



Seasonal Food Guide

A U S T R A L I A

seasonalfoodguide.com

Seasonal Produce Guide – Adelaide/SA

FRUIT

Apples	Spring	Summer	Autumn	Winter
Apricots	Spring	Summer	Autumn	Winter
Avocados	Spring	Summer	Autumn	Winter
Blackberries	Spring	Summer	Autumn	Winter
Cherries	Spring	Summer	Autumn	Winter
Figs	Spring	Summer	Autumn	Winter
Grapefruit	Spring	Summer	Autumn	Winter
Grapes	Spring	Summer	Autumn	Winter
Honeydew Melon	Spring	Summer	Autumn	Winter
Lemons	Spring	Summer	Autumn	Winter
Limes	Spring	Summer	Autumn	Winter
Loquats	Spring	Summer	Autumn	Winter
Mandarins	Spring	Summer	Autumn	Winter
Oranges (Navel)	Spring	Summer	Autumn	Winter
Oranges (Valencia)	Spring	Summer	Autumn	Winter
Passionfruit	Spring	Summer	Autumn	Winter
Peaches	Spring	Summer	Autumn	Winter
Pears	Spring	Summer	Autumn	Winter
Persimmons	Spring	Summer	Autumn	Winter
Plums	Spring	Summer	Autumn	Winter
Pomegranate	Spring	Summer	Autumn	Winter
Quinces	Spring	Summer	Autumn	Winter
Raspberries	Spring	Summer	Autumn	Winter
Rhubarb	Spring	Summer	Autumn	Winter
Rockmelon	Spring	Summer	Autumn	Winter
Strawberries	Spring	Summer	Autumn	Winter
Tangelos	Spring	Summer	Autumn	Winter
Tangerines	Spring	Summer	Autumn	Winter
Watermelons	Spring	Summer	Autumn	Winter



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VEGETABLES

Artichokes (Jerusalem)	Spring	Summer	Autumn	Winter
Asian Greens	Spring	Summer	Autumn	Winter
Beans	Spring	Summer	Autumn	Winter
Beetroot	Spring	Summer	Autumn	Winter
Broccoli	Spring	Summer	Autumn	Winter
Bursels 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
Corn	Spring	Summer	Autumn	Winter
Daikon	Spring	Summer	Autumn	Winter
Eggplant	Spring	Summer	Autumn	Winter
Fennel	Spring	Summer	Autumn	Winter
Garlic	Spring	Summer	Autumn	Winter
Horseradish	Spring	Summer	Autumn	Winter
Kale	Spring	Summer	Autumn	Winter
Kohlrabi	Spring	Summer	Autumn	Winter
Leeks	Spring	Summer	Autumn	Winter
Lettuce (Cos)	Spring	Summer	Autumn	Winter
Okra	Spring	Summer	Autumn	Winter
Olives	Spring	Summer	Autumn	Winter
Onions	Spring	Summer	Autumn	Winter
Parsnips	Spring	Summer	Autumn	Winter
Peas	Spring	Summer	Autumn	Winter
Potatoes	Spring	Summer	Autumn	Winter
Pumpkins	Spring	Summer	Autumn	Winter
Rocket	Spring	Summer	Autumn	Winter
Shallots	Spring	Summer	Autumn	Winter
Silverbeet	Spring	Summer	Autumn	Winter
Spinach	Spring	Summer	Autumn	Winter
Spring Onions	Spring	Summer	Autumn	Winter
Swedes	Spring	Summer	Autumn	Winter
Sweetcorn	Spring	Summer	Autumn	Winter
Turnips	Spring	Summer	Autumn	Winter
Witlof	Spring	Summer	Autumn	Winter
Zucchini	Spring	Summer	Autumn	Winter