

SUMMER

DECEMBER

Fruits	Veggies
Apricots	Asian Greens
Avocado	Asparagus
Banana	Baby fennel
Blackberries	Beans: Green
Blueberries	Beans: Flat
Raspberries	Beans: Butter
Red Currants	Chillies
White Currants	Capsicum
Strawberries	Cucumbers
Cherries	Eggplant
Grapes	Lettuce
Lychees	Mushrooms
Mangoes	Onions
Melons	Peas
Nectarines	Potatoes
Oranges: Valencia	Silverbeet
Papaya	Spinach
Papaw	Sweetcorn
Passionfruit	Tomatoes
Peaches	Watercress
Pineapple	Zucchini
Plum	Zucchini flowers

JANUARY

Fruits	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	Spinach
Peaches	Sweetcorn
Pears: Williams	Tomatoes
Pears: Paradise	Zucchini
Pineapple	
Plums	
Rambutans	

FEBRUARY

Fruits	Veggies
Achacha	Asian Greens
Avocados	Beans: Butter
Banana	Beans: Flat
Blueberries	Beans: Green
Raspberries	Beans: Snake
Strawberries	Capsicum
DragonFruit	Celery
Figs	Chillies
Grapes	Choko
Limes	Cucumbers
Lychees	Eggplants
Mangoes	Lettuce
Melons	Mushrooms
Nectarines	Onions
Oranges: Valencia	Okra
Passionfruit	Peas: Sugar snap
Peaches	Radish
Pears: Williams	Spinach
Pineapples	Squash
Plums	Sweetcorn
Prickly Pears	Tomatoes
Rambutans	Zucchini

WINTER

JUNE

Fruits

Apples
 Avocados
 Banana
 Custard apples
 Dates
 Grapefruit
 Kiwifruit
 Lemons
 Mandarins
 Nashi
 Oranges:Navels
 Oranges:Cara
 Cara Navel
 Pears:Beurru Bosc
 Pears:Corella
 Pears:Packham
 Passionfruit
 Pears
 Persimmons
 Pomegranates
 Pomelo
 Quince
 Rhubarb

Veggies

Beans
 Beetroot
 Broccoli
 Brussels sprouts
 Cabbage
 Cauliflower
 Celeriac
 Celery
 Chestnuts
 Eggplant
 Eschalots
 Fennel
 Jerusalem
 artichokes
 Kale
 Kohlrabi
 Mushrooms
 Onions
 Parsnips
 Potatoes
 Pumpkins
 Silverbeet
 Swede
 Sweet potato
 Swiss Chard
 Turnips

JULY

Fruits

Apples
 Avocados
 Banana
 Corella
 Custard apples
 Dates
 Grapefruit
 Kiwifruit
 Lemons
 Mandarins
 Nashi
 Oranges:Blood
 oranges
 Oranges: Cara
 Cara Navel
 Oranges:Navels
 Pomelo
 Pears
 Pomegranate
 Quince
 Rhubarb
 Strawberries
 Tangelo

Veggies

Beetroot
 Broccoli
 Brussels sprouts
 Cabbage
 Carrots
 Cauliflower
 Celeriac
 Celery
 Chestnuts
 Eggplants
 Fennel
 Jerusalem
 artichoke
 Kale
 Kohlrabi
 Leeks
 Mushrooms
 Onions
 Parsnips
 Potatoes
 Pumpkins
 Raddichio
 Silverbeet
 Spinach
 Swede
 Swiss Chard
 Turnips

AUGUST

Fruits

Apples
 Avocados
 Banana
 Blueberries
 Cumquat
 Dates
 Grapefruit
 Kiwifruit
 Lemons
 Mandarins
 Nashi
 Oranges:Blood
 Oranges:Navels
 Oranges:Cara
 Cara
 Pears:Beurru Bosc
 Pears:Corella
 Pears:Packham
 Pomelo
 Strawberries
 Rhubarb
 Tangelo

