

		JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
APPLES		●	●	●	●	●	●	●	●	●	●	●	●
ARUGULA		●	●	●	●	●	●	●	●	●	●	●	●
ASPARAGUS					●	●	●						
BEETS		●	●				●	●	●	●	●	●	●
BLUEBERRIES (HIGH BUSH)								●	●	●			
BLUEBERRIES (WILD)		●	●	●	●	●	●	●	●	●	●	●	●
BOK CHOY								●	●				
BROCCOLI								●	●	●	●		
BRUSSELS SPROUTS								●	●	●	●	●	●
CABBAGE		●	●	●	●	●	●	●	●	●	●	●	●
CANTALOUPE									●	●			
CARROTS		●	●	●	●	●		●	●	●	●	●	●
CAULIFLOWER							●	●	●	●	●	●	●
CELERIAC										●			
CELERY							●	●	●	●			
CHERRIES (SWEET)							●	●	●				

		JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
CHERRIES (TART)								●	●	●			
COLLARDS								●	●	●	●		
CORN									●	●	●	●	
CRANBERRIES		●	●	●	●	●	●	●	●	●	●	●	●
CUCUMBERS (FIELD)						●	●	●	●	●	●		
CUCUMBERS (GREENHOUSE)		●	●	●	●	●	●	●	●	●	●	●	●
CURRANTS							●	●	●				
EGGPLANT									●	●			
FIDDLEHEADS						●	●						
GARLIC		●						●	●	●	●	●	●
GOURD										●	●	●	
GRAPES										●	●	●	
HASKAP BERRIES								●					
HERBS		●	●	●	●	●	●	●	●	●	●	●	●
HONEY		●	●	●	●	●	●	●	●	●	●	●	●
HOPS		●	●	●	●	●	●	●	●	●	●	●	●

		JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
KALE								●	●	●	●	●	
LEEKs									●	●	●	●	
LETTUCE		●	●	●	●	●	●	●	●	●	●	●	●
MAPLE SYRUP		●	●	●	●	●	●	●	●	●	●	●	●
MICROGREENS		●	●	●	●	●	●	●	●	●	●	●	●
MUSHROOMS		●	●	●	●	●	●	●	●	●	●	●	●
ONIONS		●	●	●				●	●	●	●	●	●
PARSNIPS		●	●	●	●	●	●				●	●	●
PEARS									●	●	●		
PEAS								●	●	●			
PEPPERS (FIELD)								●	●	●	●	●	
PEPPERS (GREENHOUSE)		●	●	●	●	●	●	●	●	●	●	●	●
PLUMS									●	●	●		
POTATOES		●	●	●	●	●	●	●	●	●	●	●	●
PUMPKIN										●	●	●	●
RADISHES							●	●	●	●	●		

		JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
RASPBERRIES								●	●	●			
RHUBARB							●	●	●	●			
RUTABAGA		●	●	●	●	●	●	●	●	●	●	●	●
SEABUCKTHORN BERRIES		●	●	●	●	●	●	●	●	●	●	●	●
SOYBEANS									●	●	●		
SPINACH		●	●	●	●	●	●	●	●	●	●	●	●
STRAWBERRIES							●	●	●	●	●		
STRING BEANS								●	●	●	●		
SWEET POTATOES		●								●	●	●	●
SWISS CHARD							●	●	●	●	●		
TOMATOES (FIELD)									●	●	●		
TOMATOES (GREENHOUSE)						●	●	●	●	●	●		
TURNIPS								●	●	●	●	●	●
WINTER SQUASH		●	●	●	●	●			●	●	●	●	●
ZUCCHINI (SUMMER SQUASH)								●	●	●			

○ STORAGE HOLDING ● IN-SEASON

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BUY LOCAL FOR GOOD



EATLOCALNB.CA



## LIST OF NEW BRUNSWICK FOOD & BEVERAGES AVAILABLE YEAR-ROUND

### FRUIT

Apples  
Cranberries (frozen, dried)  
Wild Blueberries (frozen)  
Seabuckthorn Berries (frozen, dried)

### SEAFOOD

Lobster  
Halibut  
Herring  
Oysters  
Quark  
Salmon  
Sardines  
Scallops  
Snow Crab  
Sturgeon

### ALCOHOLIC BEVERAGES

Beer  
Cider  
Mead  
Spirits  
Wine

### VEGETABLES

Dulse  
Microgreens  
Mushrooms  
Potatoes  
Salad Greens  
Cucumbers  
Herbs  
Hops  
Peppers  
Rutabaga

### NON-ALCOHOLIC BEVERAGES

Bottled Water  
Cider  
Coffee  
Juice  
Kombucha  
Maple Water  
Milk  
Tea

### OTHERS

Baked Goods  
Candy  
Chocolate  
Dairy Products  
Eggs  
Frozen Treats  
Honey  
Maple Products  
Preserves  
Sauces  
Spices  
Syrup

### MEAT

Beef  
Lamb  
Pork  
Poultry

New Brunswick's rich soils and cold, clean water produce foods that taste better – naturally. Our three distinct coastlines, acres of fertile farmland, and rich, diverse culinary traditions are the perfect recipe for exceptional flavour and quality.

But eating local transcends great taste. Your food choices make a big difference, and the benefits go far beyond your dinner plate to support:

### COMMUNITIES

Eating local keeps profits here at home. New Brunswick producers support their communities by creating jobs, buying from local businesses, giving to community-based non-profits and keeping rural areas vibrant.

### HEALTH

The quality and freshness of local foods can't be beaten. Our fruit, veggies, meat, eggs and other New Brunswick products are at their peak when you buy from local farm gates, farmers' markets, pick-your-own farms and grocery stores.

### THE ENVIRONMENT

The fewer miles your meal is shipped, the better. Local food travels less and needs less packaging, saving big on greenhouse gas emissions.



EatLocalNB.ca



NB Food & Beverages  
Social Media



2021-2025 Local Food  
& Beverage Strategy

# A GUIDE TO NEW BRUNSWICK'S LOCAL SEASONAL FOOD & BEVERAGES



New Brunswick  
Nouveau Brunswick