

# SEASONAL VEGETABLES

## GROWN IN

## VICTORIA



	SPRING	SUMMER	AUTUMN	WINTER
Artichokes (Globe)				
Artichokes (Jerusalem)				
Asian Greens				
Asparagus				
Avocado				
Beans				
Beans (Broad)				
Beetroot				
Broccoli				
Brussel Sprouts				
Cabbages				
Capsicum				
Carrots				
Cauliflower				
Celery				
Celeriac				
Chillies				
Cucumber				
Daikon				
Eggplant				
Fennel				
Garlic				
Kale				

	SPRING	SUMMER	AUTUMN	WINTER
Kohlrabi				
Leek				
Lettuces				
Mushrooms				
Okra				
Onions				
Parsnips				
Peas				
Peas (Snow)				
Potatoes				
Pumpkins				
Radishes				
Shallots				
Silverbeet				
Spinach				
Spring Onion				
Squash				
Swedes				
Sweet Corn				
Tomatoes				
Turnips				
Witlof				
Zucchini				

This chart lists the peak season for various vegetables. Vegetables purchased during the local growing season are usually the cheapest and best eating quality. However many types of produce are now available year around.



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