

# - SUMMER -

## DECEMBER

## JANUARY

## FEBRUARY

FRUITS	VEGGIES	FRUITS	VEGGIES	FRUITS	VEGGIES
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|--|--|
| <ul style="list-style-type: none"> <li>Apricots</li> <li>Banana</li> <li>Blackberries</li> <li>Blueberries</li> <li>Raspberries</li> <li>Red &amp; White Currants</li> <li>Strawberries</li> <li>Cherries</li> <li>Grapes</li> <li>Lychees</li> <li>Mangoes</li> <li>Melons</li> <li>Nectarines</li> <li>Oranges: Valencia</li> <li>Papaya</li> <li>Passionfruit</li> <li>Papaw</li> <li>Peaches</li> <li>Pineapple</li> </ul> | <ul style="list-style-type: none"> <li>Asparagus</li> <li>Beans: Green</li> <li>Beans: Flat</li> <li>Beans: Butter</li> <li>Capsicum</li> <li>Celery</li> <li>Cucumbers</li> <li>Eggplant</li> <li>Lettuce</li> <li>Mushrooms</li> <li>Onions</li> <li>Peas</li> <li>Radish</li> <li>Spinach</li> <li>Sweetcorn</li> <li>Tomatoes</li> <li>Watercress</li> <li>Zucchini</li> </ul> |
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| <ul style="list-style-type: none"> <li>Apricots</li> <li>Avocados</li> <li>Bananas</li> <li>Blackberries</li> <li>Blueberries</li> <li>Raspberries</li> <li>Strawberries</li> <li>Cherries</li> <li>Grapes</li> <li>Limes</li> <li>Lychees</li> <li>Mangoes</li> <li>Melons</li> <li>Nectarines</li> <li>Oranges: Valencia</li> <li>Passionfruit</li> <li>Peaches</li> <li>Pears: Williams</li> <li>Pears: Paradise</li> <li>Pineapple</li> <li>Plums</li> <li>Rambutans</li> </ul> | <ul style="list-style-type: none"> <li>Asparagus</li> <li>Beans: Green</li> <li>Beans: Flat</li> <li>Beans: Butter</li> <li>Capsicums</li> <li>Celery</li> <li>Cucumbers</li> <li>Eggplant</li> <li>Lettuce</li> <li>Mushrooms</li> <li>Onions</li> <li>Okra</li> <li>Peas</li> <li>Potatoes</li> <li>Radish</li> <li>Spinach</li> <li>Sweetcorn</li> <li>Tomatoes</li> <li>Zucchini</li> </ul> |
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| <ul style="list-style-type: none"> <li>Avocados</li> <li>Blueberries</li> <li>Raspberries</li> <li>Strawberries</li> <li>Figs</li> <li>Grapes</li> <li>Limes</li> <li>Lychees</li> <li>Mangoes</li> <li>Mangosteens</li> <li>Melons</li> <li>Nectarines</li> <li>Oranges: Valencia</li> <li>Passionfruit</li> <li>Peaches</li> <li>Pears: Williams</li> <li>Pineapples</li> <li>Plums</li> <li>Prickly Pears</li> <li>Rambutans</li> </ul> | <ul style="list-style-type: none"> <li>Beans: Butter</li> <li>Beans: Flat</li> <li>Beans: Green</li> <li>Beans: Snake</li> <li>Capsicum</li> <li>Celery</li> <li>Chillies</li> <li>Chokos</li> <li>Cucumbers</li> <li>Eggplant</li> <li>Lettuce</li> <li>Mushrooms</li> <li>Onions</li> <li>Okra</li> <li>Peas: Sugar snap</li> <li>Radish</li> <li>Spinach</li> <li>Squash</li> <li>Sweetcorn</li> <li>Tomatoes</li> <li>Zucchini</li> </ul> |
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# - WINTER -

## JUNE

## JULY

## AUGUST

FRUITS	VEGGIES	FRUITS	VEGGIES	FRUITS	VEGGIES
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|--------------------------|----------------------|
| Apples                   | Beetroot             |
| Avocados                 | Broccoli             |
| Banana                   | Brussels sprouts     |
| Custard apples           | Cabbage              |
| Dates                    | Carrots              |
| Grapefruit               | Cauliflower          |
| Kiwifruit                | Celeriac             |
| Lemons                   | Celery               |
| Mandarins                | Fennel               |
| Nashi                    | Jerusalem artichokes |
| Oranges: Cara Cara Navel | Kale                 |
| Oranges: Navel           | Kohlrabi             |
| Passionfruit             | Leeks                |
| Pears                    | Onions               |
| Pomelo                   | Parsnips             |
| Quince                   | Potatoes             |
| Rhubarb                  | Pumpkin              |
|                          | Radicchio            |
|                          | Silverbeet           |
|                          | Spinach              |
|                          | Swede                |
|                          | Sweet potato         |
|                          | Turnips              |

