

Seasonal fresh fruit & vegetables



Are cheaper at certain times of year!

Use this as a guide to see what fruits and vegetables are in season. Different fruits and vegetables thrive at different times throughout the year, choosing food in season may mean better quality and taste, and supports local farmers.

Summer



Fruits – berries, apricot, cherry, grape, mango, melon, nectarine, peach, pineapple, plum

Vegetables – avocado, beetroot, cucumber, eggplant, lettuce, sweetcorn, taro, tomato

Autumn



Fruits – figs, apple, apricot, feijoa, kiwifruit, lemon, lime, mandarin

Vegetables – cabbage, courgette, cauliflower, kumara, potato, pumpkin

Winter



Fruits – grapefruit, lemon, lime, orange, apple, kiwifruit, pear, rhubarb, tamarillo

Vegetables – beans, brussel sprout, silverbeet, turnip, watercress, yams

Spring



Fruits – mandarin, grape, kiwifruit, nectarine, rhubarb, strawberry, tangelo

Vegetables – asparagus, brussel sprouts, cabbage, eggplant, tomato, spinach