



Seasonal Food Guide

A U S T R A L I A

seasonalfoodguide.com

Seasonal Produce Guide – Sydney/NSW

FRUIT

Apples	Spring	Summer	Autumn	Winter
Apricots	Spring	Summer	Autumn	Winter
Berries	Spring	Summer	Autumn	Winter
Cherries	Spring	Summer	Autumn	Winter
Kiwifruit	Spring	Summer	Autumn	Winter
Lemons	Spring	Summer	Autumn	Winter
Mandarins	Spring	Summer	Autumn	Winter
Melons	Spring	Summer	Autumn	Winter
Nectarines	Spring	Summer	Autumn	Winter
Oranges	Spring	Summer	Autumn	Winter
Peaches	Spring	Summer	Autumn	Winter
Pears	Spring	Summer	Autumn	Winter
Persimmons	Spring	Summer	Autumn	Winter
Plums	Spring	Summer	Autumn	Winter
Strawberries	Spring	Summer	Autumn	Winter



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VEGETABLES

Artichokes (Globe)	Spring	Summer	Autumn	Winter
Asian Vegetables	Spring	Summer	Autumn	Winter
Beans	Spring	Summer	Autumn	Winter
Beans (Broad)	Spring	Summer	Autumn	Winter
Beetroot	Spring	Summer	Autumn	Winter
Broccoli	Spring	Summer	Autumn	Winter
Cabbage	Spring	Summer	Autumn	Winter
Capsicum	Spring	Summer	Autumn	Winter
Cauliflower	Spring	Summer	Autumn	Winter
Celery	Spring	Summer	Autumn	Winter
Chillies	Spring	Summer	Autumn	Winter
Chinese Cabbage	Spring	Summer	Autumn	Winter
Cucumbers	Spring	Summer	Autumn	Winter
Eggplant	Spring	Summer	Autumn	Winter
Lebanese Cucumbers	Spring	Summer	Autumn	Winter
Leek	Spring	Summer	Autumn	Winter
Lettuce	Spring	Summer	Autumn	Winter
Mushrooms	Spring	Summer	Autumn	Winter
Okra	Spring	Summer	Autumn	Winter
Parsley	Spring	Summer	Autumn	Winter
Pecans	Spring	Summer	Autumn	Winter
Potatoes	Spring	Summer	Autumn	Winter
Pumpkins	Spring	Summer	Autumn	Winter
Radish	Spring	Summer	Autumn	Winter
Rhubarb	Spring	Summer	Autumn	Winter
Silverbeet	Spring	Summer	Autumn	Winter
Spinach	Spring	Summer	Autumn	Winter
Squash	Spring	Summer	Autumn	Winter
Sweetcorn	Spring	Summer	Autumn	Winter
Tomatoes	Spring	Summer	Autumn	Winter
Turnip (White)	Spring	Summer	Autumn	Winter
Zucchini	Spring	Summer	Autumn	Winter