



NATURIMEDICA

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EATING SEASONALLY IN SYDNEY & NSW

VEGETABLES

Vegetable	Spring	Summer	Autumn	Winter
Artichokes				
Asia vegetables				
Asparagus				
Beans				
Beans (broad)				
Beetroot				
Broccoli				
Brussels sprouts				
Cabbage				
Capsicum				
Carrots				
Cauliflower				
Celery				
Chillies				
Cucumber				
Eggplant				
Fennel				
Kale				
Lebanese cucumber				
Leek				
Lettuce				
Onion				
Parsnip				
Parsley				
Peas				
Potatoes				
Pumpkin				
Radish				
Rhubarb				
Shallots				
Silver beet				
Spinach				
Squash				
Swede				
Sweet corn				
Sweet potato				
Tomatoes				
Turnip				
Zucchini				



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FRUITS

Fruit	Spring	Summer	Autumn	Winter
Apples				
Apricots				
Avocados				
Bananas				
Berries (all)				
Cherries				
Grapefruit				
Grapes				
Figs				
Horseradish				
Kiwifruit				
Lemons				
Limes				
Mandarins				
Mangoes				
Melons (all)				
Nectarines				
Oranges				
Passionfruit				
Peaches				
Pears				
Plums				
Strawberries				
Watermelon				