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Gwynne's Vegin' Out Seasonal Guide

Spring Fruits + Vegetables - September to November

FRUITS

Apple	Avocado	Banana	Blueberries	Cherry	Cumquat
Grapefruit	Honeydew	Kiwifruit	Lemon	Lime	Mandarin
Mango	Orange	Pawpaw	Pineapple	Rockmelon	Strawberries
Watermelon					

VEGETABLES

Asian greens	Avocado	Beans	Beetroot	Broccoli	Brussel Sprouts
Cabbage	Capsicum	Carrot	Cauliflower	Celery	Corn
Onion	Parsnip	Peas	Potato	Pumpkin	Radish
Rhubarb	Shallot	Silverbeet	Spinach	Spring Onion	Squash
Sweet Potato	Tomato	Turnip	Watercress	Witlof	Zucchini

Summer Fruits + Vegetables - December to February

FRUITS

Apple	Apricot	Banana	Blackberries	Blueberries	Cherries
Fig	Grapefruit	Grapes	Honeydew	Lemon	Mango
Nectarine	Orange	Passionfruit	Peach	Pear	Pineapple
Plum	Rasberries	Rockmelon	Strawberries	Tamarillo	Watermelon

VEGETABLES

Asparagus	Avocado	Beans	Beetroot	Cabbage	Capsicum
Carrot	Celery	Corn	Cucumber	Eggplant	Leek
Lettuce	Onion	Peas	Potato	Radish	Rhubarb
Shallot	Silverbeet	Snow Peas	Spring Onion	Squash	Sugarsnap Peas
Tomato	Watercress	Zucchini	Watercress	Witlof	Zucchini

Autumn Fruits + Vegetables - March to May

FRUITS

Apple	Avocado	Banana	Blackberries	Fig	Grapefruit
Grapes	Honeydew	Kiwi Fruit	Lemon	Lime	Mandarin
Mango	Orange	Pawpaw	Passionfruit	Peach	Pear
Plum	Rasberries	Rockmelon	Strawberries	Tamarillo	

VEGETABLES

Asian Greens	Avocado	Beans	Beetroot	Broccoli	Brussel Sprouts
Cabbage	Capsicum	Carrot	Cauliflower	Celery	Corn

Cucumber	Eggplant	Fennel	Leek	Lettuce	Mushrooms
Onion	Parsnip	Peas	Potato	Pumpkin	Radish
Rhubarb	Shallots	Silverbeet	Spinach	Spring Onion	Squash

Winter Fruits + Vegetables - June to August

FRUITS

Apple	Avocado	Grapefruit	Kiwi Fruit	Lemon	Lime
Mandarin	Nashi	Orange	Pear	Pineapple	Tamarillo
Tangelo					

VEGETABLES

Asian Greens	Avocado	Beetroot	Broad Beans	Broccoli	Broccolini
Brussel Sprouts	Cabbage	Carrot	Cauliflower	Celeriac	Celery
Fennel	Leek	Lettuce	Mushrooms	Onion	Parsnip
Peas	Potato	Pumpkin	Radish	Rhubarb	Shallots
Silverbeet	Snow Peas	Spinach	Spring Onion	Sweet Potato	Turnip