

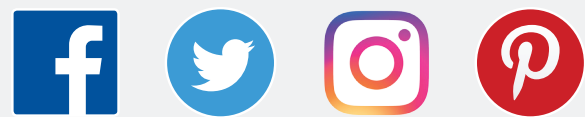
What's in Season?

FRUIT

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES - Royal Gala												
APPLES - Braeburn												
APPLES - Granny Smith												
APRICOTS												
AVOCADOS												
BABACO												
BANANAS	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED
BLACKBERRIES												
BLACKCURRANTS												
BLUEBERRIES												
BOYSENBERRIES												
CHERRIES												
FEIJOAS												
GOOSEBERRIES												
GRAPES												
GRAPEFRUIT												
KERIBERRIES												
KIWIBERRIES												
KIWIFRUIT - Green												
KIWIFRUIT - Gold												
LEMONS												
LIMES												
MANDARINS - Encore												
MANDARINS - Satsuma												
MANGOS												
MELON - Honey Dew												
MELON - Prince												
MELON - Rock												
MELON - Water												
NECTARINES												
ORANGES - Navel												
ORANGES - Valencia												
PASSIONFRUIT												
PAWPAWS	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED
PEACHES												
PEARS												
PEARS - Nashi												
PERSIMMONS												
PINEAPPLES	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED	IMPORTED
PLUMS												
RASPBERRIES												
REDCURRANTS												
STRAWBERRIES												
TAMARILLOS												
TANGELOS												

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Visit www.5adayeducation.org.nz for curriculum linked teaching resources including eBooks.



Join us on social media @5adaynz to keep things fresh.

VEG

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ARTICHOKES - Globe												
ARTICHOKES - Jerusalem												
ASIAN GREENS												
ASPARAGUS												
BEANS												
BEETROOT												
BROCCOLI												
BROCCOLINI												
BRUSSELS SPROUTS												
BUTTERCUP SQUASH												
BUTTERNUT												
CABBAGES												
CAPSICUMS												
CARROTS												
CAULIFLOWER												
CELERY												
CHILLIES												
CHOKOS												
COURGETTES												
CUCUMBERS - Short												
CUCUMBERS - Telegraph												
EGG PLANT												
FENNEL												
GARLIC												
GINGER												
HERBS												
KALE												
KALETES												
KOHLRABI												
KUMARA												
LEEKS												
LETTUCE												
MUSHROOMS												
OKRA												
ONIONS												
PARSNIPS												
PEAS												
POTATOES												
POTATOES - New Season												
PUHA												
PUMPKIN												
RADISHES												
ROCKET												
RHUBARB												
SALAD GREENS												
SILVER BEET												
SNOW PEAS												
SPINACH												
SPRING ONIONS												
SPROUTED BEANS & SEEDS												
SWEDES												
SWEETCORN												
TARO												
TOMATOES												
TURNIPS												
WATERCRESS												
WITLOOF												
YAMS												

Unavailable Short Supply Plentiful

This chart is a guide to seasonality in New Zealand, variations will occur in accordance with weather conditions. Imported tropical fruit is also included in this chart.

