

Seasonal Fruit & Veg Guide



Spring

FRUIT

- Banana
- Berries
- Grapefruit
- Lemon
- Limes
- Mandarins
- Strawberries

VEG

- Artichoke
- Asparagus
- Beans
- Broad beans
- Beetroot
- Broccoli
- Capsicum
- Carrots
- Cauliflower
- Chillies
- Cucumber
- Leek
- Lettuce
- Onion
- Parsley
- Parsnip
- Peas
- Potatoes
- Rhubarb
- Silverbeet
- Spinach
- Spring onion
- Squash
- Zucchini

Summer

FRUIT

- Apricots
- Bananas
- Berries
- Cherries
- Figs
- Grapefruit
- Grapes
- Melons
- Oranges
- Peaches
- Pears
- Plums
- Strawberries

VEG

- Basil
- Beans
- Beetroot
- Capsicum
- Carrots
- Chillies
- Corn
- Cucumber
- Eggplant
- Leek
- Lettuce
- Onion
- Parsley
- Parsnip
- Peas
- Potatoes
- Rhubarb
- Silverbeet
- Spring onion
- Squash
- Tomatoes
- Zucchini

Autumn

FRUIT

- Apples
- Banana
- Figs
- Grapefruit
- Grapes
- Mandarins
- Melons
- Oranges
- Pears
- Strawberries

VEG

- Beans
- Beetroot
- Brussel sprouts
- Cabbage
- Capsicum
- Carrots
- Cauliflower
- Chillies
- Corn
- Cucumber
- Eggplant
- Leek
- Lettuce
- Onion
- Parsley
- Peas
- Potatoes
- Rhubarb
- Silverbeet
- Spinach
- Spring onion
- Squash
- Sweet potatoes
- Tomatoes
- Zucchini

Winter

FRUIT

- Apples
- Banana
- Grapefruit
- Kiwifruit
- Lemon
- Limes
- Mandarins
- Oranges
- Pears

VEG

- Artichoke
- Broad beans
- Beetroot
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Leek
- Lettuce
- Onion
- Parsley
- Parsnip
- Potatoes
- Rhubarb
- Silverbeet
- Spinach
- Spring onion
- Turnips

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