**South East Queensland Local Food Wheel** 

Display current season in top right quarter of the food wheel. The wheel shows when local fruit, vegetables and nuts are available for sale. Please note that these are generalisations based on past experience. Growing seasons may vary with changes in climatic conditions.

Following is an alphabetical list of products grown within 500 km of Brisbane and their availability.

Apple: available year round

Asparagus: harvested November to February

Avocado: harvested March to January

Banana: harvested year round

**Basil:** harvested August to March

Beans: harvested year round; availability

drops off a little during winter

**Beetroot:** harvested May to November

**Blueberries:** harvested April to August **Broad beans:** harvested April to August

**Broccoli:** harvested year round

Brussel sprouts: harvested May to August

Cabbage: harvested year round

Capsicum: harvested year round

Carrot: harvested August to February

Cauliflower: harvested March to December

**Celery:** harvested year round; uses more water in the summer months

Cherries: harvested November to January

Chives: harvested year round

Chilli: harvested year round

**Cucumber:** harvested year round

Custard apple: harvested April to August

Eggplant: harvested August to March

Garlic: harvested year round

Ginger: harvested year round

Grapefruit\*: harvested April to August

Grapes: harvested December to January

Jaboticabas: harvested November to March

**Leek:** harvested April to August

Lemon\*: harvested April to August

**Lettuce:** harvested all year round

Lime\*: harvested April to August

**Macadamia nuts:** harvested March to August; store easily, available year round

Mandarin\*: harvested April to August

Mango: harvested November to February

Marjoram: harvested year round

Mulberry: harvested September to October

**Nectarine:** harvested November to January

Olives: harvested March to April;

available year round

Onion: harvested year round

Orange\*: harvested April to August

Oregano: harvested year round

Parsley: harvested year round

Parsnip: harvested year round

Passionfruit: harvested November to February

Papaya: harvested April to September

Peach: harvested November to January

**Peanuts:** harvested March to April; store

easily, available year round

Pear: harvested February to April

**Pecans:** harvested May to August; available year round

Pineapple: harvested year round

Pomelo\*: harvested April to August

Potato: harvested year round

**Pumpkin:** harvested August to March

Radishes: harvested year round

Rockmelon: harvested December to April

Sage: harvested year round

**Shallots:** harvested year round

**Silverbeet:** harvested year round

**Snow peas:** harvested April to September

**Spring onion:** harvested March to December **Spring onion:** harvested all year round

Squash: harvested August to March

Strawberries: harvested April to August

**Sweet corn:** harvested November to March

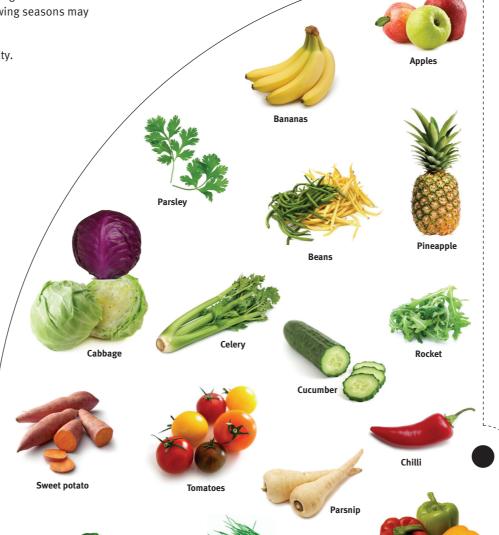
Sweet potato: harvested all year round

Tangelo\*: harvested April to August

**Taro:** harvested August to March **Tomato:** harvested all year round

Watermelon: harvested December to April

Zucchini: harvested August to March



## Instructions for making your seasonal food wheel

- 1. Print the wheels out either on light card or on ordinary paper.
- 2. Cut along the dotted lines on this page and around the wheel on the second page.
- 3. Laminate the wheels if you have printed on paper.
- 2. Make sure both wheels are properly aligned, with this page on top.
- 3. Push a small paper fastener (split pin) through the centre of the wheel.
- 4. Separate the two pins at the back and push them back so they are flush with the back page.
- 5. The back wheel should now easily spin so that each of the seasons appear in the cut out space of the front page.
- 6. Spin the back wheel to the relevant SEASON (not the month). You will then be able to view the local fruit and vegetables available all year round (on the top wheel), the items available throughout the season (the inner section of the bottom wheel) and those available for the selected month.

**Hint:** Place this on your fridge with a magnet so it is easy to find before you go food shopping.



\*all these are citrus fruit

Available all year round.

