



Limestone Coast Food

Seasonal Produce Calendar

Fresh Produce

		January	February	March	April	May	June	July	August	September	October	November	December	
Dairy	Cheese, various flavoured cheddar	[Green bar]												
	Eggs	[Green bar]												
Eggs	Eggs, free-range	[Green bar]												
	Flowers	[Green bar]												
Flowers	Australian native and South African fresh cut flowers	[Green bar]												
	Fruit	[Green bar]												
Fruit	Apple, heritage trees	[Green bar]												
	Apples, fuji	[Green bar]												
	Apples, gala	[Green bar]												
	Apples, granny smith	[Green bar]												
	Apples, organic, solar dried	[Green bar]												
	Apples, pink lady	[Green bar]												
	Apples, red delicious	[Green bar]												
	Cherries	[Green bar]												
	Grain & Flour	Flaked cereal grain	[Green bar]											
		Bran and flour products	[Green bar]											
Muesli		[Green bar]												
Rolled, quick and instant oats		[Green bar]												
Herbs	Basil	[Green bar]												
	Chives - garlic	[Green bar]												
	Chives - onion	[Green bar]												
	Coriander	[Green bar]												
	Dill	[Green bar]												
	Herbs, fresh garden grown, various	[Green bar]												
	Lemon	[Green bar]												
	Marjoram	[Green bar]												
	Mint	[Green bar]												
	Oregano	[Green bar]												
	Parsley	[Green bar]												
	Parsley - continental	[Green bar]												
	Rocket	[Green bar]												
	Sage	[Green bar]												
	Silverbeet - baby	[Green bar]												
	Spinach - baby	[Green bar]												
	Thyme	[Green bar]												
Thyme	[Green bar]													
Watercress	[Green bar]													
Honey	Honey	[Green bar]												
Lavender	Lavender, fresh cut flowers	[Green bar]												
	Lavender, plants	[Green bar]												
	Lavender, seed and dried flower	[Green bar]												
	Lavender, various products	[Green bar]												
Native Bush Foods	Fresh appleberry	[Green bar]												
	Fresh karkella	[Green bar]												
	Fresh muntries	[Green bar]												
	Fresh wild spinach	[Green bar]												
	Ground wattlesseed	[Green bar]												
Olives & Olive Oil	Olive oil	[Green bar]												
	Olives	[Green bar]												
	Olives, black	[Green bar]												
	Olives, green	[Green bar]												
Vegetables	Olives, kalamata	[Green bar]												
	Olives, pickled	[Green bar]												
	Onions	[Green bar]												
	Onions, peeled	[Green bar]												
	Potatoes	[Green bar]												
	Potatoes, red skinned	[Green bar]												
	Potatoes, various varieties	[Green bar]												
	Potatoes, white skinned	[Green bar]												
	Pumpkins	[Green bar]												

Meat, Fish & Poultry

		January	February	March	April	May	June	July	August	September	October	November	December
Fish	Barramundi	[Red bar]											
	Boar fish, frozen	[Red bar]											
	Cockles	[Red bar]											
	Coorong Mullet	[Red bar]											
	Flake, frozen	[Red bar]											
	Flathead, frozen	[Red bar]											
	Flounder	[Red bar]											
	Fresh fish, assorted	[Red bar]											
	Lobster, fresh cooked	[Red bar]											
	Lobster, frozen	[Red bar]											
	Mullaway	[Red bar]											
	Octopus, frozen	[Red bar]											
	Octopus, pickled	[Red bar]											
	Trout, live	[Red bar]											
Meat	Trout, smoked	[Red bar]											
	Yabbies, fresh	[Red bar]											
	Yabbies, live	[Red bar]											
	Yabbies, pickled	[Red bar]											
	Bacon	[Red bar]											
	Beef, various cuts	[Red bar]											
	Beef, Wagyu	[Red bar]											
	Emu, mettwurst	[Red bar]											
	Goat / Chevon	[Red bar]											
	Ham	[Red bar]											
	Kabana	[Red bar]											
	Kranskis	[Red bar]											
	Lamb	[Red bar]											
	Marinated meats	[Red bar]											
Pigeon/Squab	[Red bar]												
Rabbit, fresh, dressed	[Red bar]												
Rabbit, Pate	[Red bar]												
Rabbit, smoked	[Red bar]												
Smallgoods	[Red bar]												
Smoked Chicken	[Red bar]												
Venison (various cuts) fresh & frozen	[Red bar]												
Baked goods	Bread	[Brown bar]											
	Cakes, biscuits	[Brown bar]											
	Pies, heritage	[Brown bar]											
Beverage	Apple, juice (varietal)	[Brown bar]											
	Cider	[Brown bar]											
Chocolate	Cordial, homemade	[Brown bar]											
	Chocolate, handmade	[Brown bar]											
Coffee	Coffee, locally roasted and blended	[Brown bar]											
Preserves	Apple jams & preserves	[Brown bar]											
	Australian Native Foods, preserves & seasonings	[Brown bar]											
	Dressings (various)	[Brown bar]											
	Jams (various)	[Brown bar]											
	Lemon herb jelly	[Brown bar]											
	Lemon pepper vinegar	[Brown bar]											
	Lemon Pepperberry Seasoning	[Brown bar]											
	Lillypilly jam	[Brown bar]											
	Muntrie jam, sauce, chutney	[Brown bar]											
	Pesto, oregano & walnut	[Brown bar]											
	Pesto, parsley & cashew	[Brown bar]											
	Pesto, tarragon & cashew	[Brown bar]											
	Relish & chutney (various)	[Brown bar]											
	Relish, onion & thyme	[Brown bar]											