

WHAT'S IN SEASON?: A GUIDE TO LOCAL FRUITS AND VEGETABLES

AN AVAILABILITY GUIDE FOR THE FRESHEST PICKS

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As warm weather makes its return, so do fresh vegetable and fruit crops across the province.

Ontario is known for its fertile growing conditions, so it shouldn't come as a surprise that there are plenty of options when it comes to locally grown food.

Here's a handy guide to help you know when your favourite fruit and vegetables are in season. All information comes from Foodland Ontario and is or-

ganized by when the crop first becomes available.

JULY

- Beets have a long season, from July through April.
- Carrots have an even longer one, from July through May.
- Celery, corn, rapini, tomatoes, peppers and zucchini are in season from July through October.
- Garlic is in season from July through February.
- Apricots, currants and gooseberries are available

in July and August.

- Peaches, watermelon and blueberries all have a three-month window of availability, from July through September.
- Plums and raspberries stick around one month longer, available from July through October.

AUGUST

- Pears are available from August through December.
- Grapes, muskmelon and nectarines are in season in August and September.
- Cranberries and eggplant are available from August through October.
- Leeks are in season from August through February.
- Parsnips have an even longer season, available



Dreamstime photo

Throughout the year, Ontario has many fresh fruits and vegetables coming into season. Others, like potatoes, are available year-round.

from August through April.

- Squash is available from August to March.

SEPTEMBER

- Brussels sprouts are in season from September through November.

• Red onions' season runs from September through April.

- Pumpkins come into season in September and last until October.

YEAR-ROUND

- Potatoes, rutabaga, sprouts, sweet potatoes,

cooking onions, mushrooms and greenhouse lettuce and cucumbers are available all throughout the year.

For more information about Ontario's growing season, visit www.ontario.ca/foodland/foodland-ontario.

FOOD&DRINK

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BLUE DOOR SETS OUT TO BUILD A YORK REGION AFFORDABLE HOUSING COMMUNITY LAND TRUST

An increasing number of households in Canada are facing barriers to owning and renting affordable housing. While the number of market units are increasing, most units are outside the budget of everyday Canadians.

To protect Canada's available stock of affordable housing units, Blue Door is partnering with Canadian Affordable Housing Solutions to create York Region's first Community Land Trust with the generous support of the Canada Mortgage and Housing Corporation.

Already operating successfully in communities across Canada, Community Land Trusts are non-profit organizations that obtain and hold land, benefiting a community for generations to come by ensuring housing stays affordable and accessible for people in greatest need. The Land Trust will allow York Region service providers, such as Blue Door, to offer their programs on-site to support equity-deserving groups facing housing insecurity.

The Community Land Trust's commitment is to bring together resources, expertise, and capital to develop affordable housing in York Region through properties owned and operated by organizations/investors that prioritize community benefit.

Set to launch in 2023, Blue Door needs your support to help the Community Land Trust solution successfully maintain existing affordable housing in York Region.

The Community Land Trust is a great way for developers, faith communities, and individuals to provide land, homes, and other real estate property towards an ambitious tested solution and worthwhile cause. By donating

to or partnering with the Community Land Trust, you guarantee your investment will provide affordable homes for those who need it most.

To learn more or to discuss how you can get involved, visit BlueDoor.ca or contact info@BlueDoor.ca / (905) 898-1015.

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