



Summer Seasonal Guide

DECEMBER		JANUARY		FEBRUARY	
FRUIT	VEGGIES	FRUIT	VEGGIES	FRUIT	VEGGIES
Apricots	Asparagus	Apricots	Asparagus	Avocados	Beans: Butter
Banana	Beans: Green	Avocados	Beans: Green	Berries: Blueberries	Beans: Flat
Berries: Blackberries	Beans: Flat	Bananas	Beans: Flat	Berries: Raspberries	Beans: Green
Berries: Blueberries	Beans: Butter	Blackberries	Beans: Butter	Berries: Strawberries	Beans: Snake
Berries: Raspberries	Capsicum	Blueberries	Capsicums	Figs	Capsicum
Berries: Red & White Currants	Celery	Raspberries	Celery	Grapes	Celery
Berries: Strawberries	Cucumbers	Strawberries	Cucumbers	Limes	Chillies
Cherries	Eggplant	Cherries	Eggplant	Lychees	Chokos
Grapes	Lettuce	Grapes	Lettuce	Mangosteens	Cucumbers
Lychees	Mushrooms	Limes	Mushrooms	Melons	Eggplant
Mangoes	Onions	Lychees	Onions	Nectarines	Lettuce
Melons	Peas	Mangoes	Okra	Oranges: Valencia	Onions
Nectarines	Radish	Melons	Peas	Passionfruit	Okra
Oranges: Valencia	Sweetcorn	Nectarines	Potatoes	Peaches	Peas: Sugar snap
Papaya	Spinach	Oranges: Valencia	Radish	Pears: Howell	Radish
Passionfruit	Tomatoes	Passionfruit	Sweetcorn	Pears: Williams	Spinach
Papaw	Watercress	Peaches	Spinach	Pineapples	Squash
Peaches	Zucchini	Pears: Williams	Tomatoes	Plums	Sweetcorn
Pineapple		Pears: Paradise	Zucchini	Prickly Pears	Tomatoes
		Pineapple		Rambutans	Zucchini
		Plums			
		Rambutans			