

SEPTEMBER



Spring WHAT'S IN SEASON?

– IN TASMANIA –



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

FRUIT

- ★ Apples
- * Blackberries
- * Blueberries
- ★ Lemons
- ★ Limes
- ★ Pears
- * Raspberries
- * Strawberries

HERBS

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

HONEY

Honey

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 (purple, green)
Bean shoots

- Beetroots
- ★ Black Winter Truffle
- Broad Beans
- Broccoli
- Brussel Sprouts
- Cabbages (green, red, golden acre, savoy)
- Carrots
- Cauliflowers
- Celeriac
- Celery
- Chard (rainbow, swiss)
- Chicory
- Chillies
- Chives
- * Corn (baby, sweet)
- Cucumbers
- Edible Flowers
- Fennel
- Garlic
- Garlic Chives
- Globe Artichokes
- * Green Beans
- * Green Peas
- Kales (baby, purple, curly, flat)
- Leeks
- Lettuces (head, salad mix, mizuna)
- Micro Greens Mix
- Mushrooms (lions mane, nameko, nicola, oyster, shimeji, shitake, wood ear)
- NZ Yams/Oca
- ★ Onions (brown, red)
- Parsnips
- Potatoes (bismark, dutch cream, king edwards, mozart, pink eye, purple congo, russet, Tas gourmet)
- Pumpkins (butternut, grey)
- Radishes
- Rhubarb
- Ricoto Chillies

- Rocket
- Shallots
- Silverbeets
- Snow Peas
- Spinach (baby)
- Sprouts (alfalfa, fenugreek, lentil, sunflower, wheatgrass)
- Spring/Summer Micro Greens
- Swedes
- Tomatoes (cherry, large)
- Turnips
- Wasabi
- Wasabi Flowers

DAIRY

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

