

AVAILABLE ALL YEAR ✓

Beef | Cream | Eggs | Honey | Lamb | Marron | Milk | Olive Oil | Rainbow Trout | Red Fin Perch

FRUIT	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
Apples		✓	✓	✓	✓							
Apricots	✓											✓
Avocados	✓	✓								✓	✓	✓
Blackberries		✓	✓									✓
Blueberries	✓	✓										✓
Boysenberries	✓											
Cherries	✓											✓
Cherry Tomatoes	✓	✓	✓	✓	✓						✓	✓
Feijoa				✓	✓							
Figs	✓	✓		✓	✓							
Kiwifruit				✓	✓	✓	✓					
Limes				✓	✓							
Logan Berries	✓											✓
Native Finger Limes				✓	✓	✓						
Nectarines	✓	✓	✓									
Oranges							✓	✓				
Passionfruit	✓	✓	✓									
Pears		✓	✓	✓	✓							
Persimmons					✓	✓	✓					
Plums	✓	✓	✓	✓	✓							
Pomegranates				✓								
Raspberries	✓											✓
Silvan Berries	✓	✓										
Strawberries	✓	✓	✓	✓	✓	✓				✓	✓	✓
Tamarillos					✓	✓	✓	✓	✓			

VEGETABLES

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
Asparagus									✓	✓	✓	✓
Baby Spinach	✓	✓	✓									✓
Beetroot	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Broccoli	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cabbage	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Capsicum	✓	✓	✓									
Cauliflower	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Corn	✓	✓	✓	✓	✓							✓
Herbs	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Garlic	✓	✓	✓	✓								✓
Kale	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Kohl Rabi	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lebanese Cucumbers	✓	✓	✓	✓	✓						✓	✓
Lettuce	✓	✓	✓	✓								✓
Potatoes	✓	✓	✓	✓	✓	✓						✓
Pumpkins		✓	✓	✓	✓	✓	✓	✓				
Silverbeet	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Swede						✓	✓	✓	✓			
Truffle						✓	✓	✓				
Zucchini	✓	✓										

NUTS

	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEP	OCT	NOV	DEC
Chestnuts				✓	✓	✓						
Hazelnuts				✓	✓	✓	✓					
Macadamia Nuts					✓	✓	✓	✓	✓			
Walnuts					✓	✓	✓	✓	✓			

Produce may include several varieties grown in the Southern Forests and Valleys. Seasonality and weather conditions can affect the availability, volume and supply of produce.