



# Seasonal Food Guide

A U S T R A L I A

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

## Seasonal Produce Guide – Perth/WA

### FRUIT (A-K)

Apples (Fuji)	Spring	Summer	Autumn	Winter
Apples (Golden Delicious)	Spring	Summer	Autumn	Winter
Apples (Granny Smith)	Spring	Summer	Autumn	Winter
Apples (Hi Early)	Spring	Summer	Autumn	Winter
Apples (Jonathan)	Spring	Summer	Autumn	Winter
Apples (Lady Williams)	Spring	Summer	Autumn	Winter
Apples (Pink Lady)	Spring	Summer	Autumn	Winter
Apples (Sundowner)	Spring	Summer	Autumn	Winter
Apples (Royal Gala)	Spring	Summer	Autumn	Winter
Apricots	Spring	Summer	Autumn	Winter
Avocados	Spring	Summer	Autumn	Winter
Bananas	Spring	Summer	Autumn	Winter
Berries (Other)	Spring	Summer	Autumn	Winter
Blueberries	Spring	Summer	Autumn	Winter
Cherries	Spring	Summer	Autumn	Winter
Currants	Spring	Summer	Autumn	Winter
Custard Apples	Spring	Summer	Autumn	Winter
Figs	Spring	Summer	Autumn	Winter
Grapefruit	Spring	Summer	Autumn	Winter
Grapes	Spring	Summer	Autumn	Winter
Guavas	Spring	Summer	Autumn	Winter
Kiwifruit	Spring	Summer	Autumn	Winter
Kumquats	Spring	Summer	Autumn	Winter



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### FRUIT (L-S)

Limes	Spring	Summer	Autumn	Winter
Loquats	Spring	Summer	Autumn	Winter
Mandarins	Spring	Summer	Autumn	Winter
Mangoes	Spring	Summer	Autumn	Winter
Melons (Honeydew)	Spring	Summer	Autumn	Winter
Melons (Rockmelon)	Spring	Summer	Autumn	Winter
Melons (Watermelon)	Spring	Summer	Autumn	Winter
Mulberries	Spring	Summer	Autumn	Winter
Nashi Pears	Spring	Summer	Autumn	Winter
Nectarines	Spring	Summer	Autumn	Winter
Olives	Spring	Summer	Autumn	Winter
Oranges (Navel)	Spring	Summer	Autumn	Winter
Oranges (Valencia)	Spring	Summer	Autumn	Winter
Passionfruit	Spring	Summer	Autumn	Winter
Pawpaw	Spring	Summer	Autumn	Winter
Peaches	Spring	Summer	Autumn	Winter
Pears	Spring	Summer	Autumn	Winter
Plums	Spring	Summer	Autumn	Winter
Quinces	Spring	Summer	Autumn	Winter
Strawberries	Spring	Summer	Autumn	Winter



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### VEGETABLES (A-K)

Artichoke (Globe)	Spring	Summer	Autumn	Winter
Artichoke (Jerusalem)	Spring	Summer	Autumn	Winter
Asparagus	Spring	Summer	Autumn	Winter
Beans (Broad)	Spring	Summer	Autumn	Winter
Beans (Climbing)	Spring	Summer	Autumn	Winter
Beans (Dwarf)	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
Garlic	Spring	Summer	Autumn	Winter
Kale	Spring	Summer	Autumn	Winter
Kohl Rabi	Spring	Summer	Autumn	Winter



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### VEGETABLES (L-Z)

Leek	Spring	Summer	Autumn	Winter
Lettuce	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
Radish	Spring	Summer	Autumn	Winter
Rhubarb	Spring	Summer	Autumn	Winter
Silver Beets	Spring	Summer	Autumn	Winter
Spinach	Spring	Summer	Autumn	Winter
Spring Onions	Spring	Summer	Autumn	Winter
Squash	Spring	Summer	Autumn	Winter
Swedes	Spring	Summer	Autumn	Winter
Sweet Corn	Spring	Summer	Autumn	Winter
Sweet Potatoes	Spring	Summer	Autumn	Winter
Tomatoes	Spring	Summer	Autumn	Winter
Turnips	Spring	Summer	Autumn	Winter
Zucchini	Spring	Summer	Autumn	Winter