

Sep - Oct

Asparagus	Imperial
Broad beans	Mandarins
Broccoli	Parsnip
Cauliflower	Peas
Globe artichoke	Spinach
Grapefruit	Strawberry
Green beans	

Food Facts

🌿 The 19 items in a typical Victorian food basket have collectively travelled 70,000 kms.

🌿 Between 1963 and 2005 the number of small farms in Victoria has decreased by half to 32,000 farms.

🌿 Food grown in well designed home gardens can use as little as one seventeenth the amount of water as commercially produced food.

🌿 On average a Victorian household throws out 250 kg of uneaten food each year, or Australia wide, about \$5.3 billion worth of food.

Nov & Dec

Apricot	Green beans
Asparagus	Peach
Basil	Potato
Broad beans	Raspberries
Capsicum	Spinach
Chilli	Strawberry
Cherries	Valencia
Cucumber	Oranges
Eggplant	Zucchini
Garlic	

Reduce

- ⚠ Imported out of season produce
- ⚠ Red meat consumption
- ⚠ Dairy product consumption
- 🌿 Plant your tomatoes & summer veggies

Disclaimer: Use as a guide only. Buying in-season produce doesn't mean it's grown locally, so ask where your food comes from.

All Year Round

Carrot	Lemon
Beetroot	Lettuce
Broccoli	Onion
Cabbage	Parsley
Celery	Radish
Grapefruit	Rhubarb
Leek	Silverbeet
	Spring onion

Visit Us

Get the seasonal food poster, real food guide. Learn about seasonal food, guerrilla gardening, food sovereignty, sustainable food systems like Eco-Market and how to reduce your eco-footprint.

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Real Food Group
melbourne.foe.org.au

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Melbourne

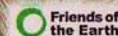
Seasonal Prod

Guide

Find out
and vegg
season

Purchase consciously
Local * Fresh * Seasonal
Organic * GMO Free

Good for you. Good for the planet.



melbourne.foe.org.au

Jan & Feb

Apricot	Green beans
Basil	Green peas
Blackberries	Peaches
Blueberries	Plums
Capsicum	Potato
Cherries	Raspberries
Chilli	Squash
Corn	Strawberry
Cucumber	Tomatoes
Eggplant	Valencia
Garlic	Oranges
Grapes	Zucchini

Avoid:

- ⊗ Over processed food
- ⊗ Excess packaging
- ⊗ Supermarkets
- ⊗ Factory farmed animal produce
- ⊗ Nanotechnology - i: nano.foe.org.au
- ⊗ Genetically Modified Food

March & April

Almonds	Imperial
Apples	Mandarins
Brussel Sprouts	Olives
Capsicum	Parsnip
Chestnuts	Pears
Chilli	Plums
Corn	Potato
Cucumber	Pumpkin
Eggplant	Quince
Fennel	Silverbeet
Mushrooms	Spinach
Figs	Squash
Grapes	Strawberry
Green beans	Tomatoes
Green peas	Valencia
Hazelnuts	Oranges
	Zucchini

🌿 Make pasta sauce & preserve olives

May & June

Almonds	Imperial
Apples	Mandarins
Brussel sprouts	Kiwi fruit
Cauliflower	Leeks
Celery	Navel
Chestnuts	Oranges
Eggplant	Parsnip
Fennel	Pears
Mushrooms	Pomegranates
Grapefruit	Pumpkin
	Spinach

Buy:

- 🌿 Local, seasonal, fresh, and organic
- 🌿 Free range
- 🌿 Direct from farmers, markets, small retailers and food cooperatives like the Friends of the Earth Food Coop at 312 Smith St, Collingwood, VIC
- 🌿 Fair trade, where appropriate
- 🌿 Plant your winter veggies

July & Aug

Apples	Kiwi fruit
Broad beans	Imperial
Broccoli	Mand
Brussel sprouts	Navel
Cabbage	Orange
Cauliflower	Parsnip
Fennel	Spinach
Grapefruit	Turnips

Avoid Supermarkets:

- ⊗ They use their market power to pay low prices paid to small farmers and processors
- ⊗ Sell lots of unhealthy over-processed and overly packed food
- ⊗ Return most profits to shareholders rather than the local economy
- ⊗ Provide convenience and cheap prices at the expense of the environment, workers and livelihoods