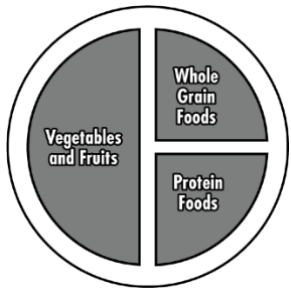


Appendix 1 Seasonal Recipe Planner Template



Seasonal Recipe Planner Template



Produce is available year-round in grocery stores. However, choosing in-season produce has a variety of benefits for the consumer, local farmers, and the climate. Your task is to design a meal plan for each season that emphasizes the use of seasonal fruit and vegetables. Make sure that your meal resembles Canada's Eat-Well Plate!

1. Follow a seasonal food guide to learn about what fruits and vegetables are in season.
2. Design a breakfast, lunch, and supper for each season that uses **at least two seasonal fruits and/or vegetables**.
3. Draw meal and label the foods. Underline all the seasonal fruits and vegetables that you used.

Autumn (September – November)	Winter (December – February)
Breakfast	Breakfast
Lunch	Lunch
Supper	Supper

Spring (March – May)	Summer (June – August)
Breakfast	Breakfast
Lunch	Lunch
Supper	Supper

What's in Season in the Atlantic Provinces?

Plan your meals around in-season produce to get the best of fresh local flavours. This handy chart will help you predict when your favourite homegrown items will reach their peak.

FRUITS	SPRING March – April	EARLY SUMMER May – June	SUMMER July – August	EARLY FALL September	FALL October – November	WINTER December – February
Apples	●	●	●	●	●	●
Blueberries ¹			●	●	●	
Cantaloupe			●	●		
Cherries			●	●		
Cranberries					●	●
Currants				●		
Gooseberries ¹				●	●	
Peaches				●		
Pears				●	●	
Plums				●		
Raspberries			●	●		
Rhubarb		●				
Strawberries		●	●	●		

VEGETABLES	SPRING March – April	EARLY SUMMER May – June	SUMMER July – August	EARLY FALL September	FALL October – November	WINTER December – February
Asian Greens ²		●	●	●	●	
Asparagus ³		●	●			
Beans			●	●		
Beets ²		●	●	●	●	
Bok Choy		●	●	●	●	
Broccoli ²		●	●	●	●	
Brussels Sprouts ⁴			●	●	●	●
Cabbage			●	●	●	●
Carrots			●	●	●	●
Cauliflower			●	●	●	
Celery ⁵			●	●	●	
Chard, Swiss ²		●	●	●	●	
Corn			●	●		
Cucumber (Field)			●	●		
Eggplant			●	●		
Fiddleheads	●	●				
Garlic	●	●	●	●	●	●
Kale		●	●	●	●	
Leeks				●	●	
Lettuce (Field)			●	●		
Mushrooms (Cultivated)	●	●	●	●	●	●
Onions (Green)			●	●	●	
Onions (Red + Yellow)				●	●	●
Parsnips				●	●	●
Peas (Green)		●	●			
Peas (Snow)		●	●			
Peppers (Field)			●	●		
Potatoes	●	●	●	●	●	●
Pumpkins				●	●	
Radishes		●	●	●	●	
Rapini			●	●		
Shallots			●	●		
Spinach		●	●	●	●	
Squash			●	●	●	●
Sweet Potatoes					●	●
Tomatoes (Field)				●	●	
Turnips	●	●	●	●	●	●
Zucchini			●	●	●	

¹Ends in October, ²Begins in late June, ³Finishes in late July, ⁴Ends in December, ⁵Begins in mid-August

Note: This guide is based on an average taken from growers across the Atlantic provinces. Seasonality may be affected by factors such as weather.

What's in Season in Ontario?

Plan your meals around in-season produce to get the best of fresh local flavours. This handy chart will help you predict when your favourite homegrown items will reach their peak.

