



# Seasonal Food Guide

A U S T R A L I A

[seasonalfoodguide.com](http://seasonalfoodguide.com)

## Seasonal Produce Guide – Melbourne/VIC

### FRUIT

Apples	Spring	Summer	Autumn	Winter
Apricots	Spring	Summer	Autumn	Winter
Bananas	Spring	Summer	Autumn	Winter
Berries	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
Limes	Spring	Summer	Autumn	Winter
Mandarins (Imperial)	Spring	Summer	Autumn	Winter
Melons	Spring	Summer	Autumn	Winter
Oranges (Navel)	Spring	Summer	Autumn	Winter
Oranges (Valencia)	Spring	Summer	Autumn	Winter
Peaches	Spring	Summer	Autumn	Winter
Pears	Spring	Summer	Autumn	Winter
Plums	Spring	Summer	Autumn	Winter
Strawberries	Spring	Summer	Autumn	Winter



# Seasonal Food Guide

A U S T R A L I A

[seasonalfoodguide.com](http://seasonalfoodguide.com)

## Seasonal Produce Guide – Melbourne/VIC

### VEGETABLES

Artichokes (Globe)	Spring	Summer	Autumn	Winter
Artichokes (Jerusalem)	Spring	Summer	Autumn	Winter
Asparagus	Spring	Summer	Autumn	Winter
Basil	Spring	Summer	Autumn	Winter
Beans	Spring	Summer	Autumn	Winter
Beans (Broad)	Spring	Summer	Autumn	Winter
Beetroot	Spring	Summer	Autumn	Winter
Broccoli	Spring	Summer	Autumn	Winter
Brussel Sprouts	Spring	Summer	Autumn	Winter
Cabbage	Spring	Summer	Autumn	Winter
Capsicum	Spring	Summer	Autumn	Winter
Carrots	Spring	Summer	Autumn	Winter
Cauliflower	Spring	Summer	Autumn	Winter
Celery	Spring	Summer	Autumn	Winter
Chillies	Spring	Summer	Autumn	Winter
Corn	Spring	Summer	Autumn	Winter
Cucumbers	Spring	Summer	Autumn	Winter
Eggplant	Spring	Summer	Autumn	Winter
Leeks	Spring	Summer	Autumn	Winter
Lettuce	Spring	Summer	Autumn	Winter
Onions	Spring	Summer	Autumn	Winter
Parsley	Spring	Summer	Autumn	Winter
Parsnips	Spring	Summer	Autumn	Winter
Peas	Spring	Summer	Autumn	Winter
Peas (Snow)	Spring	Summer	Autumn	Winter
Potatoes	Spring	Summer	Autumn	Winter
Rhubarb	Spring	Summer	Autumn	Winter
Silverbeet	Spring	Summer	Autumn	Winter
Spinach	Spring	Summer	Autumn	Winter
Spring Onion	Spring	Summer	Autumn	Winter
Squash	Spring	Summer	Autumn	Winter
Sweet Potatoes	Spring	Summer	Autumn	Winter
Tomatoes	Spring	Summer	Autumn	Winter
Turnips	Spring	Summer	Autumn	Winter
Zucchini	Spring	Summer	Autumn	Winter