

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
- Kaffir 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

## 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
- 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)

### 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
- Shimeji
- Shitake
- Woodear

### SEASON FINISHING

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

### 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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- **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
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- 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
- 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 & 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

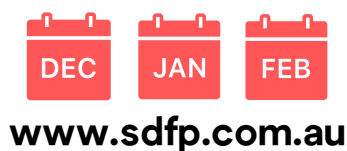
# FRESH IS BEST

## 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 Trendrils
- 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?

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- *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 Trendrils
- 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
- 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 (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
- 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
- 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)
- 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?**

Contact your Account Manager.

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.



- USA Stonefruit
- Purple Brussel Sprouts
- Kalettes
- Kumquats
- Yuzu
- Truffles

## FRUIT

### OTHER FRUIT

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

### CITRUS

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

### 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

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

## VEGGIES

### KEEP IT LOCAL

- Asparagus (Imported)
- Borlotti 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
- Cucumber (Telegraph, Lebanese & Pickling)
- Eggplant (Regular & Lebanese)
- Fennel (Large)
- Garlic (Australian)
- Garlic (Imported)
- Ginger
- Globe Artichoke
- Green Bean
- Horseradish
- Jerusalem Artichoke
- Kale
- Kalettes
- Leek
- Parsnip
- Rappe
- 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
- Pak Choi
- Rice Paddy Herb
- Saw Tooth Coriander
- 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)
- 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
- Duck

## 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 (English)
- Tatsoi Loose
- Red and Green Salanova
- Wild Rocket
- Witlof (Red & Yellow)

## TROPICAL

### SOMETHING DIFFERENT

- Carambola (Star fruit)
- Coconut (Drinking & Mature)
- Custard Apples
- Dates
- Figs (Glasshouse)
- 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
- Shimeji
- Shitake
- Woodear

### SEASON

### FINISHING

- Aussie Grapes
- Aussie Plums
- Feijoa

### NEED MORE INFORMATION?

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- Truffles
- Blood Oranges
- Tangelo
- Bergamot
- Tamarillo
- Romanesco

## FRUIT

### OTHER FRUIT

- Banana
- Cherries (imported)
- Grapes (Red)
- Kiwi fruit (Red & Gold)
- Pear (Beurre Bosc, Corella, Nashi, Packham, Red Sensation)

### CITRUS

- Cumquat
- Grapefruit (Marsh & Ruby)
- Lemons
- Limes
- Mandarin (Imperial)
- Orange (Navel)
- 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

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

## VEGGIES

### KEEP IT LOCAL

- Asparagus (Imported)
- Borlotti Bean
- Broad Bean
- Broccoli
- Broccoli (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
- Cucumber (Telegraph, Lebanese & Pickling)
- Eggplant (Regular & Lebanese)
- Fennel (Large)
- Garlic (Australian)
- Garlic (Imported)
- Ginger (Old Season)
- Globe Artichoke
- Green Bean
- Horseradish
- Jerusalem Artichoke
- Kale
- Kalettes
- Leek
- Parsnip
- Rappe
- 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
- Duck

## GOURMET VEG

### GOURMET

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

## 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
- Red and Green Salanova
- Wild Rocket
- Witlof (Red & Yellow)

## TROPICAL

### SOMETHING DIFFERENT

- Carambola (Star fruit)
- Coconut (Drinking & Mature)
- Custard Apples
- Dates
- Figs (Glasshouse)
- 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
- Shemeji
- Shitake
- Woodear

### SEASON FINISHING

- Feijoa
- Andean Sunrise
- Yuzu

### NEED MORE INFORMATION?

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- Aussie Asparagus
- Seville Oranges
- Sumo Mandarin
- Spaghetti Squash
- Peruvian Gold Potatoes

## 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)
- Pomello
- Tangelo
- Bergamot
- Sumo Mandarins
- Dolci Navels
- Sumo Mandarins

### BERRIES

- Blueberries
- Raspberries
- Strawberries

### MELONS

- Honeydew
- Piel de Sapo
- Rockmelon
- Watermelon

### AVOCADOS

- Hass

### APPLES

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

## VEGGIES

### KEEP IT LOCAL

- Asparagus (Australian)
- Borlotti Bean
- Broad Bean
- Broccoli
- Broccoli (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)
- Fennel (Large)
- Garlic (Australian)
- Ginger
- Globe Artichoke
- Green Bean
- Horseradish
- Jerusalem Artichoke
- Kale
- Kalettes
- Leek
- Parsnip
- Rhubarb
- Salsify
- Silverbeet
- Snake Bean
- Snow Peas
- Squash
- Sugar Snap
- Peas
- Wombok
- Zucchini

### HEARTY LINES

- Beetroot (Large)
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- Gai Lan
- Lobok
- Pak Choi
- Perilla
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- Saw Tooth
- Kafir Lime Leaf
- Galangal
- Lemongrass

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- Dill
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- 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

## TOMATOES

### IN SEASON

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

## GOURMET VEG

### GOURMET

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

## SALAD

### FRESH

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

## TROPICAL

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

## EGGS

### VARIETY

- Caged
- Free range
- Organic
- Quail
- Duck

## 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
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- 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 Pomegranates
- Persimmons
- Blackberries



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