

SPRING



September | October | November

FRESH IS BEST

SEASONAL GUIDE

Spring

The Sydney Direct Fresh Produce Seasonal Guide supports our customers in making the best decisions when ordering fruit and vegetables throughout the year.

Spring covers the months of September, October & November. Enjoy the beauty of spring with vibrant vegetables, native flavours and an abundance of herbs.



- *Halloween Pumpkins*
- *White Asparagus*
- *Aussie Peaches*
- *Loquats*
- *KP Mangoes*

FRUIT

STONE FRUIT

- Nectarine
- Peaches
- Mangoes

OTHER FRUIT

- Banana (Cavendish & Ladyfinger)
- Grapes (Green Seedless)
- Kiwi Fruit
- Pear (Beurre, Bosc, Corella, Nashi & Packham)

CITRUS

- Cumquats
- Lemons
- Limes
- Mandarin (Arfourer & Murcott)
- Blood Orange
- Orange (Cara Cara, Navel & Valencia)

BERRIES

- Blueberries
- Mulberries
- Raspberries
- Strawberries

MELONS

- Honeydew
- Piel de Sapo
- Rockmelon
- Watermelon

AVOCADOS

- Haas

APPLES

- Fuji
- Granny
- Smith
- Pink Lady
- Red
- Delicious
- Royal Gala
- Baby Rockit

EGGS

VARIETY

- Caged
- Free range
- Organic
- Quail
- Duck

VEGGIES

KEEP IT LOCAL

- Asparagus (Australian)
- Broad Bean
- Broccoli
- Broccolini
- Brussel Sprouts (Green & Purple)
- Butter Bean
- Cabbage (Green, Red, Savoy & Sugarloaf)
- Capsicum (Green, Red & Yellow)
- Cauliflower
- Cauliflower Blossoms
- Celeriac
- Celery
- Choko
- Corn (Sweet)
- Cucumber (Telegraph, Lebanese & Pickling)
- Eggplant (Regular & Lebanese)
- Eschallots (French)
- Fennel (Large)
- Garlic (Imported Pre-Packed Peeled 500g & 1kg)
- Ginger (Old Season)
- Globe Artichoke
- Green Bean
- Horseradish
- Jerusalem Artichoke
- Kale
- Leek
- Parsnip
- Peas
- Rhubarb
- Salsify
- Silverbeet
- Snake Bean
- Snow Peas
- Squash
- Sugar Snap
- Wombok
- Zucchini

HEARTY LINES

- Beetroot (Large)
- Carrot (Large)
- Onion (White, Brown, Red & Pickling)
- Pumpkin (Butternut, Grey & Kent)
- Swede
- Sweet Potato
- Turnip

TOMATOES

IN SEASON

- Cherry
- Grape (Yellow, Red & Black)
- Heirloom
- Kumato
- Cherry
- Roma
- Round Tomatoes
- Truss
- Ox-Heart

ASIAN VEG

QUICK COOKING

- Asian Celery
- Betel Leaf
- Bok Choi
- Choi Sum
- Gai Choi (Mustard)
- Gai Lan
- Lotus Root
- Lobok
- Pak Choi
- Perilla
- Rice Paddy Herb
- Saw Tooth
- Kafir Lime Leaf
- Galangal
- Lemongrass

HERBS

GARNISH

- Micro Herbs
- Basil
- Basil (Thai)
- Bay leaf
- Chervil
- Chives
- Coriander
- Curry leaf
- Shallot Bunch
- Dill
- Lavender
- Lemon Thyme
- Lemongrass
- Marjoram
- Mint
- Parsley (Curly & Flat Leaf)
- Red Vein
- Sorrel
- Rosemary
- Sage
- Tarragon
- Thyme
- Vietnamese Min

SPROUTS

HEALTHY

- Alfalfa
- Mung Beans
- Crunchy Combo
- Bean Sprouts
- Lentil Sprouts
- Snow Pea Sprouts
- Broccoli Sprouts

SEASON FINISHING

- *Aussie Pomegranate*
- *Yuzu*
- *Quince*
- *Persimmon*
- *Fresh Chestnuts*

GOURMET VEG

GOURMET

- Baby Corn
- Baby Fennel
- Baby Kale
- Baby Vine Capsicums
- Baby Turnip
- Carrots (Purple, Yellow & White)
- Dutch Carrots
- Beetroot (Gold & Target)
- Pencil Leek
- Spring Onion
- Watermelon Radish
- Cucamelons
- Zucchini Flower
- All Radishes

SALAD

FRESH

- Asian Mix
- Baby Cos
- Lettuce
- Baby Spinach
- Butter Lettuce
- Chard Loose Leaf
- Endive
- Frizee Loose Leaf
- Gem Cos Lettuce
- Green Coral
- Green Oak
- Iceberg
- Mesculin Mix
- Mini Cos Lettuce
- Mizuna Loose Leaf
- Radicchio
- Red Coral
- Red Oak
- Snow Pea Tendrils
- Spinach Bunch
- Tatsoi Loose Leaf
- Treviso
- Wild Rocket
- Witlof (Red & Yellow)

TROPICAL

SOMETHING DIFFERENT

- Coconut (Drinking)
- Coconut (Mature)
- Dates
- Figs
- Mango (Kensington Pride, Nam doc mai & R2E2)
- Papaya (Red)
- Passionfruit (Panama)
- Pawpaw (Yellow)
- Pineapple
- Pomegranate (Imported)
- Sapote (Black)

NATIVE

THE LAND

- Finger Limes (Fresh & frozen)
- Karkalla
- Muntries (Frozen)
- Native Basil
- Native Thyme
- Quandong (Frozen)
- River Mint
- Rosella
- Sea Blite
- Sea Parsley
- Edible Flowers

CHILLIES

FLAVOUR

- Birdseye (Green & Red)
- Habanero
- Jalapeno
- Long (Red & Green)
- Bullhorn (Red, Yellow & Green)

POTATOES

VARIETY

- Chat
- Cocktail
- Desiree
- Dutch Cream
- King Edward
- Washed Kipler
- Purple Congo
- Purple Bliss
- Russet
- Peruvian Gold
- Sebago

MUSHROOMS

LOCAL PRODUCE

- Button
- Champignon
- Chestnut
- Cup
- Enoki
- Flat
- King Brown
- Oyster
- Shimeji
- Shitake
- Woodear



NEED MORE INFORMATION?

Contact your Account Manager.

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NEW

- *Mulberries*
- *Yellow Zucchini*
- *Aussie Nectarines*
- *Smoked Eggs*
- *White & Purple Asparagus*

FRUIT

STONE FRUIT

- Nectarine
- Peaches
- Mangoes

OTHER FRUIT

- Banana (Cavendish & Ladyfinger)
- Grapes (Green Seedless)
- Kiwi Fruit
- Pear (Beurre, Bosc, Corella, Nashi & Packham)

CITRUS

- Cumquats
- Lemons
- Limes
- Mandarin (Arfourer)
- Mandarin (Murcott)
- Blood Orange
- Orange (Cara Cara, Navel & Valencia)

BERRIES

- Blueberries
- Mulberries
- Raspberries
- Strawberries

MELONS

- Honeydew
- Piel de Sapo
- Rockmelon
- Watermelon

AVOCADOS

- Hass

APPLES

- Fuji
- Granny
- Smith
- Pink Lady
- Red
- Delicious
- Royal Gala
- Baby Rockit

EGGS

VARIETY

- Caged
- Free range
- Organic
- Quail
- Duck

VEGGIES

KEEP IT LOCAL

- Asparagus (Australian)
- Broad Bean
- Broccoli & Broccolini
- Brussel Sprouts (Green & Purple)
- Butter Bean
- Cabbage (Green, Red, Savoy & Sugarloaf)
- Capsicum (Green, Red & Yellow)
- Cauliflower
- Cauliflower Blossoms
- Celeriac
- Celery
- Choko
- Corn (Sweet)
- Cucumber (Telegraph, Lebanese & Pickling)
- Eggplant (Regular & Lebanese)
- Eschallots (Green)
- Fennel (Large)
- Garlic (Imported Pre-Packed Peeled 500g & 1kg)
- Ginger (Old Season)
- Globe Artichoke
- Gold Shallot
- Green Bean
- Horseradish
- Jerusalem Artichoke
- Kale
- Leek
- Parsnip
- Peas
- Rhubarb
- Salsify
- Silverbeet
- Snake Bean
- Snow Peas
- Squash
- Sugar Snap
- Wombok
- Zucchini

