

# VEGETABLE & FRUIT SEASONAL PLANNER



Good choice, widely available and well priced
  Use less, higher priced
  Out of season, not best choice

	Summer (Dec Jan Feb)	Autumn (Mar Apr May)	Winter (Jun Jul Aug)	Spring (Sept Oct Nov)
<b>VEGETABLES</b>				
Asparagus				
Broccoli				
Brussel Sprouts				
Cabbage				
Capsicum Green				
Capsicum Yellow				
Carrot				
Cauliflower				
Celery				
Courgette				
Cucumber				
Eggplant				
Kumara				
Leeks				
Lettuce Iceberg				
Mushroom				
Onion				
Parsnip				
Potato				
Pumpkin				
Silverbeet				
Spinach				
Spring Onion				
Swede				
Tomato				
Yam				
<b>FRUIT</b>				
Apples				
Apricots				
Avocado				
Bananas				
Blueberries				
Feijoa				
Grapes Green				
Grapes Red				
Kiwifruit				
Lemons				
Mandarins				
Nectarines				
Oranges				
Peaches				
Pears				
Pineapple				
Plums				
Rhubarb				
Rock Melon				
Strawberries				
Tamarillos				
Tangelos				
Watermelon				

\* All fresh and prepared fruit and vegetables can be purchased through Bidvest  
[www.bidvest.co.nz](http://www.bidvest.co.nz) 0800 424 383