

Autumn in Tasmania

EAT FRESH,
EAT LOCAL



YOUR SEASONAL PRODUCE GUIDE FOR MARCH, APRIL & MAY



Fruits

Apples (*bramley, cox orange pippins, envy, fuji, geeveston fanny, golden delicious, honeycrisp, jazz, jonagold, kanzi, red delicious, royal gala, smitten, spartan*)

Apricots

Avocados

Blackberries

Blueberries

Bramble Berries

Figs

Lemons

Limes

Melons (*citron, crocodile, rockmelon, watermelon*)

Nectarines

Peaches

Pears (*beurre bosc*)

Plums

Quinces

Raspberries

Strawberries

Vegetables

Asian Greens & Vegetables (*buk choy, chinese broccoli, chinese cabbage, choy sum, dwarf buk choy, mustard greens, tatsoi, tong ho*)

Autumn/Winter Micro Greens

Beans (*broad, bush, butter, purple*)

Bean Shoots

Beetroots

Black Winter Truffles

Broccoli

Brussel Sprouts

Cabbages (*savoy, wombok, red*)

Capsicums

Carrots

Cauliflowers

Celeriac

Celery

Chard (*swiss, rainbow*)

Chicory

Chillies

Chives

Corn

Cucumbers

Edible Flowers

Eggplants

Fennel

Garlic

Garlic Chives

Green Beans

Green Peas

Jerusalem Artichokes

Kale

Leeks

Lettuce

Mushrooms (*lions mane, oyster, pink oyster, shimeji, shitake, wood ear*)

Onions (*ailsa craig, red, brown*)

Parsnips

Potatoes (*bintje, bismark, carlingford, dutch cream, innovator, mozart, nicola, pink eye, purple congo, russet, Tas cream delight, Tas gourmet, Tas moon light*)

Pumpkins (*butternut, grey, jarrahdale, Queensland blue*)

Radishes

Rhubarb

Ricoto Chillies

Rocket

Shallots

Silverbeets

Snow peas

Spinach (*baby*)

Sprouts

Squash

Swedes

Tomatillos

Tomatoes (*cherry, heritage*)

Turnips

Wasabi

Zucchini

Herbs

Basil

Basil Mint

Calendula

Coriander

Dill

French Tarragon

Galangal

Italian Parsley

Kunzea

Lemon Thyme

Mint

Nasturtium

Native Pepper Leaf

Oregano

Rosemary

Sage

Thyme



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