

WHAT'S IN SEASON



Below is a list of Australian organic fruit and vegetables which, providing weather conditions are favourable, should be in season and available for you to purchase throughout the year.

February – Summer

- Avocados
- Beans
- Berries:
 - blueberries
 - raspberries
 - strawberries
- Capsicums
- Celery
- Chillies
- Cucumbers
- Eggplant
- Figs
- Grapes
- Lettuce
- Limes
- Lychees
- Mangosteens
- Melons
- Nectarines
- Oranges
- Passionfruit
- Peaches
- Pears
- Pineapples
- Peas
- Squash
- Sweet corn
- Tomatoes
- Zucchini

March – Autumn

- Apples
- Asian greens
- Bananas
- Beans
- Broccoli
- Capsicums
- Cucumbers
- Eggplant
- Figs
- Grapes
- Guava
- Kiwifruit
- Lettuce
- Limes
- Mangosteens
- Oranges
- Papaw
- Passionfruit
- Pears
- Potatoes
- Pumpkin
- Sweetcorn
- Tomatoes
- Zucchini

April – Autumn

- Apples
- Asian greens
- Avocados
- Bananas
- Beans
- Broccoli
- Brussels sprouts
- Cabbages
- Capsicums
- Cauliflower
- Custard apples
- Fennel
- Kiwifruit
- Leeks
- Limes
- Mandarins
- Pears
- Passionfruit
- Potatoes
- Pumpkins
- Silverbeet
- Spinach
- Turnips

WHAT'S IN SEASON



May – Autumn

- Apples
- Asian greens
- Avocados
- Broccoli
- Brussels sprouts
- Cabbages
- Carrots
- Cauliflower
- Celery
- Custard apples
- Fennel
- Ginger
- Kiwifruit
- Leeks
- Lemons
- Mandarins
- Oranges
- Parsnips
- Pears
- Rhubarb
- Silverbeet
- Spinach
- Sweet potatoes

June – Winter

- Apples
- Avocados
- Banana
- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Custard apples
- Fennel
- Kiwifruit
- Leeks
- Lemons
- Mandarins
- Olives
- Onions
- Oranges
- Passionfruit
- Pears
- Potatoes
- Pumpkin
- Rhubarb
- Silverbeet
- Spinach
- Sweet potato

July – Winter

- Apples
- Avocados
- Banana
- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Custard apples
- Fennel
- Grapefruit
- Kiwifruit
- Leeks
- Lemons
- Mandarins
- Olives
- Onions
- Oranges
- Parsnips
- Potatoes
- Pumpkin
- Rhubarb
- Silverbeet
- Strawberries
- Tangelos

WHAT'S IN SEASON



August – Winter

- Apples
- Banana
- Beetroot
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Kumquat
- Fennel
- Grapefruit
- Kiwifruit
- Leeks
- Lemons
- Mandarins
- Onions
- Oranges
- Parsnips
- Potatoes
- Pumpkin
- Silverbeet
- Spinach
- Strawberries

September – Spring

- Apples
- Asian greens
- Asparagus
- Beans
- Beetroot
- Berries
- Broccoli
- Carrots
- Cauliflower
- Chillies
- Garlic
- Grapefruit
- Lemons
- Lettuce
- Mandarins
- Onions
- Oranges
- Papaw
- Papaya
- Peas
- Pineapples
- Potatoes
- Rockmelon
- Silverbeet
- Spinach

October – Spring

- Asian greens
- Asparagus
- Avocados
- Bananas
- Beans
- Beetroot
- Berries
- Cucumber
- Chillies
- Garlic
- Grapefruit
- Lettuce
- Mangoes
- Melons
- Onions
- Oranges
- Papaw
- Passionfruit
- Peas
- Pineapples
- Potatoes
- Silverbeet
- Spinach
- Zucchini

WHAT'S IN SEASON



November – Spring

- Asian greens
- Asparagus
- Avocados
- Bananas
- Beans
- Berries
- Cherries
- Chillies
- Cucumber
- Grapefruit
- Lettuce
- Mangoes
- Melons
- Onions
- Oranges
- Papaw
- Passionfruit
- Peas
- Pineapples
- Potatoes
- Silverbeet
- Spinach
- Sweetcorn
- Tomatoes
- Zucchini

December – Summer

- Apricots
- Asparagus
- Bananas
- Beans
- Berries
- Capsicum
- Celery
- Cherries
- Cucumbers
- Eggplant
- Grapes
- Lettuce
- Lychees
- Mangoes
- Melons
- Nectarines
- Onions
- Oranges
- Passionfruit
- Pawpaw
- Peaches
- Peas
- Pineapple
- Sweetcorn
- Tomatoes
- Zucchini