

MARCH

Vegetables		Fruit	
Beans	Daikon	Rhubarb	Apples
Beetroot	Eggplant	Squash	Pears
Capsicums	Garlic	Zucchini	Stone fruit (late)
Carrots	New potatoes		Tomatoes
Chillies	Onions		
Corn	Radishes		

JUNE

Vegetables		Fruit	
Beetroot	Jerusalem artichokes	Pumpkins	Grapefruit
Cabbages	Kale	Radishes	Kiwi fruit
Carrots	Olives	Snow peas	Lemons
Cauliflower	Onions	Swedes	Mandarins
Daikon	Parsnips	Wom bok	Navel oranges
English spinach	Potatoes		
Fennel			



APRIL

Vegetables		Fruit	
Beans	Daikon	Potatoes	Apples
Beetroot	Eggplant	Pumpkins	Nashi
Capsicums	Garlic	Radishes	Chestnuts
Carrots	Olives	Rhubarb	Pears
Chillies	Onions	Squash	Pomegranates
Corn	Parsnips	Zucchini	Grapefruit
			Quinces
			Raspberries
			Lemons
			Tomatoes
			Mandarins

JULY

Vegetables		Fruit	
Beetroot	Fennel	Pumpkins	Kiwi fruit
Cabbages	Jerusalem artichokes	Radishes	Lemons
Carrots	Kale	Swedes	Mandarins
Cauliflower	Parsnips	Wom bok	Oranges
Daikon	Potatoes		Passionfruit
English spinach			

MAY

Vegetables		Fruit	
Beetroot	Garlic	Pumpkins	Apples (late)
Cabbages	Kale	Radishes	Berry fruits (late)
Carrots	Olives	Rhubarb	Oranges
Cauliflower	Onions	Snow peas	Passionfruit
Daikon	Parsnips		Chestnuts
English spinach	Potatoes		Persimons
			Pomegranates
			Lemons
			Mandarins

AUGUST

Vegetables		Fruit	
Beetroot	Fennel	Potatoes	Lemons
Cabbages	Jerusalem artichokes	Pumpkins	Mandarins
Carrots	Kale	Radishes	Oranges
Cauliflower	Parsnips	Swedes	
Daikon	Potatoes	Wom bok	
English spinach			

Buy regional buy seasonal

The Southside Farmers Market seasonal shopping guide to help you buy fresh, regional produce

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SEPTEMBER

Vegetables		Fruit	
Asparagus	Onions	Dried fruits	
English spinach	Potatoes	Lemons	
Fennel	Rhubarb	Oranges	
Garlic greens	Wom bok		
Kale			

DECEMBER

Vegetables		Fruit	
Baby beetroot	Radishes	Cherries	
Beans	Rhubarb	Melons	
Corn	Squash	Oranges	
Daikon	Zucchini	Raspberries	
English spinach		Stone fruit	
Garlic		Strawberries	
Globe artichokes		Tomatoes	

About the Southside Farmers Market

The Southside Farmers Market runs every Sunday morning at CIT Southside Campus corner of Ainsworth Street and Hindmarsh Drive, Phillip. The market has a great range of the region's seasonal produce from more than 50 stall holders.

About this guide (things to note)
Seasons and growers vary; this list is what's possible—the produce may not yet be in commercial production; see our website for the "regional" map; some produce (eg pineapples and bananas) won't grow in our region; some produce grows for an extended period but is best during certain months (eg tomatoes).

Always available—Asian greens, bean sprouts, broccoli, herbs, leeks, mushrooms, salad greens, spring onions, silver beet and turnips.

www.southsidefarmersmarket.com.au

OCTOBER

Vegetables		Fruit	
Asparagus	Peas	Cherries	
Broad beans	Rhubarb	Citrus	
Cauliflower	Spring herbs	Lemons	
English spinach	Spring salad greens	Strawberries	
Fennel	Wom bok		
Garlic greens			
Lamb's Lettuce			

JANUARY

Vegetables		Fruit	
Annual herbs	Corn	Radishes	Melons
Beans	Cucumbers	Rhubarb	Stone fruit
Beetroot	Daikon	Squash	Strawberries
Capsicums	Eggplant	Zucchini	Tomatoes
Carrots	Garlic		
Chillies	Onions		

NOVEMBER

Vegetables		Fruit	
Asparagus	Peas	Cherries	
Broad beans	Rhubarb	Oranges	
Fennel	Wom bok	Strawberries	
Garlic			
Globe artichokes			

FEBRUARY

Vegetables		Fruit	
Annual herbs	Corn	Onions	Apples (early)
Beans	Cucumbers	Radishes	Figs
Beetroot	Daikon	Rhubarb	Melons
Capsicums	Eggplant	Squash	Nashi
Carrots (early)	Garlic	Zucchini	Stone fruit
Chillies	New potatoes		Tomatoes

