

# SEASONAL FRUIT, VEGGIES + HERBS

CHECK TO FIND OUT WHICH FRUIT, VEGETABLES AND HERBS ARE IN SEASON



A LITTLE CHANGE

## SUMMER (DEC-FEB)

### VEGGIES

Asparagus  
Avocado (Reed)  
Beans  
Beanshoots  
Beetroot  
Broccoli  
Cabbage  
Capsicums  
Carrots  
Cauliflower  
Celery  
Chillies  
Cucumbers  
Eggplant  
Leeks  
Lettuces  
Mushrooms  
Peas  
Pumpkins  
Rhubarb  
Snow Peas  
Spinach  
Squash  
Sweetcorn  
Tomatoes  
Turnips  
Zucchini

### FRUIT

Apricots  
Bananas  
Blackberries  
Blueberries  
Cherries  
Grapes  
Mangos  
Melons (Honeydew)  
Melons (Rockmelon)  
Melons (Watermelon)  
Mulberry  
Nectarines  
Orange (Valencia)  
Passionfruit  
Peaches  
Pears  
Pineapple  
Plums  
Raspberries  
Strawberries  
Rosemary,  
Watercress

### HERBS

Basil, Chilli, Chives,  
Coriander, Dill, Mint,  
Oregano, Parsley,  
Sage, Thyme,  
Garlic, Rosemary,  
Watercress



## AUTUMN (MAR-MAY)

### VEGGIES

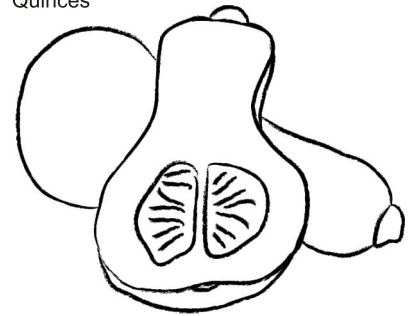
Asparagus  
Avocados  
(Shepard)  
Beans  
Beanshoots  
Beetroot  
Bok Choy  
Broccoli  
Brussel Sprouts  
Cabbage  
Capsicum  
Carrots  
Cauliflower  
Cucumbers  
Eggplant  
Leek  
Lettuces  
Mushrooms  
Onions  
Potatoes  
Pumpkins  
Silverbeet  
Snow Peas  
Spring Onion  
Sweetcorn  
Sweet Potato  
Tomatoes  
Turnips  
Zucchini

### FRUIT

Apples  
Bananas  
Figs  
Grapes  
Kiwifruit  
Lemons  
Figs  
Grapes  
Kiwifruit  
Lemons  
Limes  
Melons (Watermelon)  
Nectarines  
Peaches  
Pears  
Plums  
Quinces

### HERBS

Basil, Chilli, Chives,  
Coriander, Dill, Mint,  
Oregano, Parsley,  
Sage, Thyme, Garlic,  
Ginger, Horseradish



## WINTER (JUN-AUG)

### VEGGIES

Beanshoots  
Beetroot  
Bok Choy  
Broccoli  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celeraic  
Celery  
Fennel  
Leeks  
Mushrooms  
Onions  
Parsnip  
Peas  
Potatoes  
Pumpkin  
Silverbeet  
Spinach

### FRUIT

Apples (Fuji, Gala,  
Golden Delicious,  
Granny Smith,  
Jonathan, Pink  
Lady, Red Delicious)  
Bananas  
Grapefruit  
Kiwifruit  
Lemons  
Limes  
Mandarins  
Oranges (Navel)  
Rhubarb

### HERBS

Garlic, Ginger,  
Horseradish



## SPRING (SEP-NOV)

### VEGGIES

Artichokes  
Asparagus  
Avocadoes (Hass)  
Beanshoots  
Beetroot  
Bok Choy  
Broccoli  
Cabbage  
Cauliflower  
Cucumber  
Fennel  
Leeks  
Mushrooms  
Peas  
Pumpkin  
Rhubarb  
Silverbeet  
Spinach  
Sweetcorn  
Tomatoes

### FRUIT

Apples (Lady  
Williams)  
Bananas  
Grapefruit  
Lemons  
Mandarins  
Mango  
Melons (Honeydew)  
Melons (Rockmelon)  
Melons (Watermelon)  
Oranges (Valencia)  
Strawberries

### HERBS

Chillies, Garlic,  
Ginger, Parsley,  
Basil, Chives,  
Coriander, Dill, Mint,  
Oregano

