

# WHAT'S IN SEASON EATING FRESH



Including more vegetables and fruit in your diet doesn't have to be expensive. Look for vegetables and fruits that are in season - not only do they tend to taste better, they are generally cheaper to buy. Use the guide below to help you choose the best fresh produce all year round. If fresh fruit and vegetables are not readily available in your area, canned or frozen varieties are good alternatives.

## ▶ Summer (December to February)

- **Fruit**  
Apricot, banana, berries, cherries, fig, grapes, lime, lychees, mango, melon, nectarine, orange, passionfruit, peach, pear, pineapple and plum.
- **Vegetables**  
Asparagus, avocado, beans, capsicum, celery, cucumber, eggplant, lettuce, onions, peas, potato, radish, squash, sweet corn, tomato and zucchini.



## ▶ Autumn (March to May)

- **Fruit**  
Apple, banana, custard apple, fig, grapes, guava, kiwi fruit, lemon, lime, orange, passionfruit, pear, plum, pomegranate, quince and rhubarb.
- **Vegetables**  
Asian greens, avocado, beans, broccoli, brussels sprouts, cabbage, capsicum, carrot, cauliflower, cucumber, eggplant, fennel, leek, lettuce, mushrooms, onion, parsnip, potato, pumpkin, spinach, sweet corn, sweet potato, tomato, turnip and zucchini.





## ▶ Winter (June to August)

- Fruit

Apple, custard apple, grapefruit, kiwi fruit, lemon, lime, mandarin, orange, passionfruit, pear, quince and rhubarb.

- Vegetables

Avocado, beetroot, broccoli, brussels sprouts, cabbage, carrot, cauliflower, celeriac, celery, fennel, leek, olives, onion, parsnip, potato, pumpkin, silverbeet, spinach, swede, sweet potato and turnip.



## ▶ Spring (September to November)

- Fruit

Apple, banana, berries, cherries, grapefruit, lemon, mandarin, mango, melon, orange, papaya, passionfruit, paw paw, pineapple and pomelo.

- Vegetables

Artichoke, asian greens, asparagus, beans, beetroot, broccoli, carrot, cauliflower, chilli, cucumber, garlic, lettuce, mushrooms, onion, peas, potato, silverbeet, spinach, sweet corn, tomato and zucchini.

For more information visit  
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