

SEASONAL PRODUCE

Cheat Sheet

Some vegetables should really only be eaten at certain times of the year. And others aren't so sensitive. For example I can buy pretty decent broccoli any time of the year, but asparagus are something I think are only worth bothering with in the Spring. Here's my list of seasonal and not-so-season-sensitive (or 'year round') veg.

SUMMER VEG

- § tomato
- § bell peppers [capsicum]
- § peas [fresh]
- § snow peas & sugar snap peas
- § beans
- § summer squash
- § eggplant [aubergine]
- § zucchini flowers
- § sweetcorn

AUTUMN (FALL) VEG

- § pumpkin [squash]
- § wild mushrooms

WINTER VEG

- § brussels sprouts
- § cabbage [although I do buy it more frequently than just winter]
- § parsnip
- § turnip
- § sweeds [rutabagas]
- § radicchio
- § celeriac [celery root]
- § horseradish
- § jerusalem artichoke
- § kohlrabi

SPRING

- § artichoke
- § asparagus
- § broad beans

YEAR ROUND VEG

- § avocado
- § broccoli [autumn / winter]
- § broccolini [autumn / winter]
- § bok choy & other asian greens
- § belgian endive [witlof]
- § beets [autumn / winter]
- § cauliflower [autumn / winter]
- § carrot [autumn / winter]
- § collard greens [autumn / winter]
- § cucumber [spring/summer]
- § celery
- § garlic [summer]
- § fennel [autumn / winter]
- § leeks [spring/summer]
- § lettuce [spring/summer]
- § mushrooms [autumn]
- § onion [autumn / winter]
- § peas [frozen]
- § potato [autumn / winter]
- § radish [summer]
- § salad greens
- § swiss chard or silverbeet [autumn / winter]
- § sweet potato [autumn / winter]
- § spinach [autumn / winter]
- § zucchini or courgettes [summer]

NOTE:

season in brackets denotes traditional 'season' for these veg