HEARTY LINES

- Beetroot (Large)
- Carrot (Large)
- Onion (White, Brown, Red & Pickling)
- Pumpkin (Butternut, Grey & Kent)
- Swede
- Sweet Potato
- Turnip

TOMATOES

SPECIES

- Cherry
- Grape (Yellow, Red & Black)
- Heirloom
- Kumato
- Cherry
- Roma
- Round Tomatoes
- Truss
- Ox-Heart

ASIAN VEG

QUICK COOKING

- Asian Celery
- Betel Leaf
- Bok Choi
- Choi Sum
- Gai Choi (Mustard)
- Gai Lan
- Lotus Root
- Lobok
- Pak Choi
- Perilla
- Rice Paddy Herb
- Saw Tooth
- Kafir Lime Leaf
- Galangal
- Lemongrass

HERBS

GARNISH

- Micro Herbs
- Basil
- Basil (Thai)
- Bay leaf
- Chervil
- Chives
- Coriander
- Curry leaf
- Dill
- Leaf
- Lavender
- Lemon Thyme
- Lemongrass
- Marjoram
- Mint
- Parsley (Curly & Flat Leaf)
- Red Vein
- Sorrel
- Rosemary
- Sage
- Tarragon
- Thyme
- Vietnamese Mint

SPROUTS

HEALTHY

- Alfalfa
- Mung Beans
- Bean Sprouts
- Broccoli Sprouts
- Lentil Sprouts
- Snow Pea Sprouts
- Crunchy Combo

SEASON FINISHING

- *Aussie Pomegranate*
- *Yuzu*
- *Persimmon*
- *Fresh Chestnuts*

GOURMET VEG

GOURMET

- Baby Corn
- Baby Fennel
- Baby Kale
- Baby Vine Capsicums
- Baby Turnip
- Carrots (Purple, Yellow & White)
- Dutch Carrots
- Beetroot (Gold & Target)
- Pencil Leek
- Spring Onion
- Watermelon Radish
- Cucamelons
- Zucchini Flower
- All Radishes

SALAD

FRESH

- Micro Herbs
- Asian Mix
- Baby Cos
- Lettuce
- Baby Spinach
- Butter Lettuce
- Chard Loose Leaf
- Endive
- Frizee Loose
- Leaf
- Gem Cos Lettuce
- Green Coral
- Green Oak
- Iceberg
- Mesculin Mix
- Mini Cos
- Lettuce
- Mizuna Loose Leaf
- Radicchio
- Red Coral
- Red Oak
- Snow Pea
- Tendrils
- Spinach Bunch
- Tatsoi Loose Leaf
- Trevisio
- Wild Rocket
- Witlof (Red & Yellow)

TROPICAL

SOMETHING DIFFERENT

- Coconut (Drinking)
- Coconut (Mature)
- Dates
- Figs
- Mango (Kensington Pride, Nam doc mai & R2E2)
- Papaya (Red)
- Passionfruit (Panama)
- Pawpaw (Yellow)
- Pineapple
- Pomegranate (Imported)
- Sapote (Black)

NATIVE

THE LAND

- Finger Limes (Fresh & frozen)
- Karkalla
- Muntries (Frozen)
- Native Basil
- Native Thyme
- Quandong (Frozen)
- River Mint
- Rosella
- Sea Blite
- Sea Parsley
- Edible Flowers

CHILLIES

FLAVOUR

- Birdseye (Green & Red)
- Habanero
- Jalapeno
- Long (Red & Green)
- Bullhorn (Red, Yellow & Green)

POTATOES

VARIETY

- Chat
- Cocktail
- Desiree
- Dutch Cream
- King Edward
- Washed Kipfler
- Purple Congo
- Purple Bliss
- Russet
- Peruvian Gold
- Sebago

MUSHROOMS

LOCAL PRODUCE

- Button
- Champignon
- Chestnut
- Cup
- Enoki
- Flat
- King Brown
- Oyster
- Shemeji
- Shitake
- Woodear



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NEED MORE INFORMATION?
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NEW

- *Cherries*
- *Lychees*
- *Green Apricots*
- *Shishito Peppers*
- *Green Almonds*

FRUIT

STONE FRUIT

- Nectarine
- Peaches
- Mangoes
- Cherries
- Lychees
- Green Apricots

OTHER FRUIT

- Banana (Cavendish & Ladyfinger)
- Grapes (Green Seedless)
- Kiwi Fruit
- Pear (Beurre, Bosc, Corella, Nashi & Packham)

CITRUS

- Cumquats
- Lemons
- Limes
- Mandarin (Arfourer & Murcott)
- Blood Orange
- Orange (Cara Cara, Navel & Valencia)

BERRIES

- Blueberries
- Raspberries
- Strawberries
-

MELONS

- Honeydew
- Piel de Sapo
- Rockmelon
- Watermelon

AVOCADOS

- Haas

APPLES

- Fuji
- Granny
- Smith
- Pink Lady
- Red
- Delicious
- Royal Gala
- Baby Rockit

EGGS

VARIETY

- Caged
- Free range
- Organic
- Quail
- Duck

VEGGIES

KEEP IT LOCAL

- Asparagus (Australian)
- Broad Bean
- Broccoli & Broccolini
- Brussel Sprouts (Green & Purple)
- Butter Bean
- Cabbage (Green, Red, Savoy & Sugarloaf)
- Capsicum (Green, Red & Yellow)
- Cauliflower
- Cauliflower Blossoms
- Celeriac
- Celery
- Choko
- Corn (Sweet)
- Cucumber (Continental, Lebanese & Pickling)
- Eggplant (regular & Lebanese)
- Eschallots (Green)
- Fennel (Large)
- Garlic Imported
- Ginger (Old Season)
- Globe Artichoke
- Green Bean
- Horseradish
- Jerusalem Artichoke
- Kale
- Leek
- Parsnip
- Peas
- Rhubarb
- Salsify
- Silverbeet
- Snake Bean
- Snow Peas
- Squash
- Sugar Snap
- Wombok
- Zucchini (Yellow & Green)

HEARTY LINES

- Beetroot (Large)
- Carrot (Large)
- Onion (White, Brown, Red & Pickling)
- Pumpkin (Butternut, Grey & Kent)
- Swede
- Sweet Potato
- Turnip

TOMATOES

IN SEASON

- Cherry
- Grape (Yellow, Red & Black)
- Heirloom
- Kumato
- Cherry
- Roma
- Round Tomatoes
- Truss
- Ox-Heart

ASIAN VEG

QUICK COOKING

- Asian Celery
- Betel Leaf
- Bok Choi
- Choi Sum
- Gai Choi (Mustard)
- Gai Lan
- Lotus Root
- Lobok
- Pak Choi
- Perilla
- Rice Paddy Herb
- Saw Tooth
- Kafir Lime Leaf
- Galangal
- Lemongrass

HERBS

GARNISH

- Micro Herbs
- Basil
- Basil (Thai)
- Bay leaf
- Broccoli
- Sprouts
- Chervil
- Chives
- Coriander
- Curry leaf
- Dill
- French Shallots
- Lavender
- Lemon Thyme
- Lemongrass
- Marjoram
- Mint
- Parsley (Curly & Flat Leaf)
- Red Vein
- Sorrel
- Rosemary
- Sage
- Tarragon
- Thyme
- Vietnamese Mint

SPROUTS

HEALTHY

- Alfalfa
- Crunchy Combo
- Bean Sprouts
- Mung Beans
- Lentil Sprouts
- Snow Pea Sprouts

SEASON FINISHING

- *Cumquats*
- *Baby Globe Artichokes*
- *Stinging Nettles*
- *Aussie Pomelo*

GOURMET VEG

GOURMET

- Baby Corn
- Baby Fennel
- Baby Kale
- Baby Vine Capsicums
- Baby Turnip
- Carrots (Purple, Yellow & White)
- Dutch Carrots
- Beetroot (Gold & Target)
- Pencil Leek
- Spring Onion
- Watermelon Radish
- Cucamelons
- Zucchini Flower

SALAD

FRESH

- Asian Mix
- Baby Cos
- Lettuce
- Butter Lettuce
- Chard Loose Leaf
- Endive
- Frizee Loose Leaf
- Gem Cos Lettuce
- Green Coral
- Green Oak
- Iceberg
- Mesculin Mix
- Mini Cos Lettuce
- Mizuna Loose Leaf
- Radicchio
- Red Coral
- Red Oak
- Snow Pea Tendrils
- Spinach Bunch
- Tatsoi Loose Leaf
- Trevisio
- Wild Rocket
- Witlof (Red & Yellow)

