

Spring

| Whats best in September | | Whats Best in October | | Whats Best in November | |
|-----------------------------|--------------|-----------------------|------------------|------------------------|-------------------|
| Fruit | Vegetables | Fruit | Vegetable | Fruit | Vegetable |
| Apples: Asian Greens | Avocados | Asian Greens | Avocados | Asian greens | Asparagus |
| Lady Williams | Bananas | Bananas | Bananas | Bananas | Asparagus |
| Berries: Asparagus | Berries: | Berries: | Berries: | Berries: | Beans: |
| Mulberries: Blueberries | Broad | Blueberries | Broad | Blueberries | Green |
| Strawberries: Green | Mulberries | green | Boysenberries | Cucumber | Mulberries |
| Grapefruit: Beetroot | Strawberries | Beetroot | Chillies | Chillies | Chillies |
| Lemons: Broccoli | Grapefruit | Cucumber | Cherries | Globe Artichokes | Globe Artichokes |
| Mandarins: Carrots | Chillies | Honey Murocott | Chillies | Chillies | Chillies |
| Honey Murocott: Cauliflower | Melons | Garlic-fresh | Loquats | Onions | Onions |
| Oranges: Chillies | Oranges: | Globe artichokes | Mangoes | Spring | Spring |
| Blood: Garlic-fresh | Navel | Lettuce | Melons | Green (-shallots) | Green (-shallots) |
| Navel: Globe Artichokes | Valencia | Mushrooms | Oranges: | Peas | Peas |
| Seville: Lettuce | Papaya | Onions: | Valencia | Potatoes | Potatoes |
| Papaya: Mushrooms | Papaw | Spring | Papaya | Silverbeet | Silverbeet |
| Papaw: Onions: | Passionfruit | Green (-shallot) | Papaw | Spinach | Spinach |
| Pineapples: Pineapples | Pineapples | Peas | Sweetcorn | Sweetcorn | Sweetcorn |
| Pomelo: Green(-shallots) | Pomelo | Potatoes | Tomatoes | Tomatoes | Tomatoes |
| Rockmelon: Peas | Tangelos | Silverbeet | Watercress | Watercress | Watercress |
| Tangelos: Potatoes | Silverbeet | Spinich | Zucchini | Zucchini | Zucchini |
| | Silverbeet | Watercress | Zucchini flowers | Zucchini flowers | Zucchini flowers |

Summer

| Whats best in December | | Whats Best in January | | Whats Best in February | |
|--------------------------|-----------------|-----------------------|------------------|------------------------|--------------|
| Fruit | Vegetables | Fruit | Vegetable | Fruit | Vegetable |
| Apricots: Asparagus | Apricots | Asparagus | Avocados | Avocados | Butter |
| Bananas: Green | Avocados | Bananas | Green | Blueberries | Flat & Green |
| Berries: Blackberries | Flat | Blackberries | Flat & Butter | Raspberries | Ssnake |
| Blueberries: Butter | Blueberries | Raspberries | Capsicum | Strawberries | Capsicum |
| Raspberries: Capsicum | Raspberries | Celery | Chillies | Figs | Celery |
| red & white: Celery | Strawberries | Cucumber | Chillies | Grapes | Lemons |
| Currants: Cucumber | Cherries | Eggplant | Chokos | Limes | Celery |
| Strawberries: Eggplant | Grapes | Lettuce | Cucumber | Lychees | Cucumber |
| Cherries: Lettuce | Limes | Onions: | Mangosteens | Eggplant | Eggplant |
| Grapes: Onions: | Lychees | Salad | Onions: | Navel | Navel |
| Lychees: Salad | Mangoes | Green | Nectarines | Passionfruit | Kohlrabi |
| Mangoes: Green | Melons | Okra | Onions: | Pears | Leeks |
| Melons: Peas: | Nectarines | Peas: | Valencia | Rhubarb | Leeks |
| Nectarines: Sugar snap | Oranges: | Sugar snap | Passionfruit | Onions | Onions |
| Oranges: Radish | Valencia | Potatoes | Peaches | Sugar snap | Parsnips |
| Valencia: Sweetcorn | Passionfruit | Radish | Pears: Williams | Sugar snap | Parsnips |
| Papaya: Tomatoes | Peaches | Sweetcorn | Howell & prickly | Squash | Potatoes |
| Passionfruit: Watercress | Pears: Williams | Tomatoes | Pineapples | Sweetcorn | Potatoes |
| Papaw: Zucchini | Pineapples | Zucchini | Plums | Tomatoes | Pumpkin |
| Peaches: Plums | Rambutans | | Rambutans | Zucchini | Silverbeet |
| Pineapple: Rambutans | | | | | Spinach |

