

# Fruits

	Summer			Autumn			Winter			Spring		
	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
<b>Ochard Fruits</b>	Pear (Various)											
	Plum											
	Peach, Nectarine									Loquat		
	Cherry, Apricot											Cherry
	Apple (Various)											
	Nashi											
<b>Citrus Fruit</b>	Lemons											
							Mandarins					
	Organe						Organge					
							Lime			Tangelo		
							Pink Grapefruit					
							Blood Orange					
	Cumquat											
<b>Berries</b>	Gooseberry											
	Mulberry										Mulberry	
	Raspberry, Strawberry										Strawberry	
	Blackberry, Blueberry											Blueberry
<b>Tropical</b>	Pineapple						Pineapple					
	Mango											Mango
	Banana											Banana
	Passionfruit											
<b>Other Fruits</b>	Melons (Watermelon, Rockmelon etc.)											Melon
	Grapes											
	Kiwifruit											
	Pomegranate											
	Fig											
Guava												

# Vegetables

	Summer			Autumn			Winter			Spring		
	Dec	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
<b>Leafy Greens</b>							Broccoli, Cauliflower, White Cabbage					
							Lettuce					
							Spinach, Silverbeet					
	Rocket						Kale			Rocket		
							Chicory					
							Brusselsprouts					
<b>Pods</b>	Green Beans									Green beans		
	Snake Beans						Broad Beans					
	Peas	Okra						Peas				
<b>Herbs</b>	Chervil		Marjoram							Chervil		
	Basil/Mint										Basil/Mint	
	Bay Leaves, Chives, Coriander, Dill, Parsley, Rosemary, Sage, Tarragon, Thyme											
<b>Fruiting Vegetables</b>	Avocado (Various)											
	Squash						Artichoke					
	Zucchini									Zucchini		
	Cucumber									Cucumber		
	Capsicum									Capsicum		
	Eggplant									Eggplant		
	Tomatoes						Pumpkin					
<b>Roots &amp; Tubes</b>	Radish						Ginger					
							Carrot Parsnip					
							Beetroot					
							Potato, Sweet Potato					
<b>Others</b>				Celery								
	Garlic, Salad Onion									Asparagus		
										Garlic, Salad Onion		
	Spring Onion			Brown Onion						Mushrooms (morel)		