TROPICAL

SOMETHING DIFFERENT

- Coconut (Drinking & Mature)
- Dates
- Figs
- Mango (Kensington Pride, Nam doc mai & R2E2)
- Papaya (Red)
- Passionfruit (Panama)
- Pawpaw (Yellow)
- Pineapple
- Pomegranate (Imported)
- Sapote (Black)

NATIVE

THE LAND

- Finger Limes (Fresh & frozen)
- Karkalla
- Muntries (Frozen)
- Native Basil
- Native Thyme
- Quandong (Frozen)
- River Mint
- Rosella
- Sea Blite
- Sea Parsley
- Edible Flowers

CHILLIES

FLAVOUR

- Birdseye (Green & Red)
- Habanero
- Jalapeno
- Long (Red & Green)
- Bullhorn (Red, Yellow & Green)
- Shishito Peppers

POTATOES

VARIETY

- Chat
- Cocktail
- Desiree
- Dutch Cream
- King Edward
- Washed Kipfler
- Purple Congo
- Purple Bliss
- Russet
- Peruvian Gold
- Sebago

MUSHROOMS

LOCAL PRODUCE

- Button
- Champignon
- Chestnut
- Cup
- Enoki
- Flat
- King Brown
- Oyster
- Shemeji
- Shitake
- Woodear



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NEED MORE INFORMATION?

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SUMMER

December | January | February

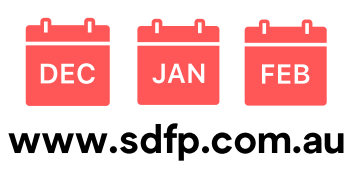
FRESH IS BEST

SEASONAL GUIDE

Summer

The Sydney Direct Fresh Produce Seasonal Guide supports our customers in making the best decisions when ordering fruit and vegetables throughout the year.

Summer covers the months of December, January and February. Enjoy the Australian stone fruit season, iconic cherries, berries and all the wonderful tropical fruits that we have to offer.





- **Apricots**
- **Plums**
- **Red Currants**
- **Golden Queen Peaches**
- **Local Figs**

FRUIT

STONE FRUIT

- Apricots
- Cherries (AUS)
- Mango (Nam Doc Mai, R2E2, Kingston & Pride)
- Nectarine
- Plums
- White
- Peaches
- Yellow
- Peaches

OTHER FRUIT

- Cavendish
- Banana
- Ladyfinger
- Banana
- Grapes (Green Seedless)
- Grapes (Imported)
- Grapes (Red/Black Seedless)
- Kiwi Fruit
- Pear (Corella & Packham)
- Local Figs
- Longans

CITRUS

- Lemons (Imported)
- Limes
- Oranges

BERRIES

- Blackberries
- Blueberries
- Raspberries
- Red Currants
- Strawberries

MELONS

- Honeydew
- Piel de Sapo
- Rockmelon
- Watermelon

AVOCADOS

- Haas

APPLES

- Granny
- Smith
- Pink Lady
- Royal Gala

EGGS

VARIETY

- Caged
- Free range
- Organic
- Quail
- Duck

VEGGIES

KEEP IT LOCAL

- Asparagus (AUS)
- Broccoli
- Broccolini
- Brussel Sprouts
- Cabbage (Green Red, Savoy, Sugar Loaf)
- Capsicum
- Cauliflower
- Cauliflower Blossoms
- Celeriac
- Celery
- Corn (sweet)
- Cucumber (Telegraph, Lebanese, Pickling)
- Eggplant (Regular & Lebanese)
- Eschallots (Green)
- Fennel
- Garlic (AUS or pre-pack imported)
- Ginger (Old season)
- Green Bean
- Kale
- Leek
- Okra
- Parsnip
- Peas
- Rhubarb
- Silverbeet
- Snake Bean
- Snow Peas
- Squash
- Sugar Snap
- Peas
- Wombok
- Zucchini (Yellow & Green)

HEARTY LINES

- Beetroot (Large)
- Carrot (Large)
- Onion (White, Brown, Red & Pickling)
- Pumpkin (Butternut, Grey & Kent)
- Swede
- Sweet Potato
- Turnip

TOMATOES

IN SEASON

- Cherry
- Grape (Yellow, Red & Black)
- Heirloom
- Kumato Cherry
- Roma
- Round
- Truss
- Ox-Heart

ASIAN VEG

QUICK COOKING

- Asian Celery
- Betel Leaf
- Bok Choi
- Choi Sum
- Gai Choi (Mustard)
- Gai Lan
- Lobok
- Pak Choi
- Perilla
- Rice Paddy Herb
- Saw Tooth
- Kafir Lime Leaf
- Galangal
- Lemongrass

HERBS

GARNISH

- Micro Herbs
- Basil
- Basil (Red & Thai)
- Bay Leaf
- Chervil
- Coriander
- Shallot Bunch
- Curry Leaf
- Dill
- French Tarragon
- Lemongrass
- Lemon Thyme
- Marjoram
- Mint
- Curly Parsley
- Flat Leaf
- Parsley
- Red Vein Sorrel
- Rosemary
- Sage
- Thyme
- Vietnamese Mint

SPROUTS

HEALTHY

- Alfalfa
- Bean Sprouts
- Crunchy Combo
- Mung Beans
- Lentil Sprouts
- Snow Pea Sprouts
- Soya Bean Sprouts



SEASON FINISHING

- **Jerusalem Artichoke**
- **White Asparagus**
- **Purple Asparagus**
- **Celeriac**
- **Blood Oranges**

GOURMET VEG

GOURMET

- Baby Corn
- Baby Fennel
- Baby Kale
- Baby Vine Capsicums
- Baby Turnip
- Carrots (Purple, Yellow & White)
- Dutch Carrots
- Beetroot (Gold & Target)
- Pencil Leek
- Spring Onion
- Watermelon Radish
- Cucamelons
- Zucchini Flower
- All Radishes

SALAD

FRESH

- Asian Mix
- Baby Cos
- Baby Spinach
- Butter Lettuce
- Chard Loose Leaf
- Endive
- Frizee Loose Leaf
- Gem Cos Lettuce
- Green Coral
- Green Oak
- Iceberg Mesculin Mix
- Mizuna Loose Leaf
- Radicchio
- Red Coral
- Red Oak
- Red Witlof
- Snow Pea Tendrils
- Spinach Bunch
- Tatsoi Loose Leaf
- Wild Rocket
- Witlof

TROPICAL

SOMETHING DIFFERENT

- Coconut (Drinking & Mature)
- Dates
- Figs
- Lychee
- Passionfruit (Black)
- Passionfruit (Panama)
- Papaya (Red)
- Pawpaw (Yellow)
- Pineapple
- Pomegranate (Imported)
- Finger Limes

NATIVE

THE LAND

- Crystal
- Iceplant
- Finger Limes (Fresh & Frozen)
- Heartleaf
- Iceplant
- Karkalla (Green & Red)
- Muntries (Frozen)
- Native Basil
- Native Thyme
- Quandong (Frozen)
- River Mint
- Samphire
- Sea Blite
- Sea Kiss Salt
- Bush
- Sea Purslane
- Saltbush
- Warrigal Greens
- Edible Flowers

CHILLIES

FLAVOUR

- Birdseye (Green & Red)
- Habanero
- Jalapeno
- Long (Red & Green)
- Bullhorn (Red, Yellow & Green)
- Paddron Peppers

POTATOES

VARIETY

- Chat
- Cocktail
- Desiree
- Dutch Cream
- King Edward
- Washed Kipfler
- Purple Congo
- Purple Bliss
- Russet
- Peruvian Gold
- Sebago

MUSHROOMS

LOCAL PRODUCE

- Button
- Champignon
- Cup
- Enoki
- Flat
- King Oyster
- Oyster
- Shemeji
- Shitake
- Woodear



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NEED MORE INFORMATION?

Contact your Account Manager.