Veggies

Beetroot
 Broccoli
 Brussels sprouts
 Cabbage
 Capsicum
 Carrots
 Cauliflower
 Celeriac
 Celery
 Eggplant
 Eschalots
 Fennel
 Jerusalem
 artichokes
 Kale
 Kohlrabi
 Leeks
 Mushrooms
 Onions
 Parsnips
 Potatoes
 Pumpkins
 Radicchio
 Silverbeet
 Swede
 Sweet potato
 Swiss Chard
 Turnips

AUTUMN

MARCH

Fruits	Veggies
Apples	Asian greens
Avocados	Beans: Strawberries
Banana	Capsicums
Berries	Chestnuts
Custard apples	Cucumbers
Dragon Fruit	Eggplants
Figs	Eschallots
Finger limes	Garlic
Grapes	Kale
Guava	Lettuce
Kiwifruit	Mushrooms
Limes	Okra
Mangosteen	Onions
Melons	Potatoes
Nectarines	Pumpkin
Oranges: Valencia	Squash
Passionfruit	Sweetcorn
Papaw	Tomatoes
Peaches	Witlof
Pears	Zucchini
Plums	
Pomegranates	
Prickly Pears	
Quince	
Rambutans	
Tamarillo	

APRIL

Fruits	Veggies
Apples	Asian greens
Avocados	Beans
Banana	Broccoli
Custard apples	Cabbage
Dates	Capsicum
Dragonfruit	Cauliflower
Figs	Chestnuts
Finger limes	Eggplants
Grapes	Eschallots
Guava	Fennel
Kiwifruit	Kale
Limes	Leeks
Mandarins- Imperial	Mushrooms
Nashi	Onions
Oranges	Okra
Passionfruit	Parsnips
Pears	Potatoes
Persimmons	Pumpkins
Plums	Silverbeet
Pomegranates	Spinach
Quince	Squash
Tamarillo	Swiss Chard
	Turnips
	Watercress

MAY

Fruits	Veggies
Apples	Asian Leafy greens
Avocados	Beans
Banana	Broccoli
Custard apples	Brussels sprouts
Dates	Cabbage
Finger limes	Cauliflower
Feijoa	Celery
Grapes	Celeriac
Guava	Chestnuts
Kiwifruit	Eggplant
Lemons	Eschallots
Limes	Fennel
Mangosteen	Kale
Mandarins: Imperial	Mushrooms
Nashi	Okra
Oranges: Navel	Olives
Pears: Beurru	Onions- Cipollini
Boosc	Parsnips
Pears: Corella	Potatoes
Pears: Packham	Pumpkins
Pears: Williams	Swiss Chard
Persimmons	Turnips
Pomegranates	
Quinces	
Rhubarb	

SPRING

SEPTEMBER

Fruits	Veggies
Apples: Lady Williams	Asian greens
Berries:	Asparagus
Strawberries	Beans: Broad
Grapefruit	Beans: Green
Lemons	Beetroot
Mandarins: Honey	Broccoli
Murcot	Carrots
Mangoes	Cauliflower
Oranges: Blood	Chillies
Papaya	Fennel
Papaw	Garlic, fresh
Pineapples	Globe Artichokes
Pomelo	Kale
Tangelos	Lettuce
	Mushrooms
	Onions: Spring
	Onions: Green
	(Shallots)
	Peas: Green
	Potatoes
	Silverbeet
	Spinach

OCTOBER

Fruits	Veggies
Avocados	Artichokes
Banana	Asian greens
Berries:Blueberries	Asparagus
Berries:Strawberries	Beans: Broad
Grapefruit	Beans: Green
Lemons	Beetroot
Mandarins	Broccoli
Mangoes	Brocolini
Oranges:Valencia	Carrots
Papaya	Chillies
Papaw	Cucumber
Passionfruit	Eggplant
Pineapple	Fennel
Pomelo	Garlic, fresh
Tangelo	Artichokes: Globe
	Kale
	Lettuce
	Mushrooms
	Onions: Spring
	Onions: Green
	Peas
	Potatoes
	Silverbeet
	Watercress
	Zucchini

NOVEMBER

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