

KAWARTHA CHOICE FARM FRESH SEASONAL AVAILABILITY

Produce	Optimum Availability and Picking Times											
	Main Season			Extended Season								
	May	June	July	August	September	October						
Apples												
Asparagus												
Beans												
Beets												
Blueberries												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Corn												
Cucumber												
Currants												
Eggplant												
Fresh Greens												
Garlic												
Garlic Scapes												
Lettuce												
Muskmelon												
Onions												
Peas												
Peppers												
Plums												
Potatoes												
Pumpkins												
Raspberries												
Rhubarb												
Rutabaga												
Spinach												
Squash												
Strawberries												
Tomatoes												
Turnip												
Zucchini												

Storage Many vegetables store extremely well in ideal conditions allowing them to remain fresh and full of nutrients well outside of the harvest season. These vegetables include:
 Carrots Onions Potatoes Rutabaga Turnip

Year Round

Beef	Eggs	Home Baking	Pork	Venison
Beverages	Fish	Herbs	Poultry	
Cider	Grain	Lamb	Preserves	
Dairy	Honey	Maple Syrup	Specialty Meat	