

# Alberta Seasonal Fresh Food Guide...

## Savour Regional Flavour

### Spring

### Summer

### Fall

### Winter

#### Vegetables

Asparagus, Spinach, Mushrooms, Greenhouse: lettuce, tomatoes, cucumbers, peppers, sprouts and culinary herbs

Beans, Beets, Bok Choy, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Cucumbers, Dill Weed, Eggplant, Garlic, Green Onion, Kohlrabi, Lettuce, Mushrooms, Peas, Peppers, Potatoes, Radish, Scallions, Spinach, Squash, Sweet Corn, Tomatoes, Zucchini

Beets, Broccoli, Carrots, Brussels Sprouts, Cabbage, Corn, Horseradish, Kale, Kohlrabi, Lettuce, Mushrooms, Onions, Peppers, Potatoes, Pumpkins, Rutabaga, Scallions, Shallots, Squash, Sweet Corn, Turnips, Vegetable Marrows, Zucchini



#### Meat And Other Products

Bison, Farmed Raised Fish, Lamb, Natural Pork, Organic Beef, Ranched Elk, Speciality Beef, Wild Boar

Bison, Farm Raised Fish, Free Range Chicken and Eggs, Lamb, Natural Pork, Organic Beef, Ranched Elk, Speciality Beef, Wild Boar

Bison, Farmed Raised Fish, Free Range Chicken and Eggs, Grass Finished Bison and Beef (to early winter), Lamb, Natural Pork, Organic Beef, Ranched Elk, Speciality Beef, Turkey, Wild Boar

Bison, Farmed Raised Fish, Lamb, Natural Pork, Organic Beef, Ranched Elk, Speciality Beef, Turkey, Wild Boar

#### Fruits

Black Currents, Chokecherries, High Bush Cranberries, Pin Cherries, Raspberries, Saskatoons, Sour Cherries, Strawberries

Strawberries (some varieties—September)

#### Year Round

Artisan cheeses, eggs, honey, quinoa, flax, canola and flax oils, barley, yogurt, pulses (beans, peas and lentils), dried herbs and butter. Contact local growers for availability and delivery.

It tastes better here! Ask for Alberta.

**Alberta** foods can be enjoyed all year round in a frozen or, in the case of some vegetables, stored state. Seasonal, fresh products, however, offer a peak experience of ripeness and flavour. Selecting “food less travelled” is good for the environment, helps support our local producers and food processors, and can provide a colourful and competitively priced addition to your menu.

[www.dinealberta.ca](http://www.dinealberta.ca)



**Alberta**  
AGRICULTURE, FOOD AND  
RURAL DEVELOPMENT