Autumn

| Whats best in March | | Whats Best in April | | Whats Best in May | |
|-----------------------------|------------------|---------------------|-------------|-------------------|------------------|
| Fruit | Vegetables | Fruit | Vegetable | Fruit | Vegetable |
| Apples: Artichokes globe | Avocados | Asian Greens | Avocados | Asian greens | Asparagus |
| Lady Williams: Asian Greens | Bananas | Asparagus | Bananas | Bananas | Asparagus |
| Berries: Asparagus | Berries: | Berries: | Berries: | Berries: | Beans: |
| Strawberries: Beans: | Blueberries | Broad | Young | Green | Green |
| Grapefruit: Broad & Green | Strawberries | green | Blueberries | Cucumber | Cucumber |
| Lemons: Beetroot | Grapefruit | Beetroot | Mulberries | Chillies | Mulberries |
| Mandarins: Broccoli | Mangoes | Cucumber | Cherries | Globe Artichokes | Globe Artichokes |
| Honey Murocott: Carrots | Chillies | Grapefruit | Chillies | Grapefruit | Lettuce |
| Rockmelon: Cauliflower | Oranges: | Garlic-fresh | Loquats | Onions | Onions |
| Oranges: Valencia | Globe artichokes | Mangoes | Spring | Spring | Spring |
| Blood: Garlic-fresh | Papaya | Lettuce | Melons | Green(-shallots) | Green(-shallots) |
| Seville: Lettuce | Papaw | Mushrooms | Oranges: | Peas | Peas |
| Papaya: Mushrooms | Passionfruit | Onions: | Valencia | Potatoes | Potatoes |
| Pineapples: Pineapples | Pineapples | Spring | Papaya | Silverbeet | Silverbeet |
| Pomelo: Green(-shallot) | Pomelo | Green(-shallot) | Papaw | Spinich | Spinich |
| Tangelos: Peas | Potatoes | Silverbeet | Watercress | Zucchini | Zucchini |
| | Silverbeet | Spinich | Zucchini | Zucchini flowers | Zucchini flowers |
| | Spinach | Zucchini | | | |

Winter

| Whats best in June | | Whats Best in July | | Whats Best in August | |
|--------------------------|-----------------|--------------------|------------|----------------------|-----------------|
| Fruit | Vegetables | Fruit | Vegetable | Fruit | Vegetable |
| Apples: Beetroot | Apples | Beetroot | Apples | Apples | Beetroot |
| Avocados: Broccoli | Avocados | Broccoli | Bananas | Bananas | Broccoli |
| Bananas: Brussel Sprouts | Brussel Sprouts | Brussel Sprouts | Cumquat | Cumquat | Brussel Sprouts |
| Custard Apples: Cabbage | Custard apples | Cabbage | Grapefruit | Grapefruit | Cabbage |
| Grapefruit: Carrots | Grapefruit | Carrots | Kiwi Fruit | Carrots | Carrots |
| Kiwi Fruit: Cauliflower | Kiwi fruit | Cauliflower | Lemons | Cauliflower | Cauliflower |
| Lemons: Celeriac | Lemons | Celeriac | Mandarins | Mandarins | Celeriac |
| Mandarins: Celery | Nashi | Celery | Fennel | Celery | Celery |
| Nashi: Fennel | Oranges: | Navel & Blood | Jerusalem | Navel & Blood | Fennel |
| Oranges: Jerusalem | Artichokes | Pomelo | Rhubarb | Jerusalem | Pomelo |
| Navel: Artichokes | Kohlrabi | Strawberries | Tangelo | Artichokes | Artichokes |
| Passionfruit: Kohlrabi | Pomelo | Strawberries | Tangelo | Kohlrabi | Kohlrabi |
| Pears: Leeks | Quince | Leeks | Tangelo | Leeks | Leeks |
| Pommelo: Olives | Rhubarb | Olives | | Olives | Okra |
| Quince: Parsnips | Strawberries | Onions | | Onions | Onions |
| Rhubarb: Parsnips | Tangelos | Parsnips | | Parsnips | Parsnips |
| | | Potatoes | | Potatoes | Potatoes |
| | | Pumpkin | | Pumpkin | Pumpkin |
| | | Silverbeet | | Silverbeet | Silverbeet |
| | | Spinach | | Spinach | Spinach |
| | | Sweetcorn | | Sweetcorn | Sweetcorn |
| | | Turnip | | Turnip | Turnip |