FRUITS	SPRING March – April	EARLY SUMMER May – June	SUMMER July – August	EARLY FALL September	FALL October – November	WINTER December – February
Apples	●	●		●	●	●
Apricots			●			
Blueberries			●	●		
Cantaloupe			●	●		
Cherries		●	●			
Chokecherries				●		
Cranberries					●	
Currants			●			
Gooseberries			●			
Grapes			●	●		
Nectarines			●	●		
Partridgeberries					●	
Peaches			●	●		
Pears			●	●	●	●
Plums			●	●	●	
Raspberries			●	●		
Rhubarb	●	●				
Saskatoon Berries		●	●			
Strawberries		●	●	●		
Watermelon			●	●		
VEGETABLES	SPRING March – April	EARLY SUMMER May – June	SUMMER July – August	EARLY FALL September	FALL October – November	WINTER December – February
Artichokes			●	●	●	
Asian Greens		●	●	●	●	
Asparagus		●				
Beans		●	●	●	●	
Beets	●		●	●	●	●
Bok Choy			●			
Broccoli		●	●	●	●	
Brussels Sprouts				●	●	
Cabbage	●		●	●	●	●
Carrots	●		●	●	●	●
Cauliflower			●	●	●	
Celery			●	●	●	
Chard, Swiss			●	●	●	
Corn			●	●	●	
Cucumber (Field)		●	●	●	●	
Eggplant			●	●	●	
Fennel				●	●	●
Garlic			●	●	●	●
Kale		●	●	●	●	
Leeks			●	●	●	●
Lettuce (Field)		●	●	●	●	
Mushrooms	●	●	●	●	●	●
Onions (Green)		●	●	●	●	
Onions (Red + Yellow)	●			●	●	●
Parsnips	●		●	●	●	●
Peas (Green)			●			
Peas (Snow)			●			
Peppers (Field)			●	●	●	
Potatoes	●	●	●	●	●	●
Pumpkins				●	●	
Radishes		●	●	●	●	
Rapini			●	●	●	
Rutabaga	●	●	●	●	●	●
Shallots			●	●	●	
Spinach		●	●	●	●	
Squash	●		●	●	●	●
Sweet Potatoes	●	●	●	●	●	●
Tomatoes (Field)			●	●	●	
Turnips			●	●	●	●
Zucchini			●	●	●	

Note: This guide is based on an average taken from growers across Ontario. Seasonality may be affected by factors such as weather.

What's in Season in the Western Provinces?

Plan your meals around in-season produce to get the best of fresh local flavours. This handy chart will help you predict when your favourite homegrown items will reach their peak.

FRUITS	SPRING March – April	EARLY SUMMER May – June	SUMMER July – August	EARLY FALL September	FALL October – November	WINTER December – February
Apples			●	●	●	●
Apricots			●			
Blueberries			●	●	●	
Cantaloupe ¹			●	●		
Cherries		●	●			
Cranberries				●	●	
Currants			●			
Gooseberries		●	●			
Grapes				●		
Nectarines			●			
Peaches			●			
Pears			●	●	●	●
Plums			●	●		
Raspberries			●			
Rhubarb	●	●				
Strawberries ¹		●	●	●		
Watermelon ¹			●	●		

VEGETABLES	SPRING March – April	EARLY SUMMER May – June	SUMMER July – August	EARLY FALL September	FALL October – November	WINTER December – February
Artichokes			●	●	●	
Asian Greens		●	●	●	●	
Asparagus	●	●				
Beans			●	●		
Beets			●	●	●	●
Bok Choy		●	●	●	●	
Broccoli		●	●	●	●	
Brussels Sprouts				●	●	●
Cabbage	●		●	●	●	●
Carrots	●		●	●	●	●
Cauliflower			●	●	●	
Celery ¹			●	●	●	
Chard, Swiss		●	●	●	●	
Corn			●	●	●	
Cucumber (Field)			●	●		
Eggplant			●	●	●	
Fennel			●	●	●	
Garlic			●	●	●	
Kale	●	●	●	●	●	●
Leeks	●		●	●	●	●
Lettuce (Field)		●	●	●	●	
Mushrooms	●	●	●	●	●	●
Onions (Green)		●	●	●	●	
Onions (Red + Yellow)	●		●	●	●	●
Parsnips	●		●	●	●	●
Peas (Green)		●	●			
Peas (Snow)		●	●	●		
Peppers (Field)			●	●	●	
Potatoes			●	●	●	●
Pumpkins			●	●	●	
Radishes	●	●	●	●	●	
Rapini			●	●		
Rutabaga			●	●	●	●
Shallots			●	●		
Spinach		●	●	●	●	
Squash		●	●	●	●	●
Sweet Potatoes	●	●	●	●	●	●
Tomatoes (Field)			●	●	●	
Turnips		●	●	●	●	●
Zucchini			●	●	●	

¹Available only in B.C.; crop is limited

Note: This guide is based on an average taken from growers across the Western provinces. Seasonality may be affected by factors such as weather.