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Spring (September – November)				Summer (December – February)				
fruit	apple*	cumquat	lychee	pineapple	apple*	currants	mango	rambutan
	avocado	grapefruit	mandarin*	rhubarb	apricot	fig	mulberries	raspberries
	banana	honeydew	mango	strawberries	banana	grapefruit	nectarine	rhubarb
	blueberries (start of Nov.)	kiwi fruit	mulberries	starfruit	blackberries	grapes	orange*	strawberries
	cantaloupe	lemon	orange*	tangelo	blueberries	honeydew	passionfruit	tamarillo
	cherry	lime	papaya	watermelon	boysenberries	lemon	peach	watermelon
		loquat	pepino		cantaloupe	loganberries	plum	
					cherries	lychee	pineapple	
vegetables	artichoke*	cabbage	onion	tomato	asparagus	corn	onion, spring	tomato
	asian greens*	carrot	onion, spring	watercress	avocado	cucumber	peas	watercress
	asparagus	cauliflower	parsnip	zucchini	beans*	daikon	peas, snow	zucchini
	avocado	celery	potato		beetroot	eggplant	peas,	zucchini flower
	beans*	fennel	radish		cabbage	leek	sugar snap	
	beetroot	kale	shallot		capsicum	lettuce	radish	
	broccoli	leek	silverbeet		carrot	okra	shallot	
	brussels	lettuce	spinach		celery	onion	silverbeet	
	sprouts	mushrooms	squash				squash	
herbs and spices		basil	chilli	dill	lime, kaffir (leaves)	mint	oregano	sage
		basil, thai	chives	garlic	lemongrass	mint, apple	parsley	tarragon
		chervil	coriander	ginger		mint, viet.	rosemary	thyme
apple* lady william artichoke* globe, jerusalem asian greens* bok choy, choy sum, gai laan, wombok beans* broad, green mandarin* ellendale, imperial, murcot orange* blood, seville, valencia				apple* gravenstein beans* butter, green orange* valencia pears* bartlett, william				



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Autumn (March – May)								Winter (June – August)			
fruit	avocado	custard apple	guava	mango	passionfruit	pomegranate	rhubarb	apple*	grapefruit	nashi	quince
	apple*	feijoa	kiwi fruit	mangosteen	peach	prickly pear	strawberries	avocado	kiwi fruit	orange*	rhubarb
	blackberries	fig	lemon	nashi	pear*	quince	tamarillo	cumquat	lemon	pear*	tamarillo
	banana	grapefruit	lime	orange*	persimmon	rambutan		custard apple	lime	persimmon	tangelo
	cumquat	grapes	mandarin*	papaya	plum	raspberries		feijoa	mandarin*	pineapple	
vegetables	artichoke*	brussels	celery	fennel	onion, spring	shallot	tomato	asian greens*	cauliflower	mushrooms	shallot
	asian greens*	sprouts	choko	leek	parsnip	silverbeet	turnip	avocado	celeriac	okra	silverbeet
	avocado	cabbage	corn	lettuce	peas	spinach	watercress	beetroot	celery	onion	spinach
	beans*	capsicum	cucumber	mushrooms*	potato	squash	witlof	broccoli	chokos	onion, spring	swede
	beetroot	carrot	daikon	okra	pumpkin	swede	zucchini	broccolini	fennel	parsnip	sweet potato
	broccoli	cauliflower	eggplant	onion	radish	sweet potato		beans, broad	horseradish	peas	turnip
herbs and spices	basil	chives	garlic	lemongrass	mint	rosemary	thyme	ginger	dill	mint	parsley
	chervil	coriander	ginger	lime, kaffir (leaves)	oregano	sage		coriander	garlic	oregano	rosemary
	chilli	dill			parsley	tarragon					
<p>apple* aba, bonza, braeburn, cox's orange pippins, fuji, gala, golden delicious, granny smith, jonagold, jonathan, mutso, pink lady, red delicious, snow, sundowner</p> <p>artichoke* jerusalem</p> <p>asian greens* bok choy, choy sum, gai laan, wombok</p> <p>beans* borlotti, butter, green</p> <p>mandarin* imperial</p>				<p>mushrooms* field, pine, slippery jacks</p> <p>orange* navel, valencia</p> <p>pear* beurre bosc, howell, josephine, packham, red sensation, williams</p>				<p>apple* bonza, braeburn, cox's orange pippins, fuji, gala, golden delicious, granny smith, jonagold, jonathan, lady williams, mutso, pink lady, red delicious, snow, sundowner</p> <p>asian greens* bok choy, choy sum, gai laan, wombok</p> <p>mandarin* ellendale, imperial, murcot</p> <p>orange* blood, navel, seville</p> <p>pear* beurre, bosc, josephine, packham</p>			

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