



## Seasonal lists by Allan Champion

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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

apricot  
banana  
berries  
cherry  
currants  
lychee  
mango  
melons  
nectarine  
passionfruit  
passionfruit  
peach  
pineapple  
rambutan  
valencia orange

### 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  
honeydew  
kiwifruit  
lemon  
lime  
mandarin  
mango  
mangosteen  
nashi  
nuts  
papaya  
peach  
pear  
persimmon  
plum  
pomegranate  
quince  
rambutan  
rhubarb  
rockmelon  
valencia orange

### Autumn - vegetables

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



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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