



Fruitique
WHOLESALE

Spring Seasonal Guide

SEPTEMBER		OCTOBER		NOVEMBER	
FRUIT	VEGGIES	FRUIT	VEGGIES	FRUIT	VEGGIES
Apples: Lady Williams	Artichokes: Globe	Avocados	Artichokes: Globe	Avocados	Artichokes: Globe
Berries: Strawberries	Asian greens	Banana	Asian greens	Banana	Asian greens
Grapefruit	Asparagus	Blueberries	Asparagus	Blueberries	Asparagus
Lemons	Beans: Broad	Grapefruit	Beans: Broad	Cherries	Beans: Green
Mandarins: Honey Murcot	Beans: Green	Mangoes	Beans: Green	Grapefruit	Cucumber
Rockmelon	Beetroot	Melons	Beetroot	Loquats	Chillies
Oranges: Blood	Broccoli	Oranges: Valencia	Cucumber	Mangoes	Onions: Spring
Oranges: Seville	Carrots	Papaw	Chillies	Melons	Onions: Green (Shallots)
Papaw	Cauliflower	Papaya	Fennel	Mulberries	Peas
Papaya	Chillies	Passionfruit	Garlic, fresh	Oranges: Valencia	Potatoes
Pineapples	Garlic, fresh	Pineapples	Kale	Papaw	Silverbeet
Pomelo	Kale	Pomelo	Lettuce	Papaya	Spinach
Tangelos	Lettuce	Strawberries	Mushrooms	Passionfruit	Sweetcorn
	Mushrooms	Tangelos	Onions: Spring	Pineapples	Tomatoes
	Onions: Spring		Onions: Green (Shallots)	Youngberries	Watercress
	Onions: Green (Shallots)		Peas		Zucchini
	Peas		Potatoes		Zucchini flowers
	Potatoes		Silverbeet		
	Silverbeet		Spinach		
	Spinach		Watercress		
			Zucchini		