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SUMMER

WINTER

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

JUNE		JULY		AUGUST	
FRUIT	VEGGIES	FRUIT	VEGGIES	FRUIT	VEGGIES
Apples	Beetroot	Apples	Beetroot	Apples	Beetroot
Avocados	Broccoli	Avocados	Broccoli	Avocados	Broccoli
Banana	Brussels sprouts	Banana	Brussels sprouts	Banana	Brussels sprouts
Custard apples	Cabbage	Custard apples	Cabbage	Cumquat	Cabbage
Dates	Carrots	Dates	Carrots	Grapefruit	Cauliflower
Grapefruit	Cauliflower	Grapefruit	Celeriac	Kiwifruit	Celeriac
Kiwifruit	Celeriac	Kiwifruit	Celery	Lemons	Celery
Lemons	Celery	Lemons	Fennel	Mandarins	Fennel
Mandarins	Fennel	Mandarins	Jerusalem artichokes	Oranges: Blood	Jerusalem artichokes
Nashi	Jerusalem artichokes	Nashi	Kale	Oranges: Navel	Kale
Oranges: Cara Cara & Navel	Kale	Oranges: Cara Cara	Kohlrabi	Pomelo	Kohlrabi
Oranges: Navel	Kohlrabi	Navel	Leeks	Rhubarb	Leeks
Pears	Leeks	Oranges: Navel	Onions	Strawberries	Okra
Pomelo	Onions	Pomelo	Parsnips	Tangelos	Parsnips
Quince	Parsnips	Quince	Potatoes		Potatoes
Rhubarb	Potatoes	Rhubarb	Pumpkin		Pumpkin
	Radicchio		Radichchio		Silverbeet
	Silverbeet		Silverbeet		Spinach
	Spinach		Spinach		Swede
	Squash		Swede		Sweet potato
	Sweetcorn		Turnips		Turnips
	Tomatoes		Witlof		Witlof
	Zucchini				

AUTUMN

SPRING

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

SEPTEMBER		OCTOBER		NOVEMBER	
FRUIT	VEGGIES	FRUIT	VEGGIES	FRUIT	VEGGIES
Apples: Lady Williams	Artichokes: Globe	Apples	Artichokes: Globe	Avocados	Artichokes: Globe
Berries: Strawberries	Asian greens	Avocados	Asian greens	Banana	Asian greens
Grapefruit	Asparagus	Bananas	Asparagus	Blueberries	Asparagus
Lemons	Beans: Broad	Custard apples	Beans: Broad	Cherries	Beans: Green
Mandarins: Honey	Beans: Green	Dates	Beans: Green	Cucumber	Cucumber
Murcot	Beetroot	Dragon Fruit	Beetroot	Loquats	Chillies
Rockmelon	Broccoli	Finger limes	Broccoli	Mangoes	Onions: Spring
Oranges: Blood	Carrots	Grapes	Carrots	Melons	Onions: Green (Shallots)
Oranges: Seville	Cauliflower	Guava	Cauliflower	Mulberries	Peas
Papaw	Chillies	Kiwifruit	Chillies	Oranges: Valencia	Potatoes
Papaya	Garlic, fresh	Limes	Fennel	Papaw	Silverbeet
Pineapples	Kale	Mandarins: Imperial	Garlic, fresh	Papaya	Spinach
Pomelo	Lettuce	Nashi	Kale	Passionfruit	Tomatoes
Tangelos	Mushrooms	Pears	Lettuce	Pineapples	Watercress
	Onions: Spring	Passionfruit	Mushrooms	Youngberries	Zucchini
	Onions: Green (Shallots)	Persimmons	Onions: Spring		Zucchini flowers
	Peas	Pomegranates	Onions: Green (Shallots)		
	Potatoes	Quinces	Peas		
	Silverbeet		Potatoes		
	Spinach		Silverbeet		
			Spinach		
			Watercress		
			Zucchini		