

Spring in Tasmania

EAT FRESH,
EAT LOCAL



YOUR SEASONAL PRODUCE GUIDE FOR SEPTEMBER, OCTOBER & NOVEMBER



Fruits

Apples
Blackberries
Blueberries
Lemons
Limes
Pears
Raspberries
Strawberries

Nuts & Seeds

Hazelnuts (cracked, raw, butters)
Linseeds
Walnuts (cracked, raw, butters, pickled)



Herbs

Basil
Basil Mint
Calendula
Coriander
Dill
French Tarragon

Vegetables

Asian Greens & Vegetables (*buk choy, chinese broccoli, chinese cabbage, choy sum, dwarf buk choy, mustard greens, tatsoi, tong ho*)
Asparagus (*purple, green*)
Bean shoots
Beetroots
Black Winter Truffle
Broad Beans
Broccoli
Brussel Sprouts
Cabbages (*green, red, golden acre, savoy*)
Carrots
Capsicums
Cauliflowers
Celeriac
Celery
Chard (*rainbow, swiss*)
Chicory
Chillies
Chives
Cucumbers

Edible Flowers
Fennel
Garlic
Garlic Chives
Globe Artichokes
Green Beans
Green Peas
Kales (*baby, purple, curly, flat*)
Leeks
Lettuces (*head, salad mix, mizuna*)
Micro Greens Mix
Mushrooms (*lions mane, oyster, pink oyster, shimeji, shitake*)
NZ Yams/Oca
Onions
Parsnips
Potatoes (*Bismark, Dutch Cream, King Edwards, Mozart, Pnk Eye, Purple Congo, Russet, Tas gourmet*)
Pumpkins (*butternut, grey*)

Radishes
Rhubarb
Ricoto Chillies
Rocket
Shallots
Silverbeets
Snow Peas
Spinach (*baby*)
Spring Onion
Sprouts (*alfalfa, fenugreek, lentil, sunflower, wheatgrass*)
Spring/Summer Micro Greens
Squash
Swedes
Tomatoes (*cherry, large, heritage*)
Turnips
Wasabi
Zucchini



hill
street

hillstreetgrocer.com