

# SEASONAL PRODUCE GUIDE

A guide to produce  
seasonally available in  
Victoria & Australia,  
by Sustainable Table

## AUTUMN

March — May

FRUIT	VEGETABLES	HERBS & SPICES
avocado	artichokes*	potato
apple*	asian greens*	pumpkin
blackberries	avocado	shallot
banana	beans*	silverbeet
cumquat	beetroot	spinach
custard apple	broccoli	squash
feijoa	brussels sprouts	swede
fig	cabbage	sweet potato
grapefruit	capsicum	tomato
grapes	carrot	turnip
guava	cauliflower	watercress
kiwi fruit	celery	witlof
lemon	corn	zucchini
lime	cucumber	
mandarin*	daikon	
mango	eggplant	
mangosteen	fennel	
nashi	leek	
orange*	lettuce	
papaya	mushrooms*	
passionfruit	okra	
peach	onion	
pear*	onion, spring	
persimmon	parsnip	
plum		
pomegranate		
prickly pear		
quince		
rambutan		
raspberries		
rhubarb		
strawberries		
tamarillo		

\*apple abas, bonza, braeburn, cox's orange pippins, fuji, gala, golden delicious, granny smith, jonagold, jonathan, mutso, pink lady, red delicious, snow, sundowner, \*artichoke jerusalem, \*asian greens bok choy, choy sum, gai laan, wombok \*beans borlotti, butter, green, \*mandarin imperial, \*mushrooms field, pine, slippery jacks, \*orange navel, valencia \*pear beurre bosc, howell, josephine, packham, red sensation, williams

## WINTER

June — August

FRUIT	VEGETABLES	HERBS & SPICES
apple*	asian greens*	onion
avocado	avocado	onion, spring
cumquat	broccoli	parsnip
custard apple	broccolini	potato
feijoa	beans, broad	pumpkin
grapefruit	brussels sprouts	radish
kiwi fruit	cabbage	shallot
lemon	capsicum	silverbeet
lime	carrot	spinach
mandarin*	cauliflower	swede
nashi	celeriac	sweet potato
orange*	celery	turnip
pear*	cucumbers	
persimmon	eggplants	
pineapple	fennel	
quince	horseradish	
rhubarb	kale	
tamarillo	kohlrabi	
tangelo	leek	
	mushrooms	
	okra	

\*apple bonza, braeburn, cox's orange pippins, fuji, gala, golden delicious, granny smith, jonagold, jonathan, lady williams, mutso, pink lady, red delicious, snow, sundowner, \*asian greens bok choy, choy sum, gai laan, wombok \*mandarin ellendale, imperial, murcot, \*orange blood, navel, seville, \*pear beurre bosc, josephine, packham

## SPRING

September — November

FRUIT	VEGETABLES	HERBS & SPICES
apple*	artichoke*	basil
asparagus	asian greens*	chervil
avocado	avocado	chilli
banana	beans*	chives
blueberries	beetroot	coriander
(start of Nov.)	broccoli	dill
cantaloupe	brussels sprouts	garlic
cherry	cabbage	ginger
cumquat	carrot	lime, kaffir (leaves)
grapefruit	cauliflower	lemongrass
honeydew	celery	mint
lemon	choko	oregano
lime	corn	parsley
loquat	daikon	rosemary
lychee	eggplant	sage
mandarin*	fennel	tarragon
mango	leek	thyme
mulberries	lettuce	
orange*	mushrooms*	
papaya	okra	
pepino	onion	
pineapple	onion, spring	
rhubarb	parsnip	
strawberries	peas	
starfruit	potato	
tangelo	pumpkin	
watermelon	radish	

\*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

## SUMMER

December — February

FRUIT	VEGETABLES	HERBS & SPICES
apple*	asparagus	basil
apricot	avocado	basil, thai
banana	beans*	chervil
blackberries	beetroot	chilli
blueberries	cabbage	chives
boysenberries	capsicum	coriander
cantaloupe	carrot	dill
cherries	celery	garlic
currants	corn	ginger
fig	cucumber	lime, makrut (leaves)
grapefruit	daikon	lemongrass
grapes	eggplant	mint
honeydew	leek	mint, apple
lemon	lettuce	mint, vietnamese
loganberries	okra	oregano
lychee	onion	parsley
mango	onion, spring	rosemary
mulberries	peas	sage
nectarine	peas, snow	tarragon
orange*	peas, sugar snap	thyme
passionfruit	potato	
peach	radish	
pear*	shallot	
plum	silverbeet	
pineapple	squash	
rambutan	tomato	
raspberries	watercress	
rhubarb	zucchini	
strawberries	zucchini flower	
tamarillo		
watermelon		

\*apple gravenstein, \*beans butter, green, \*orange valencia, \*pears bartlett, william