- **Andean Sunrise Potatoes**
- **Prickly Pears**
- **Donut Peaches**
- **Local Figs**

FRUIT

STONE FRUIT

- Apricots
- Cherries (AUS)
- Mango (Nam Doc Mai, R2E2, Kingston & Pride)
- Nectarine
- Plums
- White
- Peaches
- Yellow
- Peaches

OTHER FRUIT

- Cavendish
- Banana
- Ladyfinger
- Banana
- Grapes (Green Seedless)
- Grapes (Imported)
- Grapes (Red/Black Seedless)
- Kiwi Fruit
- Pear (Corella & Packham)
- Local Figs
- Longans

CITRUS

- Lemons (Imported)
- Limes
- Oranges

BERRIES

- Blackberries
- Blueberries
- Raspberries
- Red Currants
- Strawberries

MELONS

- Honeydew
- Piel de Sapo
- Rockmelon
- Watermelon

AVOCADOS

- Haas

APPLES

- Granny
- Smith
- Pink Lady
- Royal Gala

EGGS

VARIETY

- Caged
- Free range
- Organic
- Quail
- Duck

VEGGIES

KEEP IT LOCAL

- Asparagus (AUS)
- Broccoli
- Broccolini
- Brussel Sprouts
- Cabbage (Green Red, Savoy, Sugar Loaf)
- Capsicum
- Cauliflower
- Cauliflower Blossoms
- Celeriac
- Celery
- Corn (sweet)
- Cucumber (Telegraph, Lebanese, Pickling)
- Eggplant (Regular & Lebanese)
- Eschallots (Green)
- Fennel
- Garlic (AUS or pre-pack imported)
- Ginger (Old season)
- Green Bean
- Kale
- Leek
- Okra
- Parsnip
- Peas
- Rhubarb
- Silverbeet
- Snake Bean
- Snow Peas
- Squash
- Sugar Snap
- Peas
- Wombok
- Zucchini (Yellow & Green)

HEARTY LINES

- Beetroot (Large)
- Carrot (Large)
- Onion (White, Brown, Red & Pickling)
- Pumpkin (Butternut, Grey & Kent)
- Swede
- Sweet Potato
- Turnip

TOMATOES

IN SEASON

- Cherry
- Grape (Yellow, Red & Black)
- Heirloom
- Kumato Cherry
- Roma
- Round
- Truss
- Ox-Heart

ASIAN VEG

QUICK COOKING

- Asian Celery
- Betel Leaf
- Bok Choi
- Choi Sum
- Gai Choi (Mustard)
- Gai Lan
- Lobok
- Pak Choi
- Perilla
- Rice Paddy Herb
- Saw Tooth
- Kafir Lime Leaf
- Galangal
- Lemongrass

HERBS

GARNISH

- Micro Herbs
- Basil
- Basil (Red & Thai)
- Bay Leaf
- Chervil
- Coriander
- Curry Leaf
- Dill
- Shallot Bunch
- French Tarragon
- Lemongrass
- Lemon Thyme
- Marjoram
- Mint
- Curly Parsley
- Flat Leaf
- Parsley
- Red Vein Sorrel
- Rosemary
- Sage
- Thyme
- Vietnamese Mint

SPROUTS

HEALTHY

- Alfalfa
- Bean Sprouts
- Crunchy Combo
- Mung Beans
- Lentil Sprouts
- Snow Pea Sprouts
- Soya Bean Sprouts



SEASON FINISHING

- *Celeriac*
- *Shishito Peppers*
- *Aussie Asparagus*

GOURMET VEG NATIVE

GOURMET

- Baby Corn
- Baby Fennel
- Baby Kale
- Baby Vine Capsicums
- Baby Turnip
- Carrots (Purple, Yellow & White)
- Dutch Carrots
- Beetroot (Gold & Target)
- Pencil Leek
- Spring Onion
- Watermelon Radish
- Cucamelons
- Zucchini Flower
- All Radishes

SALAD

FRESH

- Asian Mix
- Baby Cos
- Baby Spinach
- Butter Lettuce
- Chard Loose Leaf
- Endive
- Frizee Loose Leaf
- Gem Cos Lettuce
- Green Coral
- Green Oak
- Iceberg Mesculin Mix
- Mizuna Loose Leaf
- Radicchio
- Red Coral
- Red Oak
- Red Witlof
- Snow Pea Tendrils
- Spinach Bunch
- Tatsoi Loose Leaf
- Wild Rocket
- Witlof

TROPICAL

SOMETHING DIFFERENT

- Coconut (Drinking & Mature)
- Dates
- Figs
- Lychee
- Passionfruit (Black)
- Passionfruit (Panama)
- Papaya (Skybury Red)
- Pawpaw (Yellow)
- Pineapple
- Pomegranate (Imported)
- Finger Limes
- Cape Gooseberries
- Achacha

THE LAND

- Crystal
- Iceplant
- Finger Limes (Fresh & Frozen)
- Heartleaf
- Iceplant
- Karkalla (Green & Red)
- Muntries (Frozen)
- Native Basil
- Native Thyme
- Quandong (Frozen)
- River Mint
- Samphire
- Sea Blite
- Sea Kiss Salt
- Bush
- Sea Purslane
- Saltbush
- Warrigal Greens
- Edible Flowers

CHILLIES

FLAVOUR

- Birdseye (Green & Red)
- Habanero
- Jalapeno
- Long (Red & Green)
- Bullhorn (Red, Yellow & Green)

POTATOES

VARIETY

- Chat
- Cocktail
- Desiree
- Dutch Cream
- King Edward
- Washed Kipfler
- Purple Congo
- Purple Bliss
- Russet
- Sebago
- Andean Sunrise

MUSHROOMS

LOCAL PRODUCE

- Button
- Champignon
- Cup
- Enoki
- Flat
- King Oyster
- Oyster
- Shimeji
- Shitake
- Woodear



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NEED MORE INFORMATION?

Contact your Account Manager.



NEW

- Kiwi Berries
- Fresh Pistachio
- Cotton Candy Grapes
- Persimmons

FRUIT

STONE FRUIT

- Apricots
- Cherries (AUS)
- Mango (Nam Doc Mai, R2E2, Kingston & Pride)
- Nectarine
- Plums
- White
- Peaches
- Yellow
- Peaches
- Queen Garnet Plums

OTHER FRUIT

- Cavendish
- Banana
- Ladyfinger
- Banana
- Grapes (Green Seedless)
- Grapes (Imported)
- Grapes (Red/Black Seedless)
- Kiwi Fruit
- Pear (Corella & Packham)
- Local Figs
- Longans

CITRUS

- Lemons (Imported)
- Limes
- Oranges

BERRIES

- Blackberries
- Blueberries
- Raspberries
- Red Currants
- Strawberries

MELONS

- Honeydew
- Piel de Sapo
- Rockmelon
- Watermelon

AVOCADOS

- Haas

APPLES

- Granny
- Smith
- Pink Lady
- Royal Gala

EGGS

VARIETY

- Caged
- Free range
- Organic
- Quail
- Duck

VEGGIES

KEEP IT LOCAL

- Asparagus (AUS)
- Broccoli
- Broccolini
- Brussel Sprouts
- Cabbage (Green Red, Savoy, Sugar Loaf)
- Capsicum
- Cauliflower
- Cauliflower Blossoms
- Celeriac
- Celery
- Corn (sweet)
- Cucumber (Telegraph, Lebanese, Pickling)
- Eggplant (Regular & Lebanese)
- Eschallots (Green)
- Fennel
- Garlic (AUS or pre-pack imported)
- Ginger (Old season)
- Green Bean
- Kale
- Leek
- Okra
- Parsnip
- Peas
- Rhubarb
- Silverbeet
- Snake Bean
- Snow Peas
- Squash
- Sugar Snap
- Peas
- Wombok
- Zucchini (Yellow & Green)

HEARTY LINES

- Beetroot (Large)
- Carrot (Large)
- Onion (White, Brown, Red & Pickling)
- Pumpkin (Butternut, Grey & Kent)
- Swede
- Sweet Potato
- Turnip

TOMATOES

IN SEASON

- Cherry
- Grape (Yellow, Red & Black)
- Heirloom
- Kumato Cherry
- Roma
- Round
- Truss
- Tomatillo
- Ox-Heart

ASIAN VEG

QUICK COOKING

- Asian Celery
- Betel Leaf
- Bok Choi
- Choi Sum
- Gai Choi (Mustard)
- Gai Lan
- Lobok
- Pak Choi
- Perilla
- Rice Paddy Herb
- Saw Tooth
- Kafir Lime Leaf
- Galangal
- Lemongrass

HERBS

GARNISH

- Micro Herbs
- Basil
- Basil (Red & Thai)
- Bay Leaf
- Chervil
- Coriander
- Curry Leaf
- Dill
- Shallot Bunch
- French Tarragon
- Lemongrass
- Lemon Thyme
- Marjoram
- Mint
- Curly Parsley
- Flat Leaf
- Parsley
- Red Vein Sorrel
- Rosemary
- Sage
- Thyme
- Vietnamese Mint

