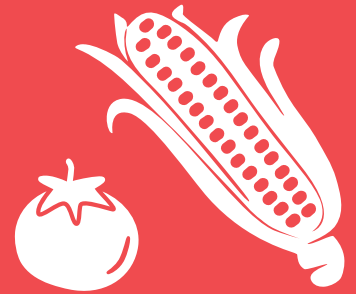




Summer WHAT'S IN SEASON?



– IN TASMANIA –

- ★ Available all year-round
- * Frozen
- » Be quick!
- # Limited availability
- + Peak availability

JANUARY

FRUIT

- Apples (vista bella)
- Apricots
- Avocados
- Blackberries
- Blackcurrants
- Blueberries
- Boysenberries
- Bramble Berries
- Cherries
- Feijoa
- Gooseberries
- Greengages
- Lemons
- ★ Limes
- Nectarines
- Peaches
- Plums
- Quinces
- Raspberries
- Strawberries
- » Tayberries

HERBS

- Basil
- Basil Mint
- Calendula
- Coriander
- Dill
- French Tarragon
- Galangal
- Italian Parsley
- Kaffir Lime
- Kunzea
- Lemon Grass
- Lemon Thyme
- Mint
- Nasturtium
- Native Pepper Leaf
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

HONEY

- Honey (blackberry, leatherwood, meadow, prickly box, tarkine wilderness, Tasmanian manuka)

NUTS & SEEDS

- Hazelnuts (cracked, raw, butters)
- Linseeds
- Walnuts (cracked, raw, butters, pickled)

VEGETABLES

- Asian Greens & Vegetables (buk choy, chinese broccoli, chinese cabbage, choy sum, dwarf buk choy, mustard greens, tatsoi, tong ho)
- Asparagus
- Beans
- Beans (broad, bush, green, shoots)
- Beetroots
- ★ Black Winter Truffle
- Broccoli
- * Brussel Sprouts
- Cabbages (green, red, savoy)
- Capsicums (all colours)
- Carrots (bunched, chantenay)
- Cauliflowers
- Celery
- Chard (swiss, rainbow)
- Chillies
- Chives
- * Corn (fresh, baby, sweet)
- Cucumbers
- Edible Flowers
- Eggplants
- Fennel
- Garlic
- Garlic Chives
- * Green Peas
- Kales (baby, curly, flat, purple)
- Leeks
- Lettuces (head, salad mix, mizuna)
- Micro Greens Mix
- Mushrooms (lions mane, oyster, pink oyster, shimeji, shitake, woodear)
- Onions (red, brown)
- Parsnips
- Peas (bush, green, tendrils, sugar snap)

- Potatoes (bismark, dutch cream, king edwards, mozart, nicola, pink eye, purple congo, russet, Tas gourmet, Tas cream delight, Tas moon light)
- Pumpkins (golden nuggets)
- Radishes
- Rhubarb
- Ricoto Chillies
- Rocket
- Shallots
- Silverbeets
- Snow peas
- Spinach (baby)
- Spring/Summer Micro Greens
- Sprouts (alfalfa, fenugreek, lentil, sunflower, wheatgrass)
- Squash
- Swedes
- Tomatillos
- Tomatoes (cherry, heirloom, heritage, large, medium, roma, truss, snacking)
- Turnips
- Wasabi
- Wombok
- Zucchini
- Turnips
- Wasabi
- Watercress
- Zucchini

DAIRY

- Cows Dairy (milk, yoghurts, butters, soft cheeses, hard cheeses, mould cheeses)
- Goats Dairy (yoghurts, soft cheeses, hard cheeses, mould cheeses)
- Sheeps Dairy (yoghurts, soft cheeses, hard cheeses, mould cheeses)

OILS

- Canola Oil
- Cold Pressed Extra Virgin Olive Oil

CONDIMENTS

- Black Garlic
- Chutneys
- Fruit Jams
- Kimchi (beetroot, chinese cabbage, green cabbage and kale)
- Pickled Vegetable Condiments
- Table Olives

GRAINS & LEGUMES

- Buckwheat Flour
- Buckwheat Kernels
- Plain Flour
- Quinoa
- Quinoa Flour
- Rolled Oats
- Self-raising Flour
- Spelt Flour & Kernels

SEAFOOD

- ★ Giant Crab
- + Southern Rock Lobster
- + Australian Salmons (wild catch)
- + Banded Morwong
- + Blue-eye Trevalla
- Blue Grenadier
- Blue Mackerel
- Flathead (various)
- Flounder (various)
- + Jackass Morwong
- Latchet
- + Pink Ling
- + Red Mullet
- + Salmon (farmed)
- + Southern Garfish
- + Ocean Trout (farmed)
- Silver Warehou (spotted trevally)
- Trumpeter - Stripey
- Tuna
- Whiting - Eastern School
- + Wrasse
- + Eel
- + Abalone
- # Commercial Scallop
- + Gould's Squid
- + Mussels
- Oysters
- Octopus
- + Sea Urchin Roe
- Southern Calamari
- + Gummy Shark



Enjoy Tasmanian seasonal food every day.

For more inspiration visit eatwelltas.org.au

This is a guide to Tasmanian seasonal foods that are likely to be available. Not all foods may be available for a variety of reasons.

