



# Seasonal Food Guide

A U S T R A L I A

[seasonalfoodguide.com](http://seasonalfoodguide.com)

## Seasonal Produce Guide – Australia General

### FRUIT

Apples	Spring	Summer	Autumn	Winter
Bananas	Spring	Summer	Autumn	Winter
Blackberries	Spring	Summer	Autumn	Winter
Blueberries	Spring	Summer	Autumn	Winter
Cherries	Spring	Summer	Autumn	Winter
Figs	Spring	Summer	Autumn	Winter
Grapefruit	Spring	Summer	Autumn	Winter
Grapes	Spring	Summer	Autumn	Winter
Kiwifruit	Spring	Summer	Autumn	Winter
Lemons	Spring	Summer	Autumn	Winter
Mandarins	Spring	Summer	Autumn	Winter
Melons (Honeydew)	Spring	Summer	Autumn	Winter
Melons (Rockmelon)	Spring	Summer	Autumn	Winter
Melons (Watermelon)	Spring	Summer	Autumn	Winter
Nectarines	Spring	Summer	Autumn	Winter
Oranges (Valencia)	Spring	Summer	Autumn	Winter
Oranges (Navel)	Spring	Summer	Autumn	Winter
Peaches	Spring	Summer	Autumn	Winter
Pears	Spring	Summer	Autumn	Winter
Pears (Nashi)	Spring	Summer	Autumn	Winter
Persimmons	Spring	Summer	Autumn	Winter
Plums	Spring	Summer	Autumn	Winter
Quinces	Spring	Summer	Autumn	Winter
Raspberries	Spring	Summer	Autumn	Winter
Strawberries	Spring	Summer	Autumn	Winter



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### VEGETABLES

Artichokes	Spring	Summer	Autumn	Winter
Asparagus	Spring	Summer	Autumn	Winter
Beans	Spring	Summer	Autumn	Winter
Beansprouts	Spring	Summer	Autumn	Winter
Beetroot	Spring	Summer	Autumn	Winter
Broccoli	Spring	Summer	Autumn	Winter
Brussel Sprouts	Spring	Summer	Autumn	Winter
Cabbage	Spring	Summer	Autumn	Winter
Capsicum	Spring	Summer	Autumn	Winter
Carrots	Spring	Summer	Autumn	Winter
Cauliflower	Spring	Summer	Autumn	Winter
Celery	Spring	Summer	Autumn	Winter
Chillies	Spring	Summer	Autumn	Winter
Cucumbers	Spring	Summer	Autumn	Winter
Eggplant	Spring	Summer	Autumn	Winter
Fennel	Spring	Summer	Autumn	Winter
Leeks	Spring	Summer	Autumn	Winter
Lettuce	Spring	Summer	Autumn	Winter
Mushrooms	Spring	Summer	Autumn	Winter
Peas	Spring	Summer	Autumn	Winter
Potatoes	Spring	Summer	Autumn	Winter
Pumpkins	Spring	Summer	Autumn	Winter
Rhubarb	Spring	Summer	Autumn	Winter
Silverbeet	Spring	Summer	Autumn	Winter
Snow Peas	Spring	Summer	Autumn	Winter
Spinach	Spring	Summer	Autumn	Winter
Spring Onions	Spring	Summer	Autumn	Winter
Sweetcorn	Spring	Summer	Autumn	Winter
Tomatoes	Spring	Summer	Autumn	Winter
Turnips	Spring	Summer	Autumn	Winter
Zucchini	Spring	Summer	Autumn	Winter