



THE SUNSHINE COAST & SURROUNDS' REGIONAL FOOD DIRECTORY

SEASONAL CALENDAR

Vegetable	Variety	J	F	M	A	M	J	J	A	S	O	N	D
Asian Greens		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Asparagus										✓	✓	✓	✓
Bamboo		✓	✓	✓						✓	✓	✓	✓
Beans	Climbing	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Snake	✓	✓	✓	✓	✓						✓	✓
Beetroot		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bitter melon		✓	✓	✓	✓	✓						✓	✓
Broccoli			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Brussel Sprouts			✓	✓	✓	✓	✓	✓	✓	✓	✓		
Cabbage		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Capsicum		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Carrots		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓
Cauliflower				✓	✓	✓	✓	✓	✓	✓	✓	✓	
Chilli	Most varieties	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Pimentos De Padron	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chois	Bok, Pak, Sum	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Corn		✓	✓	✓	✓	✓	✓	✓	✓	✓			✓
Cucumbers		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Eggplant		✓	✓	✓	✓	✓	✓	✓			✓	✓	✓
Herbs	Coriander			✓	✓	✓	✓	✓	✓	✓	✓		
	Parsley	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Rosemary	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Basil	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Dill	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Rosemary	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Sage	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



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Herbs cont'd	Oregano	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Marjoram	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Chervil	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Tarragon	✓	✓	✓	✓							✓	✓
	Chives	✓	✓	✓	✓	✓	✓	✓				✓	✓
	Fennel			✓	✓	✓	✓	✓	✓	✓			
Garlic	Common									✓	✓	✓	✓
	Australian Purple							✓	✓	✓			
Kale		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Kohlrabi								✓	✓	✓	✓	✓	
Lemongrass		✓	✓	✓									✓
Leeks							✓	✓	✓	✓	✓	✓	✓
Lettuce	Fancy		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
	Iceberg	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Cos	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Mushrooms	Whites	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Swiss Browns	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Okra		✓	✓	✓	✓	✓	✓					✓	✓
Onions										✓	✓	✓	
Potatoes		✓				✓		✓	✓	✓	✓	✓	✓
Pumpkin								✓	✓	✓	✓	✓	✓
Radishes	Red	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Daikon					✓	✓	✓	✓	✓	✓	✓	✓
Rocket		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Shallots		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Silverbeet		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Snow Peas							✓	✓	✓	✓	✓	✓	



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Spinach		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Squash		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sweet potatoes		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tat Soi		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tomatoes	Gourmet	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Cherry Tomatoes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tubers	Ginger	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Galangal	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	Turmeric	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Turnips		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Zucchini		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Zucchini Flowers		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Please Note: This Seasonal Calendar is a general guide only - seasonal conditions and varieties vary throughout the Sunshine Coast and surrounds resulting in variations in availability.

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