



Food Smart

Pocket guide to seasonal fruits and vegetables

Spring

Fruit
Banana
Cherry
Grape
Lemon
Mandarin
Orange
Pineapple
Stone fruit
Strawberries

Vegetables	
Artichoke	Mushroom
Asian Veg	Parsley
Broccoli	Potato
Cabbage	Radish
Carrots	Rhubarb
Cauliflower	Sweet potato
Celery	Spinach
Chinese cabbage	Squash
Cucumber	Tomato
Leek	zucchini
Lettuce	

Summer

Fruit
Apricot
Berries
Banana
Grape
Melon
Stone fruit
Strawberries

Vegetables	
Asian Veg	Eggplant
Beans	Lettuce
Beetroot	Mushroom
Cabbage	Pumpkin
Capsicum	Radish
Celery	Squash
Chili	Sweet corn
Cucumber	



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Protection Authority

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Autumn

Fruit

Apple
Berries
Banana
Kiwifruit
Grape
Pears
Pineapple
Strawberries

Vegetables

Asian Veg	Okra
Beans	Parsley
Broccoli	Parsnip
Cabbage	Onion
Capsicum	Parsnip
Cauliflower	Pumpkin
Chili	Radish
Chinese cabbage	Rhubarb
Lettuce	Sweet potato
Mushroom	

Winter

Fruit

Banana
Lemon
Mandarin
Orange
Tangelos

Vegetables

Asian Veg	Parsley
Broccoli	Parsnip
Cabbage	Potato
Cauliflower	Radish
Chinese cabbage	Rhubarb
Lebanese cucumber	Sweet potato
Leek	Spinach
Lettuce	Turnip

Fruit and vegetables that are in season taste better, cost less and last longer.

For more ways to be Food Smart, save money and avoid food waste:

Visit lovefoodhatewaste.nsw.gov.au and like **Love Food Hate Waste NSW** on Facebook.

Food Smart is a six-week online program to help NSW households reduce food waste. It provides hacks, tips and advice to help you make the most of the food you buy and save money.

Sign up to Food Smart at lovefoodhatewaste.nsw.gov.au

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