

# Fruit Seasonality Chart

Healthier. Happier.

Fruit	Info	In Season
<b>Apple</b>	Source of fibre and vitamin C.	All year
<b>Apricot</b>	Good source of vitamin C. Source of fibre, potassium, niacin and beta carotene (vitamin A).	- Jan - Nov -
<b>Avocado</b>	Source of fibre, potassium, niacin, folate, vitamin E and vitamin K.	All year
<b>Banana</b>	Source of fibre, potassium, folate, vitamin C and B6.	All year
<b>Blackberry</b>	Excellent source of dietary fibre. Good source of folate and vitamin K. Source of magnesium, pantothenic acid, beta carotene (vitamin A), vitamin C and vitamin E.	- Mar - Nov -
<b>Blueberry</b>	Good source of vitamin K. Source of fibre and vitamin C.	- Apr - Jun -
<b>Carambola</b>	Good source of vitamin C. Source of fibre, potassium.	All year
<b>Cherry</b>	Good source of vitamin C. Source of fibre, vitamin E, potassium.	- Feb - Oct -
<b>Coconut</b>	Excellent source of fibre. Source of niacin, folate, potassium.	All year
<b>Custard Apple</b>	Source of fibre, vitamin C, niacin, potassium and magnesium.	Feb - Oct
<b>Fig</b>	Good source of fibre. Source of vitamin C and potassium.	- May - Nov -
<b>Gooseberry</b>	Good source of fibre and vitamin C. Source of potassium.	- Feb - Oct -
<b>Grapes (Red)</b>	Good source of fibre. Source of potassium.	- May - Nov -
<b>Grapes (Green)</b>	Source of fibre, potassium and vitamin C.	- May - Nov -
<b>Grapefruit</b>	Good source of vitamin C. Source of fibre, potassium, folate.	Feb - Dec
<b>Guava</b>	Excellent source of fibre. Good source of vitamin C. Source of potassium, niacin, and beta carotene (vitamin A).	All year
<b>Honeydew</b>	Good source of vitamin C. Source of potassium.	All year
<b>Kiwifruit</b>	Good source of fibre, vitamin C and vitamin K. Source of folate and vitamin E.	Apr - May
<b>Lemon</b>	Good source of vitamin C.	Feb - Oct
<b>Lime</b>	Good source of vitamin C. Source of potassium.	- May - Sept -
<b>Loganberry</b>	Good source of fibre and vitamin C. Source of potassium, niacin, folate and vitamin K.	- Jan - Dec -
<b>Lychee</b>	Good source of vitamin C. Source of fibre and potassium.	- Mar - Nov -
<b>Mandarin</b>	Good source of vitamin C. Source of fibre.	Mar - Oct
<b>Mango</b>	Good source of beta-carotene (vitamin A), vitamin C. Source of fibre and vitamin E.	- Apr - Sept -
<b>Nectarine</b>	Good source of vitamin C. Source of fibre, potassium, niacin and vitamin E.	- Apr - Nov -
<b>Orange</b>	Good source of folate and vitamin C. Source of fibre and potassium.	All year
<b>Passionfruit</b>	Excellent source of dietary fibre. Good source of niacin and vitamin C. Source of potassium.	- Feb - May - Aug - Dec -
<b>Paw Paw</b>	Good source of vitamin C. Source of fibre, potassium, beta carotene (vitamin A).	All year
<b>Peach</b>	Good source of vitamin C. Source of fibre, potassium, niacin.	- Mar - Nov -
<b>Pear</b>	Good source of fibre and vitamin C.	All year
<b>Persimmon</b>	Good source of vitamin C. Source of fibre, beta carotene (vitamin A).	Mar - Sep
<b>Pineapple</b>	Good source of vitamin C. Source of fibre, potassium.	All year
<b>Plum</b>	Source of fibre, potassium, vitamin C.	- Apr - Dec -
<b>Pomegranate</b>	Excellent source of fibre. Good source of vitamin C and vitamin E. Source of potassium.	Mar - Aug
<b>Quince</b>	Good source of fibre and vitamin C. Source of potassium.	Mar - May
<b>Rambutan</b>	Good source of fibre and vitamin C. Source of potassium, niacin.	- May - Nov -
<b>Raspberry</b>	Excellent source of fibre. Good source of vitamin C, biotin, folate. Source of potassium and vitamin K.	- May - Oct -
<b>Rockmelon</b>	Good source of vitamin C. Source of potassium, folate and beta carotene (vitamin A).	All year
<b>Strawberry</b>	Good source of folate and vitamin C. Source of fibre, potassium, biotin.	All year
<b>Tamarillo</b>	Good source of fibre and vitamin C. Source of potassium, beta carotene (vitamin A).	May - Oct
<b>Tangelo</b>	Good source of vitamin C. Source of fibre.	Jun - Aug
<b>Watermelon</b>	Good source of vitamin C. Source of beta carotene (vitamin A).	All year



