

Allan Champion & Michele Curtis

We are big fans of seasonal produce – and encourage everyone to use produce at its peak for the best quality and fullest flavour possible. These are also ingredients that are at their best price and value.

Use the following lists as a general guide to utilising fruit and vegetables at their best.

For more detailed information on a month-by-month basis, consult our annual release of *The Foodies Diary* in September each year.

Visit www.championandcurtis.com for more information.

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Spring - Fruit

banana
blood orange
cherry
cumquat
grapefruit
honeydew
lemon
loquat
lychee
mandarin
mango
papaya
pineapple
rhubarb
rockmelon
seville orange
strawberry
tangelo
valencia orange
watermelon

Spring - Vegetables

artichokes
asparagus
avocado
beans
broad beans
broccoli
cabbage
carrots
cauliflower
cucumber
leeks
lettuce
peas
potatoes
silverbeet
snow peas
spinach
sugar snap peas
sweetcorn
tomatoes
zucchini

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Summer - fruit

asparagus
avocado
beans
borlotti beans
capsicum
celery
cucumber
eggplant
green beans
leeks
lettuce
peas
radishes
snow peas
squash
sugar snap peas
sweetcorn
tomato
zucchini
zucchini flower

Summer - vegetables

asparagus
avocado
beans
borlotti beans
capsicum
celery
cucumber
eggplant
green beans
leeks
lettuce
peas
radish
snow peas
squash
sugar snap peas
sweetcorn
tomato
zucchini
zucchini flower



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Autumn - fruit

apple
banana
cumquat
custard apple
feijoa
fig
grapes
guava
honeydew
kiwifruit
lemon
lime
mandarin
mango
mangosteen
nashi
nuts
papaya
passionfruit
peach
pear
persimmon
plum
pomegranate
quince
rambutan
rhubarb
rockmelon
tamarillo
valencia orange

Autumn - vegetables

asian greens
avocado
beans
beetroot
borlotti beans
broccoli
brussels sprouts
cabbage
capsicum
carrot
cauliflower
celery
cucumber
eggplant
fennel
leeks
lettuce
onions
parsnip
peas
potato
pumpkin
silverbeet
spinach
squash
swede
sweet potato
sweetcorn
tomato
turnip
mushroom



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Winter - Fruit

apple
blood orange
cumquat
custard apple
grapefruit
kiwifruit
lemon
lime
mandarin
nashi
navel orange
nuts
pears
persimmon
pineapple
quince
rhubarb
tangelo

Winter – vegetables

asian greens
avocado
beetroot
broccoli
brussels sprouts
cabbage
carrot
cauliflower
celeriac
celery
fennel
horseradish
Jerusalem artichoke
kale
kohlrabi
leek
okra
olive
onion
parsnip
peas
potato
pumpkin
silverbeet
spinach
swede
sweet potato
turnip

