BUY NEW BRUNSWICK

LOCAL FOOD AVAILABILITY GUIDE

BUY·ACHETEZ NB

January

February

March

April

May

June

July

August

September

October

November

December

Legend

- Apples (fresh)
- Asparagus
- Beans
- Beets
- Blueberries (high bush)
- Blueberries (low bush, wild)
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Cherries (sweet)
- Cherries (tart)
- Corn
- Cranberries (fresh)
- Cucumbers (field)
- Cucumbers (greenhouse)
- Fiddleheads
- Garlic
- Herbs
- Kale
- Leeks
- Lettuce
- Onions
- Parsnips
- Pears
- Peas
- Peppers (field)
- Pumpkins
- Radishes
- Raspberries
- Rhubarb
- Rutabaga
- Spinach
- Squash
- Strawberries
- Sweet Potatoes
- Swiss Chard
- Tomatoes (field)
- Tomatoes (greenhouse)
- Turnip
- Zucchini

The following locally sourced products are available year-round:

- Apples
- Beef
- Blueberries (frozen)
- Butter
- Cheese
- Chicken
- Cottage Cheese
- Cranberries (frozen, dried)
- Eggs
- Goat Cheese
- Halibut
- Herring
- Honey
- Lamb
- Lobster
- Maple Syrup
- Microgreens
- Milk
- Mushrooms
- Oysters
- Pork
- Potatoes
- Quark
- Salmon
- Sardines
- Scallops
- Snow Crab
- Sour Cream
- Sturgeon
- Yogurt

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