

- SUMMER -

DECEMBER

JANUARY

FEBRUARY

FRUITS

VEGGIES

Apricots
Banana
Blackberries
Blueberries
Raspberries
Red & White Currants
Strawberries
Cherries
Grapes
Lychees
Mangoes
Melons
Nectarines
Oranges: Valencia
Papaya
Passionfruit
Papaw
Peaches
Pineapple

Asparagus
Beans: Green
Beans: Flat
Beans: Butter
Capsicum
Celery
Cucumbers
Eggplant
Lettuce
Mushrooms
Onions
Peas
Radish
Spinach
Sweetcorn
Tomatoes
Watercress
Zucchini

FRUITS

VEGGIES

Apricots
Avocados
Bananas
Blackberries
Blueberries
Raspberries
Strawberries
Cherries
Grapes
Limes
Lychees
Mangoes
Melons
Nectarines
Oranges: Valencia
Passionfruit
Peaches
Pears: Williams
Pears: Paradise
Pineapple
Plums
Rambutans

Asparagus
Beans: Green
Beans: Flat
Beans: Butter
Capsicums
Celery
Cucumbers
Eggplant
Lettuce
Mushrooms
Onions
Okra
Peas
Potatoes
Radish
Spinach
Sweetcorn
Tomatoes
Zucchini

FRUITS

VEGGIES

Avocados
Blueberries
Raspberries
Strawberries
Figs
Grapes
Limes
Lychees
Mangoes
Mangosteens
Melons
Nectarines
Oranges: Valencia
Passionfruit
Peaches
Pears: Williams
Pineapples
Plums
Prickly Pears
Rambutans

Beans: Butter
Beans: Flat
Beans: Green
Beans: Snake
Capsicum
Celery
Chillies
Chokos
Cucumbers
Eggplant
Lettuce
Mushrooms
Onions
Okra
Peas: Sugar snap
Radish
Spinach
Squash
Sweetcorn
Tomatoes
Zucchini

- WINTER -

JUNE

JULY

AUGUST

FRUITS

VEGGIES

Apples
Avocados
Banana
Custard apples
Dates
Grapefruit
Kiwifruit
Lemons
Mandarins
Nashi
Oranges:
Cara Cara Navel
Oranges: Navel
Passionfruit
Pears
Pomelo
Quince
Rhubarb

Beetroot
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Fennel
Jerusalem
artichokes
Kale
Kohlrabi
Leeks
Onions
Parsnips
Potatoes
Pumpkin
Radicchio
Silverbeet
Spinach
Swede
Sweet potato
Turnips

FRUITS

VEGGIES

Apples
Avocados
Banana
Custard apples
Dates
Grapefruit
Kiwifruit
Lemons
Mandarins
Nashi
Oranges:
Cara Cara Navel
Oranges: Navel
Pomelo
Quince
Rhubarb
Strawberries
Tangelos

Beetroot
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Fennel
Jerusalem
artichokes
Kale
Kohlrabi
Leeks
Onions
Parsnips
Potatoes
Pumpkin
Radicchio
Silverbeet
Spinach
Swede
Sweet potato
Turnips

FRUITS

VEGGIES

Apples
Avocados
Banana
Cumquat
Grapefruit
Kiwifruit
Lemons
Mandarins
Oranges: Blood
Oranges: Navel
Pomelo
Rhubarb
Strawberries
Tangelos

Beetroot
Broccoli
Brussels sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Celery
Fennel
Jerusalem
artichokes
Kale
Kohlrabi
Leeks
Okra
Onions
Parsnips
Potatoes
Pumpkin
Silverbeet
Spinach
Swede
Sweet potato
Turnips

- AUTUMN -

MARCH

APRIL

MAY

FRUITS

VEGGIES

Apples	Asian greens:
Bananas	Bok Choy
Dates	Beans
Figs	Broccoli
Finger limes	Capsicums
Grapes	Chestnuts
Guava	Cucumbers
Kiwifruit	Eggplant
Limes	Eschallots
Mangosteens	Kale
Nashi	Lettuce
Oranges: Valencia	Mushrooms
Passionfruit	Okra
Papaw	Onions
Pears	Potatoes
Plums	Pumpkin
Pomegranates	Sweetcorn
Quinces	Swiss chard
Tamarillo	Tomatoes
	Witlof
	Zucchini

FRUITS

VEGGIES

Apples	Asian greens:
Avocados	Bok Choy
Bananas	Beans
Custard apples	Broccoli
Dates	Brussels sprouts
Dragon Fruit	Cabbage
Finger limes	Capsicums
Grapes	Cauliflower
Guava	Chestnuts
Kiwifruit	Eggplant
Limes	Eschallots
Mandarins: Imperial	Fennel
Nashi	Kale
Pears	Leeks
Passionfruit	Mushrooms
Persimmons	Okra
Pomegranates	Potatoes
Quinces	Pumpkin
Tamarillo	Silverbeet
	Spinach
	Swiss chard
	Turnips
	Watercress

FRUITS

VEGGIES

Apples	Asian greens:
Avocados	Bok Choy
Bananas	Broccoli
Custard apples	Brussels sprouts
Dates	Cabbage
Grapes	Carrots
Kiwifruit	Cauliflower
Lemons	Celery
Mandarins: Imperial	Celeriac
Nashi	Chestnuts
Oranges: Navel	Eggplant
Pears	Fennel
Persimmons	Kale
Pomegranates	Ginger
Quinces	Leeks
Rhubarb	Mushrooms
	Okra
	Parsnips
	Silverbeet
	Spinach
	Sweet potato
	Swiss chard
	Turnips

- SPRING -

SEPTEMBER

OCTOBER

NOVEMBER

FRUITS

VEGGIES

Apples:
Lady Williams
Strawberries
Grapefruit
Lemons
Mandarins:
Honey Murcot
Mangoes
Oranges: Blood
Papaya
Papaw
Pineapples
PomeLo
Tangelos

Asian greens
Asparagus
Beans: Broad
Beans: Green
Beetroot
Broccoli
Carrots
Cauliflower
Chillies
Fennel
Garlic, fresh
Globe Artichokes
Kale
Lettuce
Mushrooms
Onions: Spring
Onions:
Green (Shallots)
Peas: Green
Potatoes
Silverbeet
Spinach

FRUITS

VEGGIES

Avocados
Banana
Blueberries
Strawberries
Grapefruit
Mangoes
Melons
Oranges: Valencia
Papaya
Papaw
Passionfruit
Pineapples
PomeLo
Tangelos

Asian greens
Asparagus
Beans: Broad
Beans: Green
Beetroot
Cabbage
Chillies
Cucumber
Fennel
Garlic, fresh
Artichokes: Globe
Kale
Lettuce
Mushrooms
Onions: Spring
Onions:
Green (Shallots)
Peas
Potatoes
Silverbeet
Spinach
Watercress
Zucchini

FRUITS

VEGGIES

Avocados
Bananas
Blueberries
Mulberries
Youngberries
Cherries
Grapefruit
Loquats
Mangoes
Melons
Oranges: Valencia
Papaya
Papaw
Passionfruit
Pineapples

Asian greens
Asparagus
Beans: Green
Cabbage
Chillies
Cucumber
Artichokes: Globe
Lettuce
Onions: Spring
Onions:
Green (Shallots)
Peas
Potatoes
Silverbeet
Spinach
Sweetcorn
Tomatoes
Watercress
Zucchini
Zucchini flowers