



Name	Sub type	Availability
ABIU		December to June
APPLE	Fuji Granny Smith Pink Lady Royal Gala Sundowner	Peak April to October Peak May to February Peak May to February Peak May to September Peak April to November
APRICOT		November to February
AVOCADO		All year Peak: March to November
BABACO		November to July
BANANA		All year Peak: November to March
BANANA PASSIONFRUIT		October to February
BERRIES	Blackberry Blackcurrant Boysenberry Blueberry Gooseberry Mulberry Loganberry Raspberry Red currant Strawberry White current	December to March December November to February August to May, Peak: November to February October to February October to December December November to January December All year December
BITTER MELON		All year Peak: March to October
BLACK SAPOTE		June to December Peak: June to July
BREADFRUIT		March to July
CANISTEL		All year, Erratic
CAPE GOOSEBERRY		January to September Peak: January to April
CARAMBOLA (STARFRUIT)		All year Peak: October to July
CHERRY		October to February
COCONUT		All year Peak: April to September
CUSTARD APPLE		March to September
DATE		All year
DURIAN		December to February
FEIJOA		February to March
FIG		December to May



GRAPE		All year Peak: February to March
GRAPEFRUIT		All year Peak: July to October
GUAVA		All year Peak: February to May
INDIAN FIG		December to May Peak: March to April
KIWANO		February to June
KIWI FRUIT		All year Imported: May to March
KUMQUAT		April to September
LEMON		All year Peak: June to September
LIME		March to September
LONGAN		February to March
LOQUAT		September to November
LYCHEE		November to February
MANDARIN		April to October
MANGO		October to March Imported: March to August
MANGOSTEEN		January to April, Erratic
MELONS	Honeydew Rockmelon Watermelon Champagne	All year All year All year All year, Erratic
NASHI		February to October Imported: October to December
NECTARINE		December to March
OLIVES		
ORANGES	Navel Valencia	May to October September to April
PAPAW		All year Peak: June to November
PASSIONFRUIT		All year Peak: October to February
PEACH		November to April
PEAR	Beurré Bosc Josephine Packham Red Anjou Williams Paradise Pear	March to November April to November May to January April to November mid January to May mid January to mid April
PERSIMMON		April to July



PINEAPPLE		All year Peak: September to November
PLUM		December to May
POMMEGRANATE		February to June
POMELO		June to November, Erratic
QUINCE		Late February to August
RAMBUTAN		November to May
RHUBARB		All year
SAPODILLA		May to March
STAR APPLE		June to November
TAMARILLO		February to November
TANGELLO		June to August
CHESTNUTS		March to June



ALFALA SPROUT		All year
ARTICHOKE		June to November
ASPARAGUS		Australia : October to February Imported: January to June
BEAN SPROUT		All year
BEANS	Green Bean Butter Bean Flat Bean Borlotti Bean Broad Bean	All year, Peak: November to March December to May All year, Peak: June to August All year, Peak: February to June All year, Peak: June to October
BEETROOT		All year Peak: June to November
BOK CHOY		All year Peak: May to August
BROCCOFLOWER		All year Peak: April to July
BROCCOLI		All year Peak : June to November
BROCCOLINI		
BRUSSELS SPROUT		All year Peak: April to November
CABBAGE		All year Peak: September to January
CAPSICUM		All year
CARROT		All year Peak: April to August
CAULIFLOWER		All year Peak: June to September
CELERIAC		March to December
CELERY		All year Peak: January to August
CHOKO		All year Peak: February to November
CHOY SUM		All year Peak: June to September
CORN		All year Peak: September to March
DIAKON RADISH		All year
EGGPLANT		All year Peak: November to March
FENNEL		March to October
JERUSALEM ARTICHOKE		April to October
KALE		All year
KOHLRABI		February to August



LEEK		All year Peak: October to May
LETTUCE		All year Peak: November to March
MUSHROOM		All year
OKRA		September to May
PARSLEY		All year
PARSNIP		All year Peak: April to October
PEA		All year Peak: October to December
PEPINO		March to May September to November
POTATO		All year
PUMPKIN		All year Peak: February to May
RADISH		All year Peak: October to December
SHALLOT		All year
SILVERBEET		All year Peak: July to April
SNOW PEA		All year Peak: July to October
SPINACH		March to November
SQUASH		All year Peak: November to March
SUGAR SNAP PEA		All year, Erratic
SWEDE		All year
SWEET POTATO		All year
TARO		All year
TOMATO		All year Peak: November to February
TURNIP		All year Peak: April to September
VEGETABLE SPAGHETTI		April to July
WITLOF		All year Peak: May to October
ZUCCHINI		All year Peak: November to January