



Seasonal Food Guide

A U S T R A L I A

Seasonal Produce Guide – Australia General

FRUIT

| | | | | |
|---------------------|--------|--------|--------|--------|
| Apples | Spring | Summer | Autumn | Winter |
| Bananas | Spring | Summer | Autumn | Winter |
| Blackberries | Spring | Summer | Autumn | Winter |
| Blueberries | Spring | Summer | Autumn | Winter |
| Cherries | Spring | Summer | Autumn | Winter |
| Figs | Spring | Summer | Autumn | Winter |
| Grapefruit | Spring | Summer | Autumn | Winter |
| Grapes | Spring | Summer | Autumn | Winter |
| Kiwifruit | Spring | Summer | Autumn | Winter |
| Lemons | Spring | Summer | Autumn | Winter |
| Mandarins | Spring | Summer | Autumn | Winter |
| Melons (Honeydew) | Spring | Summer | Autumn | Winter |
| Melons (Rockmelon) | Spring | Summer | Autumn | Winter |
| Melons (Watermelon) | Spring | Summer | Autumn | Winter |
| Nectarines | Spring | Summer | Autumn | Winter |
| Oranges (Valencia) | Spring | Summer | Autumn | Winter |
| Oranges (Navel) | Spring | Summer | Autumn | Winter |
| Peaches | Spring | Summer | Autumn | Winter |
| Pears | Spring | Summer | Autumn | Winter |
| Pears (Nashi) | Spring | Summer | Autumn | Winter |
| Persimmons | Spring | Summer | Autumn | Winter |
| Plums | Spring | Summer | Autumn | Winter |
| Quinces | Spring | Summer | Autumn | Winter |
| Raspberries | Spring | Summer | Autumn | Winter |
| Strawberries | Spring | Summer | Autumn | Winter |