



Seasonal fruit and veggie guide

Your guide to buying fresh, healthy and cheaper food

Why eat seasonal food?

Seasonal foods are more likely to come directly from the grower rather than sitting in cold storage losing their nutritional value. Fruit and veg in season usually:

- are fresher and healthier
- are cheaper
- are ripened naturally
- have fewer transport miles
- cause less carbon emissions from cold storage.

Eating locally grown fruit and vegetables in season supports the local economy and growers. Buying seasonally means fruit and veg are naturally more delicious, at their cheapest and encourage a varied diet.

Tips for buying seasonal

- Look for Australian produce
- Check seasonal guides
- Ask your green grocer if it was grown locally
- Shop at farmers markets and local green grocers

Love Food Hate Waste

In NSW households throw away over \$1000 of food each year, most of which is fresh food and leftovers. Wasting food wastes the energy, water and natural resources used to grow, package, transport and market that food.

Buy it, cook it, save it

Buying too much, cooking too much and not storing food correctly are the main reasons for wasting food and grocery money. Top tips to waste less food, save money and our environment include:

- Plan your meals to save time and money
- Write a shopping list after checking your fridge, freezer and cupboard
- Measure serving sizes to cook the right amount
- Store food correctly to keep it fresher for longer
- Use your leftovers for an easy weeknight meal.

Quick guide to the seasons

A seasonal guide to help you choose fresher foods that cost less for you and the environment.

Season	Fruit (F)	Vegetable (V)
Summer	F: berries, melons, stonefruits, tropical fruits, pears, grapes, oranges	V: peas and beans, tomatoes, zucchini, cucumber
Autumn	F: nuts, apples, pears, kiwifruit, grapes, some stonefruits (plums, peaches, nectarines)	V: leafy greens, mushrooms, root vegies, eggplant, capsicum, zucchini, pumpkin, cabbages
Winter	F: apples, pears, citrus	V: leafy greens, peas and beans, root vegies, pumpkin, broccoli, cabbages
Spring	F: citrus, apples, some tropical fruits (pineapples, pawpaws, mangos)	V: leafy greens, peas and beans, mushrooms, zucchini, corn, some root vegies (carrots, beetroot)

Be a swapper

It's easy to cook your favourite recipes throughout the year just swap some of the ingredients for cheaper seasonal fruit and veg.

- Swap lettuce for rocket in summer salads
- Swap fresh mushrooms for dried varieties in winter
- Swap a summer berry tart for a pear tart in winter
- Swap fresh for preserves, tinned or frozen

There are also a number of 'all year round foods' like oranges, avocados and onions. Just choose the variety appropriate for the season.

Search for what's in season wherever you are
www.seasonalfoodguide.com

Australian Farmers' Markets Association
Find your local fresh produce market
www.farmersmarkets.org.au

Slow Food Sydney
Supports good tasting, healthy, locally grown food
www.slowfoodsdney.com

When is it best?

FRUITS	Summer	Autumn	Winter	Spring
Apple				
Apricot				
Avocado	Reed	Feurte	Hass/Feurte	Hass
Banana				
Berries				
Blood Orange				
Cherry				
Custard Apple				
Fig				
Grape				
Kiwifruit				
Lemon				
Lime				
Mandarin				
Melons				
Nashi Pear				
Nectarine				
Orange	Valencia		Navel/Seville	Valencia
Passionfruit				
Peach				
Pear				
Pineapple				
Pink Grapefruit				
Plum				
Quince				
Rhubarb				
Tangelo				

Note: This is not an extensive list but it provides a good guide to get you started with your seasonal food purchases. Some parts of NSW will have different seasonal availabilities.

VEGIES	Summer	Autumn	Winter	Spring
Asian Greens				
Asparagus				
Beans	Runner/Snake/Borlotti		Broad/Borlotti	Broad/Green
Beetroot				
Broccoli				
Brussel Sprouts				
Cabbage		Red	White	Savoy
Carrot				
Cauliflower				
Celery				
Chicory				
Cucumber				
Eggplant				
Fennel				
Leek				
Lettuce				
Mushroom		Field/Pine		Morel
Peas				
Potato/Sweet Potato				
Pumpkin				
Rocket				
Spinach				
Squash				
Swede/Turnip				
Sweet Corn				
Tomato				
Zucchini				

For recipes, serving size calculator and tips visit:

lovefoodhatewaste.nsw.gov.au

Waste less food, save money and our environment