweet												
Mints												
Oreganoes												
Parsleys												
Rosemarys												
Sages												
Savory-summer												
Savory-winter												
Shiso												
Sorrel												
Tarragon-french												
Thymes												

ETC.	J	F	M	A	M	J	J	A	S	O	N	D
Grains												
Honey	☐	☐	☐	☐	☐					☐	☐	☐
Mushrooms												
Nuts	☐	☐	☐	☐	☐	☐	☐	☐			☐	☐

SEAFOOD	J	F	M	A	M	J	J	A	S	O	N	D
Clams												
Cod: Pacific												
Crab												
Crab: Dungeness												
Flounder/Sole: Pacific												
Halibut: Pacific												
Herring												
Lingcod												
Mussels												
Oysters: Pacific												
Prawns: Jumbo												
Prawns: Spot												
Sablefish (Black Cod)												
Salmon: Chinook/King/Spring												
Salmon: Chum												
Salmon: Coho (Northern)												
Salmon: Pink												
Salmon: Sockeye												
Sardines: Pacific												
Scallops												
Shrimp: Side Stripe												
Shrimp: West Coast												
Spring Dogfish												
Tuna: Albacore												

Note: Frozen seafood is available year round.

△ = Greenhouse Grown  
☐ = Stored/Dried/Frozen

This guide is general information, availability can change due to weather.