



Seasonal Food Guide

A U S T R A L I A

seasonalfoodguide.com

Seasonal Produce Guide – Brisbane/QLD

FRUIT (A-L)

Apples (Red)	Spring	Summer	Autumn	Winter
Apples (Green)	Spring	Summer	Autumn	Winter
Apricots	Spring	Summer	Autumn	Winter
Avocados	Spring	Summer	Autumn	Winter
Bananas	Spring	Summer	Autumn	Winter
Blackberries	Spring	Summer	Autumn	Winter
Blueberries	Spring	Summer	Autumn	Winter
Breadfruit	Spring	Summer	Autumn	Winter
Carambola	Spring	Summer	Autumn	Winter
Cherries	Spring	Summer	Autumn	Winter
Coconuts	Spring	Summer	Autumn	Winter
Cumquats	Spring	Summer	Autumn	Winter
Custard Apples	Spring	Summer	Autumn	Winter
Dates	Spring	Summer	Autumn	Winter
Dragonfruit	Spring	Summer	Autumn	Winter
Figs	Spring	Summer	Autumn	Winter
Gooseberries	Spring	Summer	Autumn	Winter
Grapes (Red)	Spring	Summer	Autumn	Winter
Grapes (Green)	Spring	Summer	Autumn	Winter
Grapefruit	Spring	Summer	Autumn	Winter
Guava	Spring	Summer	Autumn	Winter
Honeydew Melons	Spring	Summer	Autumn	Winter
Kiwifruit	Spring	Summer	Autumn	Winter
Lemons	Spring	Summer	Autumn	Winter
Limes	Spring	Summer	Autumn	Winter
Loganberries	Spring	Summer	Autumn	Winter
Lychees	Spring	Summer	Autumn	Winter



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FRUIT (M-W)

Mandarins	Spring	Summer	Autumn	Winter
Mangoes	Spring	Summer	Autumn	Winter
Mangosteen	Spring	Summer	Autumn	Winter
Nectarines	Spring	Summer	Autumn	Winter
Olives	Spring	Summer	Autumn	Winter
Oranges	Spring	Summer	Autumn	Winter
Passionfruit	Spring	Summer	Autumn	Winter
Paw Paw	Spring	Summer	Autumn	Winter
Peaches	Spring	Summer	Autumn	Winter
Pears	Spring	Summer	Autumn	Winter
Persimmons	Spring	Summer	Autumn	Winter
Pineapples	Spring	Summer	Autumn	Winter
Plums	Spring	Summer	Autumn	Winter
Pomegranate	Spring	Summer	Autumn	Winter
Quince	Spring	Summer	Autumn	Winter
Rambutan	Spring	Summer	Autumn	Winter
Raspberries	Spring	Summer	Autumn	Winter
Rockmelons	Spring	Summer	Autumn	Winter
Rosella	Spring	Summer	Autumn	Winter
Strawberries	Spring	Summer	Autumn	Winter
Tamarillo	Spring	Summer	Autumn	Winter
Tangelo	Spring	Summer	Autumn	Winter
Watermelon	Spring	Summer	Autumn	Winter



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VEGETABLES (A-L)

Artichokes	Spring	Summer	Autumn	Winter
Asparagus	Spring	Summer	Autumn	Winter
Beans (Broad)	Spring	Summer	Autumn	Winter
Beans (Green)	Spring	Summer	Autumn	Winter
Beans (Flat)	Spring	Summer	Autumn	Winter
Beetroot	Spring	Summer	Autumn	Winter
Broccoflower	Spring	Summer	Autumn	Winter
Broccoli	Spring	Summer	Autumn	Winter
Brussels 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
Celeriac	Spring	Summer	Autumn	Winter
Celery	Spring	Summer	Autumn	Winter
Chinese Cabbage	Spring	Summer	Autumn	Winter
Chinese Spinach	Spring	Summer	Autumn	Winter
Chillies	Spring	Summer	Autumn	Winter
Chokos	Spring	Summer	Autumn	Winter
Cucumbers	Spring	Summer	Autumn	Winter
Eggplants	Spring	Summer	Autumn	Winter
Endive	Spring	Summer	Autumn	Winter
Fennel	Spring	Summer	Autumn	Winter
Garlic	Spring	Summer	Autumn	Winter
Ginger	Spring	Summer	Autumn	Winter
Kale	Spring	Summer	Autumn	Winter
Leek	Spring	Summer	Autumn	Winter
Lettuce	Spring	Summer	Autumn	Winter
Lo Bok (Daikon)	Spring	Summer	Autumn	Winter



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VEGETABLES (M-Z)

Mushrooms	Spring	Summer	Autumn	Winter
Okra	Spring	Summer	Autumn	Winter
Onions (Brown)	Spring	Summer	Autumn	Winter
Onions (Red)	Spring	Summer	Autumn	Winter
Onions (White)	Spring	Summer	Autumn	Winter
Onion (Eschallot)	Spring	Summer	Autumn	Winter
Onion (Spring)	Spring	Summer	Autumn	Winter
Parsnip	Spring	Summer	Autumn	Winter
Peas	Spring	Summer	Autumn	Winter
Potatoes	Spring	Summer	Autumn	Winter
Pumpkin (Jap)	Spring	Summer	Autumn	Winter
Pumpkin (Butternut)	Spring	Summer	Autumn	Winter
Radish	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
Sprouts	Spring	Summer	Autumn	Winter
Squash	Spring	Summer	Autumn	Winter
Sweet Corn	Spring	Summer	Autumn	Winter
Sweet Potatoes	Spring	Summer	Autumn	Winter
Taro	Spring	Summer	Autumn	Winter
Tomatoes	Spring	Summer	Autumn	Winter
Turnip (Swede)	Spring	Summer	Autumn	Winter
Watercress	Spring	Summer	Autumn	Winter
Witlof	Spring	Summer	Autumn	Winter
Zucchini	Spring	Summer	Autumn	Winter