



NATIONAL
NUTRITION
FOUNDATION

What's In Season

Choosing seasonal produce is **affordable**, **fresh**, and **delicious**,
supporting local farmers, **boosting nutrition**, and **aiding sustainability**.
Better for people and planet.

Summer Ins

December, January, February

asparagus	onion
avocado	spring onion
beans	peas
beetroot	snow peas
cabbage	sugar snap peas
capsicum	potato
carrot	radish
celery	shallot
corn	silverbeet
cucumber	squash
daikon	tomato
eggplant	watercress
leek	zucchini
lettuce	zucchini flower
okra	

Autumn Ins

March, April, May

artichokes	leek
asian greens	lettuce
avocado	mushrooms
beans	onion
beetroot	spring onion
broccoli	parsnip
brussels sprouts	potato
cabbage	pumpkin
capsicum	silverbeet
carrot	spinach
cauliflower	squash
celery	swede
corn	sweet potato
cucumber	tomato
eggplant	turnip
fennel	zucchini



Winter Ins

June, July, August

asian greens	kale
avocado	leek
broccoli	mushrooms
broccolini	okra
broad beans	onion
brussels sprouts	spring onion
cabbage	parsnip
capsicum	potato
carrot	pumpkin
cauliflower	radish
celery	shallot
cucumbers	silverbeet
eggplants	spinach
fennel	sweet potato
horseradish	turnip



Spring Ins

September, October, November

artichoke	mushrooms
asian greens	onion
avocado	spring onion
beans	parsnip
beetroot	peas
broccoli	potato
brussels sprouts	pumpkin
cabbage	radish
carrot	shallot
cauliflower	silverbeet
celery	spinach
corn	squash
eggplant	sweet potato
fennel	tomato
leek	turnip
lettuce	zucchini