

VEGIES AVAILABILITY GUIDE



VEGIES	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Artichokes – Globe												
Artichokes – Jerusalem												
Asparagus												
Beans – Borlotti												
Beans – Broad												
Beans – Green												
Beetroot												
Bok Choy												
Broccoli												
Broccoli – Chinese												
Broccolini												
Brussels Sprouts												
Cabbage – Chinese/Green/Red/Savoy												
Capsicum												
Carrots – Long/Dutch												
Cauliflower												
Celeriac												
Celery												
Choi Sum												
Chillies												
Cucumber												
Eggplant												
Pencil Eggplant												
Fennel												
Baby Fennel												
Galangal												
Garlic Australian												
Garlic – Chinese/Peeled												
Ginger												
Herbs – Basil/Chervil*/Chives/ Coriander/Dill/Lemongrass/Marjoram/ Mint/Oregano/Parsley/Rosemary/Spring Onions/Tarragon/Thyme/Watercress *Chervil available Apr - Dec												
Horseradish												
Leeks												
Lettuce – Assorted Whole/Cos/ Baby Cos/Chicory/Endive/Mixed lettuce/ Raddichio/Rocket												
Mushrooms – Cultivated/Enoki/ Field/Shiitake												
Mushrooms – Pine/Slippery Jack												
Okra												
Onions – Brown/Red/White												
Parsnips												
Peas – Shelling												
Peas – Snowpeas/Sugarsnaps												
Potatoes – Desiree/White												
Potatoes – Kifler												
Pumpkin – Butternut/Japanese												
Radish – Red/White (Dykon)												
Shallots												
Silverbeet												
Spinach												
Sprouts Alfalfa/Bean shoots/ Mung/Snowpea shoots												
Squash												
Swede												
Sweet Potato												
Tomatoes – Roma/Salad												
Tomatoes – Cherry/Truss												
Turnips												
Witlof												
Zucchini												
Zucchini Flower												