



Seasonal Food Guide

A U S T R A L I A

seasonalfoodguide.com

Seasonal Produce Guide – Hobart/TAS

FRUIT

Apples	Spring	Summer	Autumn	Winter
Apricots	Spring	Summer	Autumn	Winter
Blackberries	Spring	Summer	Autumn	Winter
Blueberries	Spring	Summer	Autumn	Winter
Cherries	Spring	Summer	Autumn	Winter
Figs	Spring	Summer	Autumn	Winter
Gooseberries	Spring	Summer	Autumn	Winter
Greengages	Spring	Summer	Autumn	Winter
Lemons	Spring	Summer	Autumn	Winter
Nectarines	Spring	Summer	Autumn	Winter
Peaches	Spring	Summer	Autumn	Winter
Pears	Spring	Summer	Autumn	Winter
Plums	Spring	Summer	Autumn	Winter
Raspberries	Spring	Summer	Autumn	Winter
Strawberries	Spring	Summer	Autumn	Winter
Tayberries	Spring	Summer	Autumn	Winter
Yosterberries	Spring	Summer	Autumn	Winter



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VEGETABLES (A-K)

Artichokes	Spring	Summer	Autumn	Winter
Asparagus	Spring	Summer	Autumn	Winter
Baby Kale	Spring	Summer	Autumn	Winter
Beans	Spring	Summer	Autumn	Winter
Beetroot	Spring	Summer	Autumn	Winter
Bok Choy	Spring	Summer	Autumn	Winter
Broad Beans	Spring	Summer	Autumn	Winter
Broccoli	Spring	Summer	Autumn	Winter
Broccolini	Spring	Summer	Autumn	Winter
Brussels Sprouts	Spring	Summer	Autumn	Winter
Cabbages	Spring	Summer	Autumn	Winter
Carrots	Spring	Summer	Autumn	Winter
Cauliflower	Spring	Summer	Autumn	Winter
Chard	Spring	Summer	Autumn	Winter
Chickory	Spring	Summer	Autumn	Winter
Chillies	Spring	Summer	Autumn	Winter
Chinese Celery	Spring	Summer	Autumn	Winter
Chinese Water Spinach	Spring	Summer	Autumn	Winter
Choy Sum	Spring	Summer	Autumn	Winter
Corn On The Cob	Spring	Summer	Autumn	Winter
Cucumbers	Spring	Summer	Autumn	Winter
Garlic	Spring	Summer	Autumn	Winter
Herbs	Spring	Summer	Autumn	Winter
Kale	Spring	Summer	Autumn	Winter



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VEGETABLES (L-Z)

Leeks	Spring	Summer	Autumn	Winter
Lettuce	Spring	Summer	Autumn	Winter
Micro Greens	Spring	Summer	Autumn	Winter
Mustard Greens	Spring	Summer	Autumn	Winter
Onions	Spring	Summer	Autumn	Winter
Pak Choy	Spring	Summer	Autumn	Winter
Parsnips	Spring	Summer	Autumn	Winter
Pea Tendrils	Spring	Summer	Autumn	Winter
Peas	Spring	Summer	Autumn	Winter
Potatoes	Spring	Summer	Autumn	Winter
Radish	Spring	Summer	Autumn	Winter
Rainbow	Spring	Summer	Autumn	Winter
Rhubarb	Spring	Summer	Autumn	Winter
Rocket	Spring	Summer	Autumn	Winter
Salad Mix	Spring	Summer	Autumn	Winter
Silver Beet	Spring	Summer	Autumn	Winter
Sorrell	Spring	Summer	Autumn	Winter
Spinach	Spring	Summer	Autumn	Winter
Squash	Spring	Summer	Autumn	Winter
Sunflower Shoots	Spring	Summer	Autumn	Winter
Swedes	Spring	Summer	Autumn	Winter
Swiss Chard	Spring	Summer	Autumn	Winter
Tomatoes	Spring	Summer	Autumn	Winter
Turnips	Spring	Summer	Autumn	Winter
Zucchini	Spring	Summer	Autumn	Winter
Zucchini Flowers	Spring	Summer	Autumn	Winter