





Seasonal Buy Local Guide



SPRING

APR - JUN

<ul style="list-style-type: none"> Capelin (Late Jun) Cod (Jun) Crab Greens (Turnip, Beet) 	<ul style="list-style-type: none"> Herbs Herring Kale Lobster Peas 	<ul style="list-style-type: none"> Radishes Rhubarb Salad Greens Seal (Apr) Spinach 	<ul style="list-style-type: none"> Swiss chard Turbot (May-Jun)
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SUMMER

JUL - SEP

<ul style="list-style-type: none"> Bakeapples (Jul-early Aug) Beans Beets Blueberries (Aug-Sep) Broccoli Cabbage Capelin (Jul) Carrots Cauliflower Celery Chanterelles Cod 	<ul style="list-style-type: none"> Cucumber Flounder Garlic Haddock Halibut Herbs Herring Kale Lettuce Lobster (Early Jul) Mackerel (Aug-Sep) Onions Partridgeberries (Sep) 	<ul style="list-style-type: none"> Peas Peppers Plums Potatoes Radishes Raspberries (Jul-Aug) Rhubarb Salad Greens Sea Urchins (Uni) (Sep-Mar) Sole Spinach Squid 	<ul style="list-style-type: none"> Strawberries (Jul-Early Aug) Summer Squash (Incl. Zucchini) Swiss chard Tomatoes Trout Tuna (Sep) Turbot Turnips/Rutabagas Whelks Winter Squash
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AUTUMN

OCT - DEC

<ul style="list-style-type: none"> Apples Beans Beets Broccoli Brussel Sprouts Cabbage Carrots Celery Cod 	<ul style="list-style-type: none"> Cranberries Garlic Halibut Herbs Herring Kale Leeks Lettuce Mackerel 	<ul style="list-style-type: none"> Marshberries Onions Parsnips Plums Potatoes Sea Urchins (Uni) Spinach Summer Squash Swiss chard 	<ul style="list-style-type: none"> Tomatoes Tuna Turbot (Oct) Turnips/Rutabagas Winter Chanterelles Winter Squash
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WINTER

JAN - MAR

<ul style="list-style-type: none"> Carrots Chutneys Cod (Jan-Feb) Jam 	<ul style="list-style-type: none"> Parsnips Partridge (Ptarmigan) Pickles Potatoes 	<ul style="list-style-type: none"> Sea Urchins (Uni) Seal (Mar) Turnips/Rutabagas 	<ul style="list-style-type: none"> Winter Squash
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YEAR ROUND

<ul style="list-style-type: none"> Beef Butter Cheese Chicken Eggs Honey Jam Lamb 	<ul style="list-style-type: none"> Lettuce (Hydroponic) Microgreens Milk Moose Products (Harvested in Autumn) Mussels (Aquaculture) 	<ul style="list-style-type: none"> Pickles Pork Rabbit Products (Harvested in Autumn and Winter) Salmon (Aquaculture) Scallops Sea Salt 	<ul style="list-style-type: none"> Seasonings Sprouts Shrimp Turkey
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