SPROUTS

HEALTHY

- Alfalfa
- Bean Sprouts
- Crunchy Combo
- Mung Beans
- Lentil Sprouts
- Snow Pea Sprouts
- Soya Bean Sprouts



SEASON FINISHING

- Cherries
- Broad Beans
- Globe Artichokes
- Brown Pears

GOURMET VEG

GOURMET

- Baby Corn
- Baby Fennel
- Baby Kale
- Baby Vine Capsicums
- Baby Turnip
- Carrots (Purple, Yellow & White)
- Dutch Carrots
- Beetroot (Gold & Target)
- Pencil Leek
- Watermelon Radish
- Cucamelons
- Zucchini Flower

SALAD

FRESH

- Asian Mix
- Baby Cos
- Lettuce
- Baby Spinach
- Butter Lettuce
- Chard Loose Leaf
- Endive
- Frizee Loose Leaf
- Gem Cos Lettuce
- Green Coral
- Green Oak
- Iceberg Mesculin Mix
- Mini Cos Lettuce
- Mizuna Loose Leaf
- Radicchio
- Red Coral
- Red Oak
- Red Witlof
- Snow Pea
- Trendrils
- Spinach Bunch
- Tatsoi Loose
- Leaf
- Wild Rocket
- Witlof (Yellow & Red)

TROPICAL

SOMETHING DIFFERENT

- Coconut (Drinking & Mature)
- Dates
- Figs
- Lychee
- Passionfruit (Black)
- Passionfruit (Panama)
- Papaya (Red)
- Pawpaw (Yellow)
- Pineapple
- Pomegranate (Imported)
- Finger Limes
- Cape Gooseberries

NATIVE

THE LAND

- Crystal
- Iceplant
- Finger Limes (Fresh & Frozen)
- Heartleaf
- Iceplant
- Karkalla (Green & Red)
- Muntries (Frozen)
- Native Basil
- Native Thyme
- Quandong (Frozen)
- River Mint
- Samphire
- Sea Blite
- Sea Kiss Salt
- Bush
- Sea Purslane
- Saltbush
- Warrigal
- Greens
- Edible Flowers

CHILLIES

FLAVOUR

- Birdseye (Green & Red)
- Habanero
- Jalapeno
- Long (Red & Green)
- Bullhorn (Red, Yellow & Green)

POTATOES

VARIETY

- Chat
- Cocktail
- Desiree
- Dutch Cream
- King Edward
- Washed Kipfler
- Purple Congo
- Purple Bliss
- Russet
- Sebago
- Andean Sunrise

MUSHROOMS

LOCAL PRODUCE

- Button
- Champignon
- Cup
- Enoki
- Flat
- King Oyster
- Oyster
- Shimeji
- Shitake
- Woodear



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NEED MORE INFORMATION?
Contact your Account Manager.

March | April | May

FRESH IS BEST

SEASONAL GUIDE

Autumn

The Sydney Direct Fresh Produce Seasonal Guide supports our customers in making the best decisions when ordering fruit and vegetables throughout the year.

Autumn covers the months of March, April & May. It is the perfect time for hearty vegetables like artichokes and unique fruits like prickly pears, feijoa and tamarillo.



- Royal Gala Apples
- Fresh Chestnuts
- Cippolini Onions
- Persimmons

FRUIT

STONE FRUIT

- Nectarine
- Peach
- Plums

OTHER FRUIT

- Banana (Cavendish & Ladyfinger)
- Grapes (Green Seedless, Red/Black Seedless)
- Kiwi Fruit
- Pear (Beurre, Bosc, Corella, Josephine, Nashi, Packham, Red Sensation)
- Quince
- Fuyu persimmon

CITRUS

- Grapefruit (Marsh & Ruby)
- Lemons
- Limes
- Mandarin (Imperial)
- Oranges (Imported & Valencia)
- Pomello

BERRIES

- Blueberries
- Kiwi Berries
- Raspberries
- Strawberries
- Kiwi Berries

MELONS

- Honeydew
- Piel de Sapo
- Rockmelon
- Watermelon

AVOCADOS

- Shepard
- Hass

APPLES

- Fuji
- Granny Smith
- Pink Lady
- Red Delicious
- Royal Gala

EGGS

VARIETY

- Caged
- Free range
- Organic
- Quail

VEGGIES

KEEP IT LOCAL

- Artichoke (Globe & Jerusalem)
- Asparagus (Imported)
- Broccoli
- Broccolini
- Brussel Sprouts
- Butter Bean
- Cabbage (Green, Red, Savoy & Sugarloaf)
- Capsicum (Green, Yellow & Red)
- Cauliflower
- Cauliflower Blossoms
- Celeric
- Celery
- Cucumber (Telegraph, Lebanese, Pickling)
- Choko
- Corn (Sweet)
- Eggplant
- Eschallots (Green)
- Fennel (Large)
- Garlic (AUS or pre-pack Imported)
- Ginger (New Season)
- Green Bean
- Kale
- Leek
- Eggplant (Lebanese)
- Okra
- Parsnip
- Peas
- Rhubarb
- Silverbeet
- Snake Bean
- Snow Peas
- Squash
- Sugar Snap
- Peas
- Wombok
- Zucchini

HEARTY LINES

- Beetroot (Large)
- Carrot (Large)
- Onion (White, Red, Brown & Pickling)

TOMATOES

IN SEASON

- Cherry
- Grape (Yellow, Red & Black)
- Heirloom
- Kumato Cherry
- Roma
- Round
- Truss
- Ox-Heart

ASIAN VEG

QUICK COOKING

- Asian Celery
- Betel Leaf
- Bok Choi
- Choi Sum
- Gai Choi (Mustard)
- Gai Lan
- Lobok
- Pak Choi
- Perilla
- Rice Paddy Herb
- Saw Tooth
- Kafir Lime Leaf
- Galangal
- Lemongrass

HERBS

GARNISH

- Basil
- Basil (Red)
- Basil (Thai)
- Bay Leaf
- Chervil
- Chives
- Coriander
- Curry Leaf
- Dill
- Shallot Bunch
- Lemon Thyme
- Lemongrass
- Marjoram
- Micro Herbs
- Mint
- Parsley (Curly & Flat)
- Red Vein Sorrel
- Rosemary
- Sage
- Tarragon
- Thyme
- Vietnamese Mint

SPROUTS

HEALTHY

- Alfalfa
- Bean Sprouts
- Crunchy Combo
- Mung Beans
- Lentil Sprouts
- Snow Pea Sprouts



SEASON FINISHING

- KP Mangoes
- Peaches
- Lychee
- Nectarines

GOURMET VEG NATIVE

GOURMET

- Baby Corn (Imported)
- Baby Fennel
- Baby Kale
- Baby Leek
- Baby Parsnip
- Baby Vine Capsicum
- Baby Turnip
- Carrots (Purple, Yellow, White)
- Dutch Carrots
- Gold Beetroot
- Spring Onions
- Target Beetroot
- Pencil Leek
- Watermelon Radish

SALAD

FRESH

- Asian Mix
- Baby Cos
- Lettuce
- Baby Spinach
- Butter Lettuce
- Chard Loose Leaf
- Endive
- Frizee Loose Leaf
- Gem Cos Lettuce
- Green Coral
- Green Oak
- Iceberg Mesculin Mix
- Mini Cos Lettuce
- Mizuna Loose Leaf
- Radicchio
- Red Coral
- Red Oak
- Witlof (Yellow & Red)

TROPICAL

SOMETHING DIFFERENT

- Coconut (Drinking & Mature)
- Custard Apple
- Dates
- Dragon Fruit (Red, White & Yellow)
- Feijoa
- Figs
- Papaya (Red)
- Passionfruit (Black & Panama)
- Pawpaw (Yellow)
- Persimmon (Australian)
- Pineapple
- Pomegranate (Australian)
- Rambutan
- Rosella
- Tamarillo

THE LAND

- Finger Limes (Fresh & Frozen)
- Karkalla
- Muntries (Frozen)
- Native Basil
- Native Thyme
- Quandog (Frozen)
- River Mint
- Rosella
- Sea Blite
- Sea Parsley
- Edible Flowers

CHILLIES

FLAVOUR

- Birdseye (Green & Red)
- Habanero
- Jalapeno
- Long (Red & Green)
- Bullhorn (Red, Yellow & Green)
- Shishito Peppers
- Padrón peppers

POTATOES

VARIETY

- Chat
- Cocktail
- Desiree
- Dutch Cream
- King Edward
- Washed Kipfler
- Purple Congo
- Purple Bliss
- Russet
- Sebago
- Andean Sunrise

MUSHROOMS

LOCAL PRODUCE

- Button
- Champignon
- Cup
- Enoki
- Flat
- Oyster
- Pine
- Shemeji
- Shitake
- Slippery Jack
- Woodear



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NEED MORE INFORMATION?

