

SEASONAL FRUIT EATING CHART

Here's when to buy fruit and veges at their cheapest and most plentiful

FRUIT	SPRING			SUMMER			AUTUMN			WINTER		
Apples												
Apricots												
Avocados												
Bananas (imported)												
Blackberries												
Blackcurrants												
Blueberries												
Boysenberries												
Cherries												
Feijoas												
Gooseberries												
Grapes (imported)												
Grapefruit												
Kiwifruit												
Lemons												
Limes												
Mandarins												
Mangos (imported)												
Melons												
Nashi												
Nectarines												
Oranges												
Passionfruit												
Pawpaw (imported)												
Peaches												
Pears												
Persimmons												
Pineapple (imported)												
Plums												
Raspberries												
Redcurrants												
Rhubarb												
Strawberries												
Tamarillos												
Tangelos												



SEASONAL HERB EATING CHART

HERBS	SPRING			SUMMER			AUTUMN			WINTER		
Basil												
Coriander												
Chives												
Dill												
Mint												
Oregano												
Parsley												
Rosemary												
Sage												
Thyme												



SEASONAL VEGE EATING CHART

Here's when to buy fruit and veges at their cheapest and most plentiful

VEGETABLES	SPRING	SUMMER	AUTUMN	WINTER
Artichokes – globe				
Artichokes – jerusalem				
Asian greens				
Asparagus				
Beans – broad				
Beans – green				
Beetroot				
Broccoli/broccolini				
Brussels sprouts				
Cabbage				
Carrots				
Cauliflower				
Celeriac				
Celery				
Chilli peppers				
Chokos				
Cucumber				
Eggplant				
Fennel				
Garlic				
Kale/cavolo nero				
Kohlrabi				
Kumara				
Leeks				
Lettuces				
Microgreens				
Mushrooms				
Onions				
Parsnips				
Peas				
Peppers				
Potatoes				
Pumpkins				
Radishes				
Rocket				
Salad greens				
Shallots				
Silverbeet				
Snow peas				
Spinach				
Spring onions				
Sprouts				
Swedes				
Sweetcorn				
Tomatoes				
Turnips				
Watercress				
Witloof				
Yams				
Zucchini				

