

Buy at the right time for maximum flavour and value for money

Buying fruit and veg in season is much cheaper than other times of year. It's better quality and tastes better too. Use this guide to help you plan the best bang for your fruit and veg bucks!



WINTER

June, July & August

FRUIT

Apple (Red Delicious, Granny Smith), Avocado, Custard Apple, Grapefruit, Kiwifruit, Lemon, Lime, Mandarin, Melon (Honeydew), Nashi, Orange (Navel), Passionfruit, Pear, Rhubarb

VEGETABLES

Artichoke (Jerusalem), Beans (Green), Beetroot, Bok Choy (Pak Choy), Broccoli, Brussels Sprouts, Cabbage (Chinese), Capsicum, Carrot, Cauliflower, Celery, Eggplant, Leek, Lettuce, Mushroom, Onion, Parsnip, Peas (Snow, Sugarsnap), Potato, Pumpkin, Silverbeet, Spinach, Swedes, Sweet Potato, Tomato, Zucchini



SUMMER

December, January & February

FRUIT

Apricot, Banana, Blueberry, Blackberry, Cherry, Fig, Grapes, Grapefruit, Lychee, Mango, Melon, Nectarine, Orange (Valencia), Passionfruit, Pawpaw, Pear, Peach, Pineapple, Plum, Raspberry, Strawberry

VEGETABLES

Asparagus, Beans (Green, Butter, Snake), Beetroot, Bok Choy, Cabbage, Capsicum, Celery, Cucumber, Eggplant, Leek, Lettuce/Salad Mix, Mushroom, Onion, Peas (Sugarsnap, Snow), Potato, Radish, Rhubarb, Shallots, Spinach, Squash, Sweetcorn, Tomato, Zucchini



SPRING

September, October & November

FRUIT

Apple (Lady Williams, Red Delicious), Avocado, Grapefruit, Lemon, Mandarin, Melon (Rockmelon), Orange (Blood, Seville, Valencia), Pawpaw, Pineapple, Strawberries

VEGETABLES

Artichoke (Globe), Asian Greens, Asparagus, Beans (Green, Broad), Beetroot, Broccoli, Cabbage (Chinese), Carrot, Cauliflower, Garlic, Leek, Lettuce/Salad mix, Mushrooms, Onion, Peas (Garden, Sugarsnap), Pumpkin, Potato, Silverbeet, Spinach, Tomato, Zucchini

AUTUMN

March, April & May

FRUIT

Apple (Red Delicious, Granny Smith), Avocado, Banana, Custard Apple, Fig, Grapes, Grapefruit, Kiwifruit, Mandarin (Imperial), Melon, Nashi, Orange (Valencia), Passionfruit, Pear, Plum, Persimmon

VEGETABLES

Asian Greens, Beans (Green), Beetroot, Broccoli, Cabbage, Capsicum, Carrot, Cauliflower, Celery, Cucumber, Eggplant, Leek, Lettuce/Salad Mix, Mushroom, Onion, Peas (Snow), Potato, Pumpkin, Shallots, Spinach, Sweetcorn, Tomato, Turnip, Zucchini