Contact your Account Manager.



- **Imperial Mandarins**
- **Jerusalem artichoke**
- **Red Kiwi's**
- **Pine Mushrooms**

FRUIT

STONE FRUIT

- Nectarine
- Peach
- Plums

OTHER FRUIT

- Banana (Cavendish & Ladyfinger)
- Grapes (Green Seedless, Red/Black Seedless)
- Kiwi Fruit
- Pear (Beurre, Bosc, Corella, Josephine, Nashi, Packham, Red Sensation)
- Quince
- Fuyu persimmon

CITRUS

- Grapefruit (Marsh & Ruby)
- Lemons
- Limes
- Mandarin (Imperial)
- Oranges (Imported & Valencia)
- Pomello
- Yuzu
- Bergamot

BERRIES

- Blueberries
- Blackberries
- Kiwi Berries
- Raspberries
- Strawberries
- Kiwi Berries

MELONS

- Honeydew
- Piel de Sapo
- Rockmelon
- Watermelon

AVOCADOS

- Shepard
- Hass

APPLES

- Fuji
- Granny Smith
- Pink Lady
- Red Delicious
- Royal Gala

EGGS

VARIETY

- Caged
- Free range
- Organic
- Quail

VEGGIES

KEEP IT LOCAL

- Artichoke (Globe & Jerusalem)
- Asparagus (Imported)
- Broccoli
- Broccolini
- Brussel Sprouts
- Butter Bean
- Cabbage (Green, Red, Savoy & Sugarloaf)
- Capsicum (Green, Yellow & Red)
- Cauliflower
- Cauliflower Blossoms
- Celeriac
- Celery
- Cucumber (Telegraph, Lebanese, Pickling)
- Choko
- Corn (Sweet)
- Eggplant
- Eschallots (Green)
- Fennel (Large)
- Garlic (AUS or pre-pack Imported)
- Ginger (New Season)
- Green Bean
- Kale
- Leek
- Eggplant (Lebanese)
- Okra
- Parsnip
- Peas
- Rhubarb
- Silverbeet
- Snake Bean
- Snow Peas
- Squash
- Sugar Snap
- Peas
- Wombok
- Zucchini

HEARTY LINES

- Beetroot (Large)
- Carrot (Large)
- Onion (White, Red, Brown & Pickling)

TOMATOES

IN SEASON

- Cherry
- Grape (Yellow, Red & Black)
- Heirloom
- Kumato Cherry
- Roma
- Round
- Truss
- Ox-heart

ASIAN VEG

QUICK COOKING

- Asian Celery
- Betel Leaf
- Bok Choi
- Choi Sum
- Gai Choi (Mustard)
- Gai Lan
- Lobok
- Pak Choi
- Perilla
- Rice Paddy Herb
- Saw Tooth
- Kafir Lime Leaf
- Galangal
- Lemongrass

HERBS

GARNISH

- Basil
- Basil (Thai)
- Bay leaf
- Chervil
- Chives
- Coriander
- Curry leaf
- Dill
- Green Shallots
- Marjoram
- Micro Herbs
- Mint
- Parsley (Curly & Flat)
- Red Vein
- Sorrel
- Rosemary
- Sage
- Tarragon
- Thyme
- Vietnamese Mint

SPROUTS

HEALTHY

- Alfalfa
- Bean Sprouts
- Crunchy Combo
- Mung Beans
- Lentil Sprouts
- Snow Pea Sprouts



SEASON FINISHING

- **Kiwi Berries**
- **Peaches**
- **Nectarines**
- **Paradise Pears**
- **Fresh Pistachio**

GOURMET VEG

GOURMET

- Baby Corn (Imported)
- Baby Fennel
- Baby Kale
- Baby Leek
- Baby Parsnip
- Baby Vine Capsicum
- Baby Turnip
- Carrots (Purple, Yellow, White)
- Dutch Carrots
- Gold Beetroot
- Spring Onions
- Target Beetroot
- Pencil Leek
- Watermelon Radish

SALAD

FRESH

- Asian Mix
- Baby Cos
- Lettuce
- Baby Spinach
- Butter Lettuce
- Chard Loose Leaf
- Endive
- Frizee Loose Leaf
- Gem Cos Lettuce
- Green Coral
- Green Oak
- Iceberg Mesculin Mix
- Mini Cos Lettuce
- Mizuna Loose Leaf
- Radicchio
- Red Coral
- Red Oak
- Witlof (Yellow & Red)

TROPICAL

SOMETHING DIFFERENT

- Coconut (Drinking & Mature)
- Custard Apple
- Dates
- Dragon Fruit (Red, White & Yellow)
- Feijoa
- Figs
- Papaya (Red)
- Passionfruit (Black & Panama)
- Pawpaw (Yellow)
- Persimmon (Australian)
- Pineapple
- Pomegranate (Australian)
- Rambutan
- Rosella
- Tamarillo
- Gauva

NATIVE

THE LAND

- Finger Limes (Fresh & Frozen)
- Karkalla
- Muntries (Frozen)
- Native Basil
- Native Thyme
- Quandog (Frozen)
- River Mint
- Rosella
- Sea Blite
- Sea Parsley
- Edible Flowers

CHILLIES

FLAVOUR

- Birdseye (Green & Red)
- Habanero
- Jalapeno
- Long (Red & Green)
- Bullhorn (Red, Yellow & Green)
- Shishito Peppers
- Padrón peppers

POTATOES

VARIETY

- Chat
- Cocktail
- Desiree
- Dutch Cream
- King Edward
- Washed Kipfler
- Purple Congo
- Purple Bliss
- Russet
- Sebago
- Andean Sunrise

MUSHROOMS

LOCAL PRODUCE

- Button
- Champignon
- Cup
- Enoki
- Flat
- Oyster
- Shemeji
- Shitake
- Woodear
- Pine
- Slippery Jack



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NEED MORE INFORMATION?

Contact your Account Manager.



- **White Kale**
- **Broad Beans**
- **Stinging Nettles**
- **Walnuts**
- **Truffles**
- **Kalettes**

FRUIT

STONE FRUIT

- Plums

OTHER FRUIT

- Cavendish Banana
- Ladyfinger Banana
- Grapes (Green Seedless)
- Grapes (Red/Black Seedless)
- Grapes (Imported)
- Kiwi Fruit
- Pear (Beurre Bosc, Corella, Josephine, Nashi, Packham & Red Sensation)

CITRUS

- Cumquat
- Marsh Grapefruit
- Ruby Grapefruit
- Lemons
- Limes
- Mandarin (Imperial)
- Navel Oranges
- Valencia Oranges
- Pomello
- Yuzu
- Bergamot

BERRIES

- Blueberries
- Black Berries
- Raspberries
- Golden Raspberries
- Strawberries

MELONS

- Honeydew
- Piel de Sapo
- Rockmelon
- Watermelon

AVOCADOS

- Hass

APPLES

- Fuji
- Granny Smith
- Pink Lady
- Red Delicious
- Royal Gala

EGGS

VARIETY

- Caged
- Free range
- Organic
- Quail

VEGGIES

KEEP IT LOCAL

- Artichoke (Globe)
- Artichoke (Jerusalem)
- Asparagus (Imported)
- Berlotti Bean
- Broad Bean
- Broccoli & Broccolini
- Brussel Sprouts (Green & Purple)
- Butter Bean
- Cabbage (Green, Red, Savoy, Sugarloaf)
- Capsicum (Green, Red, Yellow)
- Cauliflower
- Cauliflower Blossoms
- Celeriac
- Celery
- Choko
- Corn (Sweet)
- Cucumber (Continental, Lebanese, Pickling)
- Eschallots (Green)
- Large Fennel
- Garlic (AUS or pre-pack imported)
- Ginger (New Season)
- Green Bean (Handpicked)
- Horseradish
- Kale
- Kalettes
- Lebanese
- Eggplant
- Leek
- Okra
- Parsnip
- Rhubarb
- Silverbeet
- Snake Bean
- Snow Peas
- Squash
- Sugar Snap
- Peas
- Wombok
- Zucchini

