

SEASONAL FRUITS

AUTUMN	WINTER	SPRING	SUMMER
Grapes	Grapefruit	Avocados	Apricots
Kiwifruit	Kiwifruit	Bananas	Avocados
Mandarins	Limes	Limes	Bananas
Rockmelon Melon	Mandarins	Mango	Cherries
Watermelon	Honeydew Melon	Honeydew Melon	Grapes
Nectarines	Orange	Mulberries	Mandarins
Olives		Orange	Mango
Passionfruit		Passionfruit	Rockmelon Melon
Pears		Strawberries	Watermelon
			Nectarines
			Peaches
			Passionfruit
			Plums
			Strawberries

SEASONAL VEG

AUTUMN	WINTER	SPRING	SUMMER
Artichoke	Leek	Artichoke	Beetroot
Beetroot	Lettuce	Asparagus	Broccoli
Broccoli	Parsnips	Broad beans	Cabbage
Cabbage	Peas	Broccoli	Capsicum
Capsicum	Potatoes	Brussel Sprouts	Carrots
Carrots	Radish	Cabbage	Celery
Cauliflower	Spinach	Carrots	Chilli
Celery		Cauliflower	Cucumber
Chilli		Celery	Lettuce
Cucumber		Garlic	Onion
Eggplant		Lettuce	Parsnips
Kale		Onion	Peas
Lettuce		Parsnips	Potatoes
Onion		Peas	Pumpkin

SEASONAL VEG

AUTUMN	WINTER	SPRING	SUMMER
Parsnips		Potatoes	Radish
Peas		Pumpkin	Spring onion
Potatoes		Radish	Corn
Radish		Spinach	Tomato
Spring onion		Spring onion	Zucchini
Corn		Zucchini	
Sweet potato			
Tomato			
Zucchini			