

what's in season

January



Banana, Honeydew, Mango, Nectarine, Passionfruit, Peach, Pineapple, Plum, Rockmelon, Strawberry, Watermelon.

Asparagus, Beans, Cabbage, Capsicum, Celery, Cucumber, Eggplant, Lettuce, Onion, Peas, Radish, Squash, Sweetcorn, Tomato, Zucchini.

February



Apricot, Banana, Fig, Grape, Honeydew, Mango, Nectarine, Orange, Passionfruit, Peach, Pear, Plum, Rockmelon, Strawberry, Watermelon.

Asparagus, Avocado, Beans, Broccoli, Cabbage, Capsicum, Celery, Cucumber, Eggplant, Lettuce, Onion, Peas, Pumpkin, Squash, Sweetcorn, Tomato, Zucchini.

March



Apple, Apricot, Banana, Fig, Grape, Honeydew, Kiwifruit, Nashi, Nectarine, Orange, Papaya, Passionfruit, Peach, Pear, Plum, Pomegranate, Strawberry, Watermelon.

Asian Greens, Avocado, Beans, Cabbage, Carrot, Cucumber, Eggplant, Lettuce, Mushrooms, Olives, Onion, Peas, Potato, Pumpkin, Shallot, Spinach, Sweetcorn, Sweet Potato, Tomato, Zucchini.

April



Apple, Banana, Grapes, Kiwifruit, Mandarin, Nashi, Pears, Plums, Pomegranate, Strawberry, Watermelon.

Asian Greens, Asparagus, Avocado, Beans, Cauliflower, Lettuce, Olives, Onion, Peas, Potato, Pumpkin, Shallots, Spinach, Sweetcorn, Sweet Potato, Tomato, Zucchini.

May



Apple, Banana, Grapefruit, Grapes, Kiwifruit, Lemon, Lime, Mandarin, Orange, Pear, Watermelon.

Asian Greens, Avocado, Beans, Broccoli, Carrot, Capsicum, Cauliflower, Celery, Leek, Lettuce, Olives, Onion, Peas, Potato, Pumpkin, Shallot, Spinach, Sweet Potato, Tomato.

June



Apple, Banana, Grapefruit, Kiwifruit, Lemon, Lime, Mandarin, Orange, Pear.

Artichoke, Asian Greens, Avocado, Beetroot, Broccoli, Brussel Sprout, Capsicum, Carrot, Cauliflower, Celery, Eggplant, Fennel, Leek, Lettuce, Mushroom, Onion, Peas, Potato, Pumpkin, Shallots, Silverbeet, Sweet Potato, Tomato, Zucchini.

July



Apple, Banana, Grapefruit, Lemon, Lime, Mandarin, Orange, Pear.

Artichoke, Asian Greens, Avocado, Beans, Broccoli, Brussel Sprout, Capsicum, Carrot, Cauliflower, Celery, Eggplant, Fennel, Leek, Lettuce, Mushroom, Onion, Peas, Potato, Pumpkin, Shallot, Tomato, Zucchini.

August



Apple, Banana, Grapefruit, Lemon, Limes, Mandarin, Orange, Pear.

Artichoke, Asian Greens, Avocado, Beans, Broccoli, Brussel Sprout, Capsicum, Carrot, Celery, Cauliflower, Eggplant, Fennel, Leek, Lettuce, Mushroom, Onion, Peas, Potato, Pumpkin, Shallots, Silverbeet, Sweet Potato, Tomato, Zucchini.

September



Apple, Banana, Grapefruit, Lemon, Lime, Mandarin, Orange, Pear.

Artichoke, Asparagus, Avocado, Beans, Beetroot, Broccoli, Brussel Sprouts, Capsicum, Cauliflower, Eggplant, Fennel, Lettuce, Mushroom, Onion, Peas, Potato, Pumpkin, Shallot, Spinach, Sweet Potato, Tomato, Zucchini.

October



Apple, Banana, Grapefruit, Mandarin, Orange, Pear.

Artichoke, Asian Greens, Asparagus, Avocado, Beans, Beetroot, Broccoli, Brussel Sprout, Cabbage, Cauliflower, Cucumber, Leek, Lettuce, Mushroom, Pumpkin, Spinach, Tomato, Zucchini.

November



Apple, Banana, Cherry, Grapes, Nectarine, Orange, Pear, Strawberry.

Artichoke, Asian Greens, Asparagus, Avocado, Beans, Beetroot, Broccoli, Cabbage, Cauliflower, Cucumber, Leek, Lettuce, Mushroom, Peas, Spinach, Tomato.

December



Banana, Cherry, Honeydew, Mango, Nectarine, Orange, Peach, Pear, Pineapple, Strawberry.

Asian Greens, Asparagus, Avocado, Beetroot, Broccoli, Cabbage, Capsicum, Celery, Cucumber, Leek, Lettuce, Onion, Potato, Shallot, Squash, Sweetcorn, Tomato, Zucchini.