HEARTY LINES

- Beetroot (Large)
- Carrot (Large)
- Onion (White, Brown, Red & Pickling)

TOMATOES

SPECIES

- Cherry (Yellow & Red)
- Grape
- Heirloom
- Kumato
- Cherry
- Roma Tomato
- Round (Salad)
- Truss
- Ox-Heart

ASIAN VEG

QUICK COOKING

- Asian Celery
- Betel Leaf
- Bok Choi
- Choi Sum
- Gai Choi (Mustard)
- Gai Lan
- Lobok
- Pak Choi
- Perilla
- Rice Paddy Herb
- Saw Tooth
- Kafir Lime Leaf
- Galangal
- Lemongrass

HERBS

GARNISH

- Basil
- Basil (Thai)
- Bay leaf
- Chervil
- Chives
- Coriander
- Curry leaf
- Dill
- Green Shallots
- Marjoram
- Micro Herbs
- Mint
- Parsley (Curly & Flat)
- Red Vein
- Sorrel
- Rosemary
- Sage
- Tarragon
- Thyme
- Vietnamese Mint

SPROUTS

HEALTHY

- Alfalfa
- Bean Sprouts
- Broccoli Sprouts
- Crunchy Combo
- Mung Beans
- Lentil Sprouts
- Snow Pea Sprouts



SEASON FINISHING

- Peaches
- Nectarines
- Pine Mushrooms

GOURMET VEG

GOURMET

- Baby Corn (Imported)
- Baby Fennel
- Baby Kale
- Baby Leek
- Baby Parsnip
- Baby Vine Capsicum
- Baby Turnip
- Carrots (Purple, Yellow, White)
- Dutch Carrots
- Gold Beetroot
- Spring Onions
- Target Beetroot
- Pencil Leek
- Watermelon Radish
- Truffles

SALAD

FRESH

- Asian Mix
- Baby Cos
- Lettuce
- Baby Spinach
- Butter Lettuce
- Chard Loose Leaf
- Endive
- Frizem Loose Leaf
- Gem Cos Lettuce
- Green Coral
- Green Oak
- Iceberg Mesculin Mix
- Mini Cos Lettuce
- Mizuna Loose Leaf
- Radicchio
- Red Coral
- Red Oak
- Witlof (Yellow & Red)

TROPICAL

SOMETHING DIFFERENT

- Coconut (Drinking & Mature)
- Custard Apple
- Dates
- Dragon Fruit (Red, White & Yellow)
- Figs
- Papaya (Red)
- Passionfruit (Black & Panama)
- Pawpaw (Yellow)
- Persimmon (Australian)
- Pineapple
- Pomegranate (Australian)
- Quince
- USA Stone Fruit

NATIVE

THE LAND

- Finger Limes (Fresh & Frozen)
- Karkalla
- Muntries (Frozen)
- Native Basil
- Native Thyme
- Quandog (Frozen)
- River Mint
- Rosella
- Sea Blite
- Sea Parsley
- Edible Flowers

CHILLIES

FLAVOUR

- Birdseye (Green & Red)
- Habanero
- Jalapeno
- Long (Red & Green)
- Bullhorn (Red, Yellow & Green)
- Shishito Peppers
- Padrón peppers

POTATOES

VARIETY

- Chat
- Cocktail
- Desiree
- Dutch Cream
- King Edward
- Washed Kipfler
- Purple Congo
- Purple Bliss
- Russet
- Sebago
- Andean Sunrise

MUSHROOMS

LOCAL PRODUCE

- Button
- Champignon
- Cup
- Enoki
- Flat
- Oyster
- Shemeji
- Shitake
- Woodear



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NEED MORE INFORMATION?

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June | July | August

FRESH IS BEST

SEASONAL GUIDE

Winter

The Sydney Direct Fresh Produce Seasonal Guide supports our customers in making the best decisions when ordering fruit and vegetables throughout the year.

Winter covers the months of June, July & August. The colder months bring out some of the most luxurious produce like truffles, blood oranges and pine mushrooms while you can enjoy all the hearty vegetable lines such as pumpkin.



- NEW**
- USA Stonefruit
 - Purple Brussel Sprouts
 - Cumquats
 - Cape Gooseberries

FRUIT

OTHER FRUIT

- Banana (Cavendish & ladyfinger)
- Cherries (imported)
- Grapes (Green, Red & Black Seedless)
- Kiwi fruit
- Pear (Beurre Bosc, Corella, Nashi, Packham, Red Sensation)

CITRUS

- Cumquat
- Grapefruit (Marsh & Ruby)
- Lemons
- Limes
- Mandarin (Imperial)
- Orange (Navel, Valencia & imported)
- Pomello
- Tangelo
- Yuzu
- Bergamot

BERRIES

- Blueberries
- Blackberries
- Raspberries
- Strawberries

MELONS

- Honeydew
- Piel de Sapo
- Rockmelon
- Watermelon

AVOCADOS

- Hass

APPLES

- Fuji
- Granny
- Smith
- Pink Lady
- Red
- Delicious
- Royal Gala

TOMATOES

SPECIES

- Cherry
- Grape (Yellow, Red & Black)
- Heirloom
- Kumato Cherry
- Roma
- Round
- Truss
- Ox-Heart

VEGGIES

KEEP IT LOCAL

- Asparagus (Imported)
- Berlotti Bean
- Broad Bean
- Broccoli
- Broccolini (Green & Purple)
- Brussel Sprouts (Green & Purple)
- Butter Bean
- Cabbage (Green, Red, Savoy, Sugarloaf)
- Capsicum (Green, Red, Yellow)
- Cauliflower (White & Purple)
- Cauliflower Blossoms
- Celeriac
- Choko
- Corn (Sweet)
- Cucumber (Telegraph, Lebanese & Pickling)
- Eggplant (Regular & Lebanese)
- Eschallots (Green)
- Fennel (Large)
- Garlic (Australian)
- Garlic (Imported prepacked peeled 500g & 1kg)
- Ginger (Old Season)
- Globe Artichoke
- Green Bean
- Horseradish
- Jerusalem Artichoke
- Kale
- Kalettes
- Leek
- Parsnip
- Rapini
- Rhubarb
- Romanesco
- Salsify
- Silverbeet
- Snake Bean
- Snow Peas
- Squash
- Sugar Snap
- Peas
- Wombok
- Zucchini

HEARTY LINES

- Beetroot (Large)
- Carrot (Large)
- Pumpkin (Butternut, Grey & Jap)
- Onion (Brown, Pickling, Red & White)
- Swede
- Sweet Potato
- Turnip



ASIAN VEG

QUICK COOKING

- Asian Celery
- Betel Leaf
- Bok Choi
- Choi Sum
- Gai Choi (Mustard)
- Gai Lan
- Lobok
- Pak Choi
- Perilla
- Rice Paddy Herb
- Saw Tooth
- Kafir Lime Leaf
- Galangal
- Lemongrass

HERBS

GARNISH

- Basil
- Basil (Thai)
- Bay leaf
- Chervil
- Chives
- Coriander
- Curry leaf
- Dill
- Green Shallots
- Marjoram
- Micro Herbs
- Mint
- Parsley (Curly & Flat)
- Red Vein
- Sorrel
- Rosemary
- Sage
- Tarragon
- Thyme
- Vietnamese Mint

SPROUTS

HEALTHY

- Alfalfa
- Bean Sprouts
- Broccoli Sprouts
- Mung Beans
- Crunchy Combo
- Lentil Sprouts
- Snow Pea Sprouts

EGGS

VARIETY

- Caged
- Free range
- Organic
- Quail

GOURMET VEG

GOURMET

- Baby Corn (Imported)
- Baby Fennel
- Baby Kale
- Baby Leek
- Baby Parsnip
- Baby Vine Capsicum
- Baby Turnip
- Carrots (Purple, Yellow, White)
- Dutch Carrots
- Gold Beetroot
- Spring Onions
- Target Beetroot
- Pencil Leek
- Watermelon Radish
- Truffles

SALAD

FRESH

- Asian Mix
- Baby Cos
- Lettuce
- Baby Spinach
- Butter Lettuce
- Chard Loose Leaf
- Endive
- Frizee Loose Leaf
- Gem Cos Lettuce
- Green Coral
- Green Oak
- Iceberg
- Mesculin Mix
- Mizuna Loose Leaf
- Radicchio
- Red Coral
- Red Oak
- Snow Pea Tendrils
- Spinach Bunch
- Tatsoi Loose Leaf
- Leaf
- Wild Rocket
- Witlof (Red & Yellow)

