

WHAT'S IN SEASON?

AUSTRALIA



GraceHamilton
— NATURAL HEALTH —

SPRING

SEPTEMBER

Fruit:
Apples
Blood Orange
Grapefruit
Lemon
Mandarins
Mangoes
Papaya
Pawpaw
Pineapples
Pomelo
Tangelos
Valencia Orange

Vegetables:

Asian greens
Asparagus
Broad Beans
Beetroot
Broccoli
Carrots
Cauliflower
Chili peppers
Fennel
Garlic
Globe Artichokes
Green Beans
Kale
Lettuce
Mushrooms
Spring Onions
Shallots
Spinach

OCTOBER

Fruit:
Avocados
Banana
Blueberries
Strawberries
Grapefruit
Mangoes
Melons
Papaya
Pawpaw
Pineapples
Passionfruit
Pineapples
Pomelo
Tangelos
Valencia Orange

Vegetables:

Asian greens
Asparagus
Broad Beans
Beetroot
Cabbage
Chili peppers
Cucumber
Fennel
Garlic
Globe Artichoke
Kale
Lettuce
Mushrooms
Shallots
Spring Onions
Peas
Potatoes
Silverbeet
Spinach
Watercress
Zucchini

NOVEMBER

Fruit:
Apples
Blood Orange
Grapefruit
Lemon
Mandarins
Mangoes
Papaya
Pawpaw
Pineapples
Pomelo
Tangelos
Valencia Orange

Vegetables:

Asian greens
Asparagus
Broad Beans
Beetroot
Broccoli
Carrots
Cauliflower
Chili peppers
Fennel
Garlic
Globe Artichokes
Green Beans
Kale
Lettuce
Mushrooms
Spring Onions
Shallots
Peas
Potatoes
Silverbeet
Spinach

DECEMBER

Fruit:
Apricots
Banana
Blackberries
Blueberries
Raspberries
Cherries
Grapes
Lychees
Mangoes
Melons
Nectarines
Papaya
Passionfruit
Papaw
Peaches
Pineapple
Strawberries
Valencia Oranges

Vegetables:

Asparagus
Butter Beans
Capsicum
Celery
Cucumbers
Eggplant
Flat Beans
Green beans
Lettuce
Mushrooms
Onions
Peas
Radish
Spinach
Sweetcorn
Tomatoes
Watercress
Zucchini

SUMMER

JANUARY

Fruit:
Apricots
Avocados
Bananas
Blackberries
Blueberries
Cherries
Grapes
Limes
Lychees
Mangoes
Melons
Nectarines
Passionfruit
Peaches
Pineapple
Plums
Rambutans
Raspberries
Strawberries
Valencia Oranges

Vegetables:

Asparagus
Butter beans
Capsicum
Celery
Cucumbers
Eggplant
Flat Beans
Green beans
Lettuce
Mushrooms
Onions
Okra
Peas
Potatoes
Radish
Spinach
Sweetcorn
Tomatoes
Zucchini

FEBRUARY

Fruit:
Avocados
Bananas
Blueberries
Figs
Grapes
Limes
Lychees
Mangoes
Mangosteens
Melons
Nectarines
Passionfruit
Peaches
Pears
Pineapple
Plums
Prickly Pears
Rambutans
Raspberries
Strawberries
Valencia Oranges

Vegetables:

Asparagus
Butter beans
Capsicum
Celery
Chili peppers
Chokos
Cucumbers
Eggplant
Flat beans
Green beans
Lettuce
Mushrooms
Onions
Okra
Peas
Potatoes
Radish
Snake beans
Spinach
Squash
Sweetcorn
Tomatoes
Zucchini

AUTUMN

MARCH

Fruit:
Apples
Bananas
Dates
Figs
Finger limes
Grapes
Guava
Kiwifruit
Limes
Mangosteens
Nashi
Passionfruit
Papaw
Pears
Plums
Pomegranate
Quinces
Tamarillo
Valencia Oranges

Vegetables:

Bok Choy
Beans
Broccoli
Capsicums
Chestnuts
Cucumbers
Eggplant
Eschallots
Kale
Lettuce
Mushrooms
Okra
Onions
Potatoes
Pumpkin
Sweetcorn
Swiss chard
Tomatoes
Witlof
Zucchini

APRIL

Fruit:
Apples
Avocados
Bananas
Custard apples
Dates
Dragon fruit
Finger limes
Grapes
Guava
Kiwifruit
Limes
Mandarins
Nashi
Passionfruit
Pears
Persimmons
Pomegranate
Quinces
Tamarillo

Vegetables:

Bok Choy
Beans
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Celeriac
Chestnuts
Eggplant
Fennel
Kale
Leeks
Mushrooms
Okra
Potatoes
Pumpkin
Silverbeet
Turnips
Watercress

MAY

Fruit:
Apples
Avocados
Bananas
Custard apples
Dates
Grapes
Kiwifruit
Lemons
Mandarins
Nashi
Naval Oranges
Pears
Persimmons
Pomegranate
Quinces
Rhubarb

Vegetables:

Bok Choy
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Celeriac
Chestnuts
Eggplant
Fennel
Kale
Ginger
Leeks
Mushrooms
Okra
Parsnips
Sweet potato
Turnips

JUNE

Fruit:
Apples
Avocados
Bananas
Custard apples
Dates
Grapefruit
Kiwifruit
Lemons
Mandarins
Nashi
Naval Oranges
Passionfruit
Pears
Pomello
Quinces
Rhubarb

Vegetables:

Beetroot
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Celeriac
Fennel
Jerusalem Artichokes
Kale
Kohlrabi
Leeks
Onions
Parsnips
Potatoes
Pumpkin
Radicchio
Silverbeet
Spinach
Swede
Sweet potato
Turnips

WINTER

JULY

Fruit:
Apples
Avocados
Bananas
Custard apples
Dates
Grapefruit
Kiwifruit
Lemons
Mandarins
Nashi
Naval Oranges
Pomello
Quince
Rhubarb
Strawberries
Tangelo

Vegetables:

Beetroot
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Celeriac
Fennel
Jerusalem Artichokes
Kale
Kohlrabi
Leeks
Onions
Parsnips
Potatoes
Pumpkin
Radicchio
Silverbeet
Spinach
Swede
Turnips

AUGUST

Fruit:
Apples
Avocados
Bananas
Blood Orange
Cumquats
Grapefruit
Lemons
Mandarins
Naval Oranges
Pomello
Rhubarb
Strawberries
Tangelo

Vegetables:

Beetroot
Broccoli
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Celeriac
Fennel
Jerusalem Artichokes
Kale
Kohlrabi
Leeks
Onions
Parsnips
Potatoes
Pumpkin
Silverbeet
Spinach
Sweet potato
Turnips