# Veggie Seasonality Chart Healthier. Happier.

Veggie	Info	In Season
<b>Artichoke (Globe)</b>	Excellent source of fibre. Good source of folate and vitamin C. Source of potassium and vitamin K.	Apr – Dec
<b>Asparagus</b>	Good source of folate, vitamin C, vitamin K. Source of fibre, potassium and thiamin.	– Mar      Sep –
<b>Beans (Green)</b>	Good source of vitamin C and biotin. Source of fibre.	All year
<b>Beans (Broad)</b>	Good sources of fibre, folate, vitamin C. Source of protein, niacin, riboflavin, thiamin, iron.	Sep – Nov
<b>Beetroot</b>	Good source of folate. Source of fibre.	All year
<b>Broccoflower</b>	Good source of vitamin C. Source of potassium and fibre.	All year
<b>Broccoli</b>	Good source of vitamin C and vitamin K. Source of fibre, potassium and folate.	All year
<b>Brussels Sprouts</b>	Good source of vitamin C and vitamin K. Source of fibre, potassium, folate and vitamin B6.	Mar – Sep
<b>Bok Choy</b>	Good source of vitamin C and vitamin K. Source of folate, potassium and vitamin B6.	All year
<b>Cabbage</b>	<b>White or Green</b> - Good source of vitamin C and vitamin K. Source of fibre and potassium. <b>Red</b> - Good source of vitamin C and vitamin K. Source of fibre, potassium, folate and vitamin B6.	All year
<b>Capsicum</b>	<b>Red</b> - Good source of vitamin C and vitamin E. Source of folate, beta carotene (vitamin A) and vitamin B6. <b>Green</b> - Good source of vitamin C.	All year
<b>Carrot</b>	Good source of beta carotene (vitamin A). Source of fibre, potassium, vitamin C and vitamin K.	All year
<b>Cauliflower</b>	Good source of vitamin C. Source of fibre, potassium, folate and vitamin K.	All year
<b>Celeriac</b>	Good source of vitamin K. Source of fibre, potassium and vitamin C.	All year
<b>Celery</b>	Good source of vitamin K. Source of potassium.	All year
<b>Chinese Cabbage</b>	Good source of folate, vitamin C and vitamin K. Source of vitamin B6.	All year
<b>Chilli</b>	Good source of vitamin C. Source of fibre. (20g)	All year
<b>Cucumber</b>	Source of vitamin C and vitamin K.	All year
<b>Eggplant</b>	Good source of vitamin B6. Source of vitamin E and fibre.	All year
<b>Endive</b>	Good source of folate, vitamin C, vitamin K. Source of pantothenic acid and iron.	All year
<b>Fennel</b>	Source of potassium, folate and vitamin C.	All year
<b>Kale</b>	Good source of vitamin C and vitamin K. Source of potassium and vitamin B6 .	All year
<b>Leek</b>	Good source of vitamin C and vitamin K. Source of fibre.	All year
<b>Lettuce</b>	Source of folate and vitamin C.	All year
<b>Lo Bok/Daikon</b>	Good source of vitamin C. Source of folate.	All year
<b>Mushroom</b>	Source of riboflavin, niacin, pantothenic acid, biotin, selenium. Source of potassium, phosphorus.	All year
<b>Onion (Brown/Red/White)</b>	Source of vitamin C.	All year
<b>Onion (Spring)</b>	Good source of vitamin K. Source of vitamin C, beta carotene (vitamin A), folate, niacin and fibre.	All year
<b>Parsnip</b>	Source of fibre, potassium, vitamin C, niacin and vitamin K.	All year
<b>Peas</b>	Good source of fibre and vitamin C. Source of folate, niacin, thiamin and vitamin K.	All year
<b>Potato</b>	Good source of vitamin C. Source of potassium and niacin.	All year
<b>Pumpkin (Jap/Butternut)</b>	Source of potassium, beta carotene (vitamin A) and vitamin C.	All year
<b>Radish</b>	Good source of vitamin C.	All year
<b>Rhubarb</b>	Source of vitamin C and vitamin K.	All year
<b>Silverbeet</b>	Good source of beta carotene (vitamin A), vitamin B6, vitamin C and vitamin K. Source of potassium, folate and iron.	All year
<b>Snow Peas</b>	Good source of vitamin C. Source of biotin and vitamin K.	All year
<b>Spinach</b>	Good source of folate, beta carotene (vitamin A), vitamin C and vitamin K. Source of fibre, potassium, iron and magnesium.	All year
<b>Sprouts</b>	<b>Alfalfa</b> - Good source of folate, vitamin C and vitamin K. <b>Bean</b> - Good source of vitamin K. Source of vitamin C and biotin.	All year
<b>Squash</b>	Good source of vitamin C.	All year
<b>Sweet Potato</b>	Good source of beta carotene (vitamin A) and vitamin C. Source of fibre and vitamin B6.	All year
<b>Tomato</b>	Good source of vitamin C.	All year
<b>Turnip/Swede</b>	Good source of vitamin C. Source of potassium.	All year
<b>Watercress</b>	Good source of folate, beta carotene (vitamin A), vitamin C and vitamin K. Source of fibre, potassium and iron.	All year
<b>Zucchini</b>	Good source of vitamin C.	All year