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	Spring (September – November)				Summer (December – February)			
fruit	apple*	cumquat	lychee	pineapple	apple*	currants	mango	pineapple
	avocado	grapefruit	mandarin*	rhubarb	apricot	fig	mulberries	rambutan
	banana	honeydew	mango	strawberries	banana	grapefruit	nectarine	raspberries
	blueberries (start of Nov.)	kiwi fruit	mulberries	starfruit	blackberries	grapes	orange*	rhubarb
	cantaloupe	lemon	orange*	tangelo	blueberries	honeydew	passionfruit	strawberries
	cherry	lime	papaya	watermelon	boysenberries	lemon	peach	tamarillo
		loquat	pepino		cantaloupe	loganberries	pear*	watermelon
					cherries	lychee	plum	
vegetables	artichoke*	capsicum	mushrooms	shallot	asparagus	corn	onion, spring	squash
	asian greens*	carrot	onion	silverbeet	avocado	cucumber	peas	tomato
	asparagus	cauliflower	onion, spring	spinach	beans*	daikon	peas, snow	watercress
	avocado	celery	parsnip	squash	beetroot	eggplant	peas,	zucchini
	beans*	cucumber	peas	sweetcorn	cabbage	leek	sugar snap	zucchini flower
	beetroot	fennel	peas, snow	tomato	capsicum	lettuce	potato	
	broccoli	kale	peas,	watercress	carrot	okra	radish	
	brussels	leek	sugar snap	zucchini	celery	onion	shallot	
	sprouts	lettuce	potato				silverbeet	
	cabbage	radish	radish					
herbs and spices	basil	chilli	dill	lime, kaffir (leaves)	mint	oregano	sage	
	basil, thai	chives	garlic	lemongrass	mint, apple	parsley	tarragon	
	chervil	coriander	ginger		mint, viet.	rosemary	thyme	
	apple* lady william			apple* gravenstein				
	artichoke* globe, jerusalem			beans* butter, green				
	asian greens* bok choy, choy sum, gai laan, wombok			orange* valencia				
	beans* broad, green			pears* bartlett, william				
	mandarin* ellendale, imperial, murcot							
	orange* blood, seville, valencia							



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Autumn (March – May)								Winter (June – August)			
fruit	avocado	custard apple	guava	mandarin*	papaya	plum	raspberries	apple*	grapefruit	nashi	quince
	apple*	feijoa	honeydew	mango	passionfruit	pomegranate	rhubarb	avocado	kiwi fruit	orange*	rhubarb
	blackberries	fig	kiwi fruit	mangosteen	peach	prickly pear	rockmelon	cumquat	lemon	pear*	tamarillo
	banana	grapefruit	lemon	nashi	pear*	quince	strawberries	custard apple	lime	persimmon	tangelo
	cumquat	grapes	lime	orange*	persimmon	rambutan	tamarillo	feijoa	mandarin*	pineapple	
vegetables	artichoke*	brussels	celery	fennel	onion, spring	shallot	tomato	asian greens*	cauliflower	lettuce	radish
	asian greens*	sprouts	choko	leek	parsnip	silverbeet	turnip	avocado	celeriac	mushrooms	shallot
	avocado	cabbage	corn	lettuce	peas	spinach	watercress	beetroot	celery	okra	silverbeet
	beans*	capsicum	cucumber	mushrooms*	potato	squash	witlof	broccoli	chokos	onion	spinach
	beetroot	carrot	daikon	okra	pumpkin	swede	zucchini	broccolini	fennel	onion, spring	swede
	broccoli	cauliflower	eggplant	onion	radish	sweet potato		beans, broad	horseradish	parsnip	sweet potato
								brussels	kale	peas	turnip
							sprouts	kohlrabi	peas, snow		
							cabbage	leek	potato		
							carrot		pumpkin		
herbs and spices	basil	chives	garlic	lemongrass	mint	rosemary	thyme	ginger	dill	mint	parsley
	chervil	coriander	ginger	lime, kaffir (leaves)	oregano	sage		coriander	garlic	oregano	rosemary
	chilli	dill			parsley	tarragon					
<p>apple* aba, bonza, braeburn, cox's orange pippins, fuji, gala, golden delicious, granny smith, jonagold, jonathan, mutso, pink lady, red delicious, snow, sundowner</p> <p>artichoke* jerusalem</p> <p>asian greens* bok choy, choy sum, gai laan, wombok</p> <p>beans* borlotti, butter, green</p> <p>mandarin* imperial</p>				<p>mushrooms* field, pine, slippery jacks</p> <p>orange* navel, valencia</p> <p>pear* beurre bosc, howell, josephine, packham, red sensation, williams</p>				<p>apple* bonza, braeburn, cox's orange pippins, fuji, gala, golden delicious, granny smith, jonagold, jonathan, lady williams, mutso, pink lady, red delicious, snow, sundowner</p> <p>asian greens* bok choy, choy sum, gai laan, wombok</p> <p>mandarin* ellendale, imperial, murcot</p> <p>orange* blood, navel, seville</p> <p>pear* beurre, bosc, josephine, packham</p>			

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