

SEASONAL VEGETABLES

GROWN IN

WESTERN AUSTRALIA

	SPRING	SUMMER	AUTUMN	WINTER
Artichoke	█			
Asian greens		█	█	█
Asparagus	█			
Beetroot		█	█	█
Broad beans		█		
Broccoli		█	█	█
Broccolini		█	█	█
Brussel sprouts			█	█
Butternut pumpkin			█	
Cabbage	█		█	█
Capsicum	█	█	█	█
Carrot		█	█	█
Cauliflower	█		█	█
Celery		█	█	█
Cucumber	█	█		
Eggplant	█	█	█	█
Fennel				█
Garlic	█			
Green beans	█	█	█	
Kale				█

	SPRING	SUMMER	AUTUMN	WINTER
Leek	█	█	█	
Lettuce	█	█	█	█
Mushroom	█	█	█	█
Onion		█	█	
Parsnip			█	█
Pea	█	█	█	█
Potato	█	█	█	█
Pumpkin	█		█	
Radish	█	█	█	
Silverbeet	█			
Snow pea	█	█		
Spinach	█		█	
Spring onion	█			
String beans		█		
Swede			█	
Sweet corn		█	█	
Sweet potato			█	
Tomato		█	█	
Turnip			█	█
Zucchini	█	█		█

Data source: Buy West Eat Best

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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Government of Western Australia
Department of Health

