

WHAT CAN I DO?

Choose the freshest and healthiest fruit and vegetables by selecting produce that is in season.

WHY SHOULD I BUY SEASONAL PRODUCE?

Fresh seasonal fruit and vegetables are higher in nutrient value, tastier and are often cheaper than produce that has been imported or stored for long periods of time since harvest. Storing food in climate controlled conditions also consumes a huge amount of energy, resulting in the generation of greenhouse gases.

'Eating with the seasons' is nature's way of making sure our bodies get a healthy mix of nutrients. It is also a celebration of seasonality, adding distinction and variation to your cooking throughout the year!

HOW CAN I DO IT?

- Use this pocket guide to identify locally produced in season fruit and vegetables that should be fresh, ripe and have the best flavours.
- Look out for 'country of origin' labels to avoid buying imported produce when fresh seasonal produce is available on the shelf.
- Try your local farmers market for produce that is more likely to be locally grown in WA.
- Buy your fruit and veg in small lots, once a week or more often, and then use them quickly so that they are at their best and most nutritious.



veges		ARTICHOKE GLOBE	ARTICHOKE JERUSALEM	ASPARAGUS	BEANS BROAD	BEANS DWARF	BEANS CLIMBING	BEETROOT	BROCCOLI	BRUSSEL SPROUTS	CABBAGE	CAPSICUMS/ CHILLIES	CARROTS	CAULIFLOWER	CELERY	CUCUMBER/ MARROWS	EGGPLANT	GARLIC	GINGER	KALE	KOHL RABI	LEEK	LETTUCE	ONIONS WHITE & BROWN	ONIONS SPRING	PARSNIP	PEAS SNOW & SUGAR	POTATO	PUMPKIN	RADISH	RHUBARB	SILVER BEET	SPINACH	SWEDE	SWEET CORN	SWEET POTATO	TOMATO	TURNIP	ZUCCHINI/ SQUASH	veges							
SUMMER	DECEMBER			▲				■										▲				■																				DECEMBER					
	JANUARY							■																																					JANUARY		
	FEBRUARY							■																																						FEBRUARY	
AUTUMN	MARCH		■					■																																						MARCH	
	APRIL		■					■													■	■																								APRIL	
	MAY		■					■													■	■																								MAY	
WINTER	JUNE							■													■	■																							JUNE		
	JULY							■													■	■																								JULY	
	AUGUST	■			■			■													■	■																								AUGUST	
SPRING	SEPTEMBER	■		■				■											■		■	■																								SEPTEMBER	
	OCTOBER	■		■				■											■		■	■																									OCTOBER
	NOVEMBER	■		■		■		■											■		■	■																									NOVEMBER

NOTES:

This seasonal guide highlights the availability of fruit and vegetables that are grown in the south-west of WA. This will help you to choose fresh food that is also low in 'food miles'.

- Ask your store which is locally produced
- Only small amounts are produced locally
- ▲ Stores well
- Can be grown all year

■ Peak season (abundant and best price)

■ Local produce that is available outside of peak season because it stores well or can be grown in covered houses.

Nearly all Ginger is imported from the eastern states or overseas.

