



SPRING

September
October
November

- artichoke
- Asian greens (bok choy, choy sum, gai laan, wombok)
- avocado
- beans
- beetroot
- broccoli
- brussels sprouts
- cabbage
- carrot
- cauliflower
- celery
- choko
- corn
- daikon
- eggplant
- fennel
- leek
- lettuce
- mushrooms
- okra
- onion
- spring onion
- parsnip
- peas
- potato
- pumpkin
- radish
- shallot
- silverbeet
- spinach
- squash
- swede
- sweet potato
- tomato
- turnip
- watercress
- witlof
- zucchini



WINTER

June
July
August

- Asian greens (bok choy, choy sum, gai laan, wombok)
- avocado
- broccoli
- broccolini
- broad beans
- brussels sprouts
- cabbage
- capsicum
- carrot
- cauliflower
- celeriac
- celery
- chokos
- cucumbers
- eggplants
- fennel
- horseradish
- kale
- kohlrabi
- leek
- mushrooms
- okra
- onion
- spring onion
- parsnip
- potato
- pumpkin
- radish
- shallot
- silverbeet
- spinach
- swede
- sweet potato
- turnip



SUMMER

December
January
February

- asparagus
- avocado
- beans
- beetroot
- cabbage
- capsicum
- carrot
- celery
- corn
- cucumber
- daikon
- eggplant
- leek
- lettuce
- okra
- onion
- spring onion
- peas
- snow peas
- sugar snap peas
- potato
- radish
- shallot
- silverbeet
- squash
- tomato
- watercress
- zucchini
- zucchini flower



AUTUMN

March
April
May

- artichokes
- Asian greens (bok choy, choy sum, gai laan, wombok)
- avocado
- beans
- beetroot
- broccoli
- brussels sprouts
- cabbage
- capsicum
- carrot
- cauliflower
- celery
- choko
- corn
- cucumber
- daikon
- eggplant
- fennel
- leek
- lettuce
- mushrooms
- okra
- onion
- spring onion
- parsnip
- potato
- pumpkin
- shallot
- silverbeet
- spinach
- squash
- swede
- sweet potato
- tomato
- turnip
- watercress
- witlof
- zucchini

VEG BY SEASON



BENEFITS OF EATING IN SEASON

- cheaper
- fresher
- tastier
- supports growers
- highest nutrition content
- good for the planet