

# 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

**Spinach:** 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

\*all these are citrus fruit





