



SEASONAL VEGETABLE & FRUIT GUIDE

SUMMER: DECEMBER – FEBRUARY

Vegetables: Asparagus, avocados, beans, beetroot, cabbage, capsicums, carrots, celery, corn, cucumbers, eggplant, leeks, snow peas, radishes, squash, tomatoes, zucchinis, broccoli, cauliflower, lettuce, spinach.

Fruit: Apricots, bananas, blackberries, blueberries, raspberries, strawberries, grapes, rockmelon, honeydew melon, watermelon, lychees, mangoes, passionfruit, cherries, nectarines, oranges (valencia), plums, peaches, rhubarb.

AUTUMN: MARCH – MAY

Vegetables: Asparagus, Asian greens, avocados, beans, broccoli, beetroot, cabbage, carrots, cauliflower, corn, cucumbers, eggplant, lettuce, mushrooms, radishes, squash, sweet potatoes, tomatoes, zucchinis, potatoes, pumpkins, snow peas.

Fruit: Apples, bananas, figs, grapes, guava, melons, kiwi fruit, papaya, passionfruit, peaches, pears, nashi pears, plums, pomegranates, lemons, nectarines.

WINTER: JUNE – AUGUST

Vegetables: Asian greens, avocados, broccoli, broad beans, Brussel sprouts, carrots, cauliflower, celeriac, chokos, fennel, kale, mushrooms, okra, onions, parsnips, potatoes, pumpkins, radishes, silver beet, spinach, sweet potatoes.

Fruit: Bananas, kiwi fruit, lemons, limes, mandarins, oranges (navel), pineapple, tangelos.

SPRING: SEPTEMBER – NOVEMBER

Vegetables: Artichokes, asparagus, avocados, Asian greens, beetroot, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, cucumbers, chokos, eggplant, fennel, leeks, lettuce, mushrooms, okras, onions, parsnips, peas, pumpkins, radishes, silver beet, spinach, squash, sweet potatoes.

Fruit: Bananas, cherries, lemons, limes, lychees, mangoes, mulberries, oranges (navel), papaya, pineapple, rhubarb, starfruit, tangelos, watermelon, rockmelon.