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|--------------------------|----------------------|
| Apples                   | Beetroot             |
| Avocados                 | Broccoli             |
| Banana                   | Brussels sprouts     |
| Custard apples           | Cabbage              |
| Dates                    | Carrots              |
| Grapefruit               | Cauliflower          |
| Kiwifruit                | Celeriac             |
| Lemons                   | Celery               |
| Mandarins                | Fennel               |
| Nashi                    | Jerusalem artichokes |
| Oranges: Cara Cara Navel | Kale                 |
| Oranges: Navel           | Kohlrabi             |
| Pomelo                   | Leeks                |
| Quince                   | Onions               |
| Rhubarb                  | Parsnips             |
| Strawberries             | Potatoes             |
| Tangelos                 | Pumpkin              |
|                          | Radicchio            |
|                          | Silverbeet           |
|                          | Spinach              |
|                          | Swede                |
|                          | Sweet potato         |
|                          | Turnips              |

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|----------------|----------------------|
| Apples         | Beetroot             |
| Avocados       | Broccoli             |
| Banana         | Brussels sprouts     |
| Cumquat        | Cabbage              |
| Grapefruit     | Carrots              |
| Kiwifruit      | Cauliflower          |
| Lemons         | Celeriac             |
| Mandarins      | Celery               |
| Oranges: Blood | Fennel               |
| Oranges: Navel | Jerusalem artichokes |
| Pomelo         | Kale                 |
| Rhubarb        | Kohlrabi             |
| Strawberries   | Leeks                |
| Tangelos       | Okra                 |
|                | Onions               |
|                | Parsnips             |
|                | Potatoes             |
|                | Pumpkin              |
|                | Silverbeet           |
|                | Spinach              |
|                | Swede                |
|                | Sweet potato         |
|                | Turnips              |

# - AUTUMN -

## MARCH

## APRIL

## MAY

MARCH		APRIL		MAY	
FRUITS	VEGGIES	FRUITS	VEGGIES	FRUITS	VEGGIES
Apples	Asian greens:	Apples	Asian greens:	Apples	Asian greens:
Bananas	Bok Choy	Avocados	Bok Choy	Avocados	Bok Choy
Dates	Beans	Bananas	Beans	Bananas	Broccoli
Figs	Broccoli	Custard apples	Broccoli	Custard apples	Brussels sprouts
Finger limes	Capsicums	Dates	Brussels sprouts	Dates	Cabbage
Grapes	Chestnuts	Dragon Fruit	Cabbage	Grapes	Carrots
Guava	Cucumbers	Finger limes	Capsicums	Kiwifruit	Cauliflower
Kiwifruit	Eggplant	Grapes	Cauliflower	Lemons	Celery
Limes	Eschallots	Guava	Chestnuts	Mandarins: Imperial	Celeriac
Mangosteens	Kale	Kiwifruit	Eggplant	Nashi	Chestnuts
Nashi	Lettuce	Limes	Eschallots	Oranges: Navel	Eggplant
Oranges: Valencia	Mushrooms	Mandarins: Imperial	Fennel	Pears	Fennel
Passionfruit	Okra	Nashi	Kale	Persimmons	Kale
Papaw	Onions	Pears	Leeks	Pomegranates	Ginger
Pears	Potatoes	Passionfruit	Mushrooms	Quinces	Leeks
Plums	Pumpkin	Persimmons	Okra	Rhubarb	Mushrooms
Pomegranates	Sweetcorn	Pomegranates	Potatoes		Okra
Quinces	Swiss chard	Quinces	Pumpkin		Parsnips
Tamarillo	Tomatoes	Tamarillo	Silverbeet		Silverbeet
	Witlof		Spinach		Spinach
	Zucchini		Swiss chard		Sweet potato
			Turnips		Swiss chard
			Watercress		Turnips

# - SPRING -

## SEPTEMBER

## OCTOBER

## NOVEMBER

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