



SEASONAL FRUIT AND VEGETABLE CHART

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SUMMER

DECEMBER

FRUIT	VEGGIES
Apricots	Asparagus
Banana	Beans: Green
Blackberries	Beans: Flat
Blueberries	Beans: Butter
Raspberries	Capsicum
Red & White	Celery
Currants	Cucumbers
Strawberries	Eggplant
Cherries	Lettuce
Grapes	Onions
Lychees	Peas
Mangoes	Radish
Melons	Sweetcorn
Nectarines	Spinach
Oranges: Valencia	Tomatoes
Papaya	Watercress
Passionfruit	Zucchini
Papaw	
Peaches	
Pineapple	

JANUARY

FRUIT	VEGGIES
Apricots	Asparagus
Avocados	Beans: Green
Bananas	Beans: Flat
Blackberries	Beans: Butter
Blueberries	Capsicums
Raspberries	Celery
Strawberries	Cucumbers
Cherries	Eggplant
Grapes	Lettuce
Limes	Mushrooms
Lychees	Onions
Mangoes	Okra
Melons	Peas
Nectarines	Potatoes
Oranges: Valencia	Radish
Passionfruit	Sweetcorn
Peaches	Spinach
Pears: Williams	Tomatoes
Pears: Paradise	Zucchini
Pineapple	
Plums	
Rambutans	

FEBRUARY

FRUIT	VEGGIES
Avocados	Beans: Butter
Berries: Blueberries	Beans: Flat
Berries: Raspberries	Beans: Green
Berries: Strawberries	Beans: Snake
Figs	Capsicum
Grapes	Celery
Limes	Chillies
Lychees	Chokos
Mangosteens	Cucumbers
Melons	Eggplant
Nectarines	Lettuce
Oranges: Valencia	Mushrooms
Passionfruit	Onions
Peaches	Okra
Pears: Howell	Peas: Sugar snap
Pears: Williams	Radish
Pineapples	Spinach
Plums	Squash
Prickly Pears	Sweetcorn
Rambutans	Tomatoes

AUTUMN

MARCH

FRUIT	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
	Sweetcorn
	Swiss chard
	Tomatoes
	Witlof
	Zucchini

APRIL

FRUIT	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
Pears	Kale
Passionfruit	Leeks
Persimmons	Mushrooms
	Okra
	Potatoes
	Pumpkin
	Silverbeet
	Spinach
	Swiss chard

MAY

FRUIT	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

WINTER

JUNE

FRUIT	VEGGIES
Apples	Beetroot
Avocados	Broccoli
Banana	Brussels sprouts
Custard apples	Cabbage
Dates	Carrots
Grapefruit	Cauliflower
Kiwifruit	Celeriac
Lemons	Celery
Mandarins	Fennel
Nashi	Jerusalem artichokes
Oranges: Cara Cara	Kale
& Navel	Kohlrabi
Oranges: Navel	Leeks
Passionfruit	Onions
Pears	Parsnips
Pomelo	Potatoes
Quince	Pumpkin
Rhubarb	Radicchio
	Silverbeet
	Spinach
	Swede
	Sweet potato
	Turnips

JULY

FRUIT	VEGGIES
Apples	Beetroot
Avocados	Broccoli
Banana	Brussels sprouts
Custard apples	Cabbage
Dates	Carrots
Grapefruit	Cauliflower
Kiwifruit	Celeriac
Lemons	Celery
Mandarins	Fennel
Nashi	Jerusalem artichokes
Oranges: Blood	Kale
Oranges: Navel	Kohlrabi
Pomelo	Leeks
Rhubarb	Onions
Strawberries	Parsnips
Tangelos	Potatoes
	Pumpkin
	Radicchio
	Silverbeet
	Spinach
	Swede
	Sweet potato
	Turnips
	Witlof

AUGUST

FRUIT	VEGGIES
Apples	Beetroot
Avocados	Broccoli
Banana	Brussels sprouts
Cumquat	Cabbage
Grapefruit	Carrots
Kiwifruit	Cauliflower
Lemons	Celeriac
Mandarins	Celery
Oranges: Blood	Fennel
Oranges: Navel	Jerusalem artichokes
Pomelo	Kale
Rhubarb	Kohlrabi
Strawberries	Leeks
Tangelos	Okra
	Onions
	Parsnips
	Potatoes
	Pumpkin
	Silverbeet
	Spinach
	Swede
	Sweet potato
	Turnips
	Witlof

SPRING

SEPTEMBER

FRUIT	VEGGIES
Apples:	Artichokes:
Lady Williams	Globe
Berries:	Asian greens
Strawberries	Asparagus
Grapefruit	Beans: Broad
Lemons	Beans: Green
Mandarins: Honey	Beetroot
Murcot	Broccoli
Rockmelon	Carrots
Oranges: Blood	Cauliflower
Oranges: Seville	Chillies
Papaw	Garlic, fresh
Papaya	Kale
Pineapples	Lettuce
Pomelo	Mushrooms
Tangelos	Onions: Spring
	Onions:
	Green (Shallots)
	Peas

OCTOBER

FRUIT	VEGGIES
Apples	Artichokes:
Avocados	Globe
Bananas	Asian greens
Custard apples	Asparagus
Dates	Beans: Broad
Dragon Fruit	Beans: Green
Finger limes	Beetroot
Grapes	Cucumber
Guava	Chillies
Kiwifruit	Fennel
Limes	Garlic, fresh
Mandarins: Imperial	Kale
Nashi	Lettuce
Pears	Mushrooms
Passionfruit	Onions: Spring
Persimmons	Onions:
	Green (Shallots)
	Peas
	Potatoes
	Silverbeet
	Spinach
	Watercress

NOVEMBER

FRUIT	VEGGIES
Avocados	Artichokes:
Banana	Globe
Blueberries	Asian greens
Cherries	Asparagus
Grapefruit	Beans: Green
Loquats	Cucumber
Mangoes	Chillies
Melons	Onions: Spring
Mulberries	Onions: Green
Oranges: Valencia	(Shallots)
Papaw	Peas
Papaya	Potatoes
Passionfruit	Silverbeet
Pineapples	Spinach
Youngberries	Sweetcorn
	Tomatoes
	Watercress
	Zucchini
	Zucchini flowers