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

**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, Asparagus, 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

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

**SEAFOOD AVAILABLE YEAR ROUND**
- Arctic Char, Clams, Cod, Haddock, Halibut, Jonah Crab, Lobster, Mussels, Oysters, Pollock, Salmon, Scallops

**SEAFOOD AVAILABLE SEASONALLY**
- Gaspereau/Alewives, Herring, Mackerel, Rock Crab, Shrimp (Northern), Snow Crab, Swordfish, Tuna

Find out WHERE TO BUY LOCAL at: SelectNovaScotia.ca