



Autumn WHAT'S IN SEASON?



– IN TASMANIA –

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

MARCH

FRUIT

- Apples (bramley, cox orange pippins, envy, fuji, geeveston fanny, golden delicious, honeycrisp, jazz, jonagold, kanzi, red delicious, royal gala, smitten, spartan)
- » Apricots
 - Avocados
 - Blackberries
 - Blueberries
 - Bramble Berries
 - Figs
 - Lemons
 - ★ Limes
 - Melons (citron, crocodile, rockmelon, watermelon)
 - » Nectarines
 - » Peaches
 - Pears (beurre bosc)
 - Plums
 - Quinces
 - Raspberries
 - Strawberries

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
 - Autumn/Winter Micro Greens
 - Beans (bush, butter, green, purple)
 - Bean shoots
 - Beetroots
 - ★ Black Winter Truffle
 - Broccoli
 - Brussel Sprouts
 - Cabbages (green, savoy, red)
 - Capsicums
 - Carrots (bunched, chantenay)
 - Cauliflowers
 - Celeriac
 - Celery
 - Chard (swiss, rainbow)
 - Chicory
 - Chillies
 - Chives
 - * Corn (fresh, baby, sweet)
 - Cucumbers
 - Edible Flowers
 - Eggplants
 - Fennel
 - Garlic
 - Garlic Chives
 - * Green Beans
 - * Green Peas
 - Jerusalem Artichokes
 - Kales (baby, purple, curly, flat)
 - Leeks
 - Lettuces (head, salad mix, mizuna)
 - Micro Greens Mix
 - Mushrooms (lions mane, nameko, oyster, pink oyster, shimeji, shitake oyster, woodear)

- Onions (red, green)
Parsnips
Potatoes (bintje, bismark, carlingford, dutch cream, king edwards, mozart, nicola, pink eye, purple congo, russet, Tas cream delight, Tas gourmet, Tas moon light)

- » Peas (green, tendrils, sugar snap)
- Pumpkins (butternut, grey, jarrahdale, QLD blue)
- Rhubarb
- Ricoto Chillies
- Rocket
- Shallots
- Silverbeets
- Spinach (baby)
- Sprouts (alfalfa, fenugreek, lentil, sunflower)
- Squash
- » Sugar snap peas
- Swedes
- Tomatillos
- Tomatoes (cherry, field, heirloom, heritage, large, roma, snacking, truss)
- Turnips
- Wasabi
- Watercress
- Wombok
- 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
Radishes
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.