TROPICAL

SOMETHING DIFFERENT

- Carambola (Star fruit)
- Coconut (Drinking & Mature)
- Custard Apples
- Dates
- Figs
- Papaya (Red)
- Passionfruit (Black & Panama)
- Pawpaw (Yellow)
- Persimmon (Imported)
- Pineapple
- Pomegranate (Australian)
- Quince

NATIVE

THE LAND

- Finger Limes (Fresh & Frozen)
- Karkalla
- Muntries (Frozen)
- Native Basil
- Native Thyme
- Quandog (Frozen)
- River Mint
- Rosella
- Sea Blite
- Sea Parsley
- Edible Flowers

CHILLIES

FLAVOUR

- Birdseye (Green & Red)
- Habanero
- Jalapeno
- Long (Red & Green)
- Bullhorn (Red, Yellow & Green)
- Shishito Peppers
- Padrón peppers

POTATOES

VARIETY

- Chat
- Cocktail
- Desiree
- Dutch Cream
- King Edward
- Washed Kipfler
- Purple Congo
- Purple Bliss
- Russet
- Sebago
- Andean Sunrise

MUSHROOMS

LOCAL PRODUCE

- Button
- Champignon
- Cup
- Enoki
- Flat
- Oyster
- Shemeji
- Shitake
- Woodear

SEASON

FINISHING

- Aussie Grapes
- Aussie Plums
- Andean Sunrise Potatoes

NEED MORE INFORMATION?

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- Blood Oranges
- Tangelo
- Yuzu
- Bergamot
- Dolci Navels

FRUIT

OTHER FRUIT

- Banana (Cavendish & ladyfinger)
- Cherries (imported)
- Grapes (Green, Red & Black Seedless)
- Kiwi fruit
- Pear (Beurre Bosc, Corella, Nashi, Packham, Red Sensation)

CITRUS

- Cumquat
- Grapefruit (Marsh & Ruby)
- Lemons
- Limes
- Mandarin (Imperial)
- Orange (Navel, Valencia & imported)
- Pomello
- Tangelo
- Sumo Mandarins
- Dolci Navels

BERRIES

- Blueberries
- Blackberries
- Raspberries
- Strawberries

MELONS

- Honeydew
- Piel de Sapo
- Rockmelon
- Watermelon

AVOCADOS

- Hass

APPLES

- Fuji
- Granny
- Smith
- Pink Lady
- Red
- Delicious
- Royal Gala

TOMATOES

SPECIES

- Cherry
- Grape (Yellow, Red & Black)
- Heirloom
- Kumato Cherry
- Roma
- Round
- Truss
- Ox-Heart

VEGGIES

KEEP IT LOCAL

- Asparagus (Imported)
- Berlotti Bean
- Broad Bean
- Broccoli
- Broccolini (Green & Purple)
- Brussel Sprouts (Green & Purple)
- Butter Bean
- Cauliflower Blossoms
- Cabbage (Green, Red, Savoy, Sugarloaf)
- Capsicum (Green, Red, Yellow)
- Cauliflower (White & Purple)
- Cauliflower Blossoms
- Celeriac
- Choko
- Corn (Sweet)
- Cucumber (Telegraph, Lebanese & Pickling)
- Eggplant (Regular & Lebanese)
- Eschallots (Green)
- Fennel (Large)
- Garlic (Australian)
- Garlic (Imported prepacked peeled 500g & 1kg)
- Ginger (Old Season)
- Globe Artichoke
- Green Bean
- Horseradish
- Jerusalem Artichoke
- Kale
- Kalettes
- Leek
- Parsnip
- Rapini
- Rhubarb
- Romanesco
- Salsify
- Silverbeet
- Snake Bean
- Snow Peas
- Squash
- Sugar Snap
- Peas
- Wombok
- Zucchini

HEARTY LINES

- Beetroot (Large)
- Carrot (Large)
- Pumpkin (Butternut, Grey & Jap)
- Onion (Brown, Pickling, Red & White)
- Swede
- Sweet Potato
- Turnip



ASIAN VEG

QUICK COOKING

- Asian Celery
- Betel Leaf
- Bok Choi
- Choi Sum
- Gai Choi (Mustard)
- Gai Lan
- Lobok
- Pak Choi
- Perilla
- Rice Paddy Herb
- Saw Tooth
- Kafir Lime Leaf
- Galangal
- Lemongrass

HERBS

GARNISH

- Basil
- Basil (Thai)
- Bay leaf
- Chervil
- Chives
- Coriander
- Curry leaf
- Dill
- Green Shallots
- Marjoram
- Micro Herbs
- Mint
- Parsley (Curly & Flat)
- Red Vein
- Sorrel
- Rosemary
- Sage
- Tarragon
- Thyme
- Vietnamese Mint

SPROUTS

HEALTHY

- Alfalfa
- Bean Sprouts
- Broccoli Sprouts
- Mung Beans
- Crunchy Combo
- Lentil Sprouts
- Snow Pea Sprouts

EGGS

VARIETY

- Caged
- Free range
- Organic
- Quail

GOURMET VEG

GOURMET

- Baby Wombok
- Baby Corn (Imported)
- Baby Fennel
- Baby Kale
- Baby Leek
- Baby Parsnip
- Baby Vine Capsicum
- Baby Turnip
- Carrots (Purple, Yellow, White)
- Dutch Carrots
- Gold Beetroot
- Spring Onions
- Target Beetroot
- Pencil Leek
- Watermelon Radish
- Truffles

SALAD

FRESH

- Asian Mix
- Baby Cos
- Lettuce
- Baby Spinach
- Butter Lettuce
- Chard Loose Leaf
- Endive
- Frizee Loose Leaf
- Gem Cos Lettuce
- Green Coral
- Green Oak
- Iceberg
- Mesculin Mix
- Mizuna Loose Leaf
- Radicchio
- Red Coral
- Red Oak
- Snow Pea Tendrils
- Spinach Bunch
- Tatsoi Loose Leaf
- Leaf
- Wild Rocket
- Witlof (Red & Yellow)

TROPICAL

SOMETHING DIFFERENT

- Carambola (Star fruit)
- Coconut (Drinking & Mature)
- Custard Apples
- Dates
- Figs
- Papaya (Red)
- Passionfruit (Black & Panama)
- Pawpaw (Yellow)
- Persimmon (Imported)
- Pineapple
- Pomegranate (Australian)
- Quince

NATIVE

THE LAND

- Finger Limes (Fresh & Frozen)
- Karkalla
- Muntries (Frozen)
- Native Basil
- Native Thyme
- Quandog (Frozen)
- River Mint
- Rosella
- Sea Blite
- Sea Parsley
- Edible Flowers

CHILLIES

FLAVOUR

- Birdseye (Green & Red)
- Habanero
- Jalapeno
- Long (Red & Green)
- Bullhorn (Red, Yellow & Green)
- Shishito Peppers
- Padrón peppers

POTATOES

VARIETY

- Chat
- Cocktail
- Desiree
- Dutch Cream
- King Edward
- Washed Kipfler
- Purple Congo
- Purple Bliss
- Russet
- Sebago
- Peruvian Gold

MUSHROOMS

LOCAL PRODUCE

- Button
- Champignon
- Chestnut
- Cup
- Enoki
- Flat
- King Brown
- Oyster
- Shimeji
- Shitake
- Woodear

SEASON FINISHING

- Aussie Grapes
- Aussie Plums
- Persimmons

NEED MORE INFORMATION?

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- Aussie Asparagus
- Seville Oranges
- NZ Yams (Oca)
- Sumo Mandarin
- Spaghetti Squash

FRUIT

OTHER FRUIT

- Banana (Cavendish & ladyfinger)
- Cherries (imported)
- Grapes (Green, Red & Black Seedless)
- Kiwi fruit
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- Sumo Mandarins
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BERRIES

- Blueberries
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MELONS

- Honeydew
- Piel de Sapo
- Rockmelon
- Watermelon

AVOCADOS

- Hass

APPLES

- Fuji
- Granny
- Smith
- Pink Lady
- Red
- Delicious
- Royal Gala



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- Sweet Potato
- Turnip

SEASON FINISHING

- Aussie Pomegranates
- Persimmons
- Blackberries

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IN SEASON

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